



KNC Biathlon COVID Plan

In conjunction with KNC Covid Plan

***This is a “living document”
and will be updated as needed***



The Kimberley Biathlon Club is ready to welcome you to the upcoming 2020/21 season. We will keep the health and safety of our athletes, members, volunteers, visitors and families of participants a priority by adhering to our program model: “Safety First, Last and Always.”

To that end, the club abides by the Kimberley Nordic Club’s Covid-19 Site Plan and all participants of the biathlon club must read and adhere to the guidelines. See “Important Links” below.

In addition to the KNC guidelines, the Biathlon Club aligns our activities and safety protocols in accordance to our governing bodies: IBU, Biathlon Canada, Biathlon BC- following direction from the WHO, Health Canada, and BC Health respectively. For more information see “Important Links” below.

The Kimberley Biathlon Club’s Policies and Procedures

1. **Self Assessment Tool:** Please refer to the KNC Covid-19 Site Plan and complete prior to arriving on site.
2. **Covid-19 Agreements:** Please refer to the KNC Covid-19 Site Plan and be aware of and comply at all times.
3. **Covid-19 Safety Session:** Conducted by the RSO, Coach, or Designate, each athlete will attend a safety review at the beginning of each session.
- 4.



5. Biathlon Hut:

- All participants of the club engaged in activities out at the biathlon hut/stadium area will be asked to complete an online form to record their contact information and COVID Self Assessment. [Kimberley Nordic Club COVID Sign-In \(google.com\)](https://www.google.com)
- Only 1 person is allowed in the hut at any given time. (Exception- if people are within the same family/friend bubble.) There is a window to assess if it is safe to enter.
- Traffic flow to and from the hut will maintain a safe 2-meter distance from one another. It is therefore important to judge your need to enter the hut in order to maintain this distance.
- All participants entering the biathlon hut shall wear a mask at all times except when eating and/or drinking.
- All participants will hand sanitize before and after entering the hut and before and after eating.

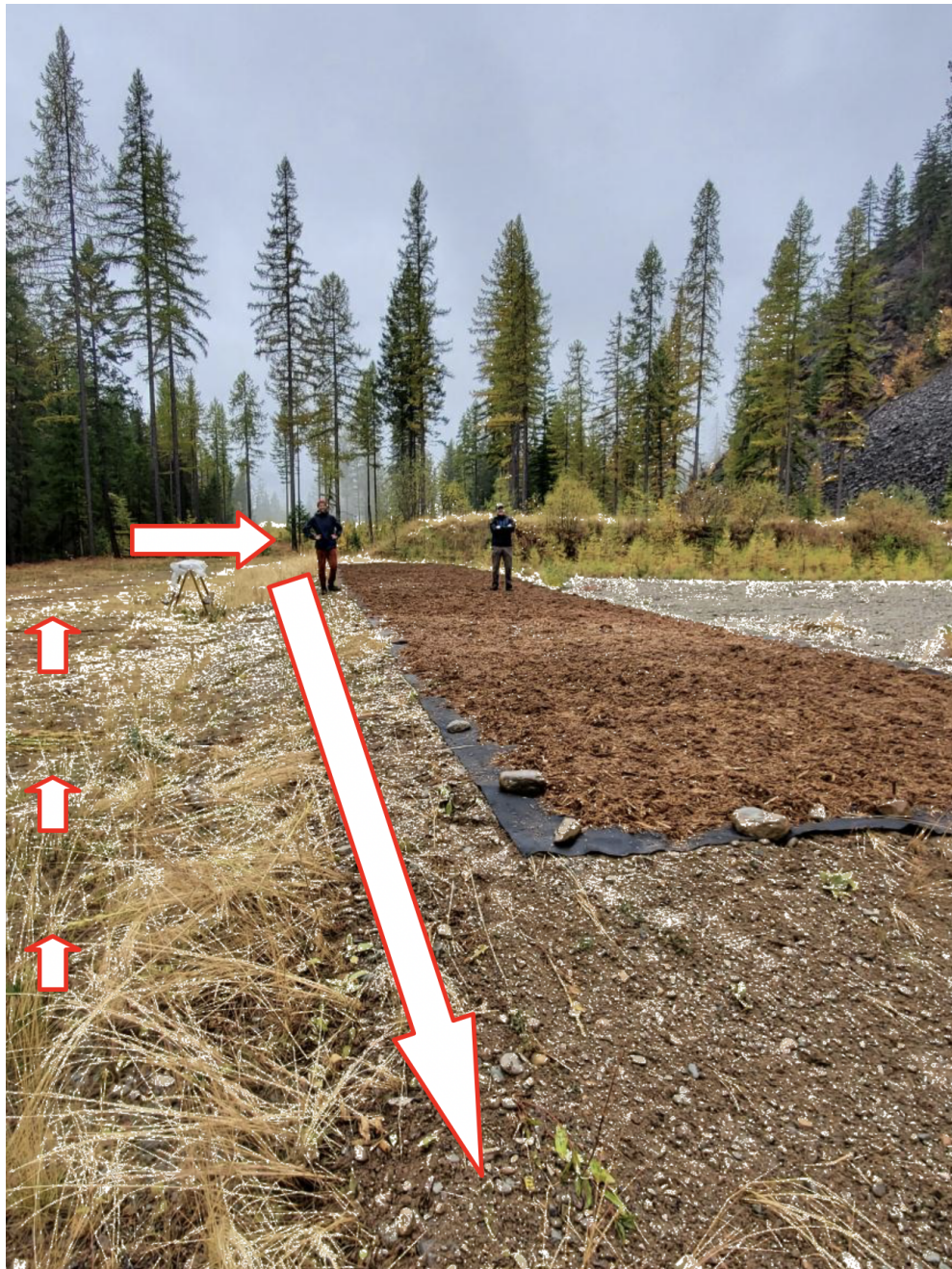


6.



7. **Range:** Firing Platform Traffic Flow

- Maintain a traffic flow as outlined below, maintaining a 3-meter distance.



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8. Range: Firing Platform Set up

- The shooting mats, target markers, rope target resets and rifle supports will be placed 2 meters apart and will be cleaned by the athlete assigned to their respective lane.

9. Equipment:

- Rifles- will be assigned to an athlete or family/friend bubble at the beginning of the season. In the event that a rifle needs to be assessed by a coach or RSO (Range Safety Officer), proper Covid-19 cleaning protocols between individuals will ensue. Sharing your own personal rifle or your assigned rifle outside of your family/friend bubble is prohibited. If extenuating circumstances exist that sharing a rifle is necessary, proper cleaning protocols between athletes is mandatory.
- Please see the cleaning protocol below in 'Important Links.'
- Scopes/Tripods- used by coaches, unless designated otherwise. If two people outside of a family/friend bubble are using one scope, proper cleaning protocols will ensue. Please see below.
- Mats-each athlete will be assigned a club mat or have their own mat for the season. If you choose to bring your own mat, each athlete will be responsible to bring it to each session. Unfortunately, personal mats can not be left in the biathlon warming hut. At the end of each session the mats will be cleaned by the assigned athlete. There will be no sharing of mats outside of a family/friend bubble. Should a mat be mistakenly used by a non assigned athlete, the mats will be cleaned appropriately.
- Rope Target Resets- are cleaned before and after training. Each athlete will reset their individual targets.
- Reloading Tables- are to be cleaned before and after training. Each athlete will be assigned a designated spot on the table where they are responsible to reload their own ammunition.

10. Coaching/RSO (Range Safety Officer)

- Coaching will be conducted in a manner to maintain a safe 2 meter distance from the athlete. Masks are mandatory when coaching instruction is being provided. Athletes are required to wear a mask if coaching instruction is necessary within a 2 meter distance.



- When the integrity of safety at the range is deemed compromised by the coach/RSO, the coach/RSO will interject as needed following the club's Covid-19 guidelines.
- The organization is not taking unnecessary risks. Staff and participants will use common sense to avoid situations that involve undue risk. The potential need for coaches, RSO, and/or emergency personnel to respond or the potential for unprotected contact may become necessary during an emergency. This applies to all activities, including training sessions, camps, indoor and outdoor activities.
- Should a coach or an individual athlete decide to conduct online training (RTP-Real-time Training Protocol) sessions please refer to the Biathlon Canada link below that outlines suitable activities that have been approved by their insurer. It is your responsibility to ensure you are in compliance with the guidelines.
<http://biathloncanada.ca/latest-news/biathlon-canada-approved-online-instruction-activities-and-protocols/>.

11. Personal Items

- All athletes are responsible to 'ski in' and 'ski out' their own personal items, including their firing station lane mat (if they choose to bring their own) as well as garbage, to and from the biathlon range.
- While at the range there will be no sharing of food or drink items outside of one's family bubble.
- Each athlete will keep all of their personal items either on their person or contained in their pack.

In conclusion, all "participants" of the Kimberley Biathlon Club will sign a waiver that they have read, understood, and will comply with the above guidelines. Your compliance is appreciated to ensure a safe and enjoyable season for all.



Important Links:

1. Kimberley Nordic Center-Covid-19 Site Plan

[KNC COVID Re-Opening Plan - Google Docs](#)

2. IBU-International Biathlon Union

[Covid-19 - International Biathlon Union - IBU \(biathlonworld.com\)](#)

3. Biathlon Canada- Resources- Contagion Exclusion Policy

[http://biathloncanada.ca/covid-19-resources/](#)

Coaching – SafeSport Guidelines

[https://coach.ca/three-steps-responsible-coaching](#)

Covid-19 -Policy

[IBU_EG_COVID \(2\).pdf](#)

4. Biathlon BC-Covid-19 Policy

[COVID-19 Resources – Biathlon BC](#)

-Return to Safe Sport Policy –Phase 2

[Biathlon-BC-Return-To-Play-Plan-Phase-2-FINAL-live-links.pdf](#)

5. WHO-World Health Organization- Nov. 20, 2020 Update

[WHO Director-General's opening remarks at the media briefing on COVID-19 - 20 November 2020](#)

“Do It All” Approach:

[Coronavirus disease \(COVID-19\) \(who.int\)](#)- WHO’s Response to Covid-19

[Coronavirus disease \(COVID-19\): Masks \(who.int\)](#)-Importance of Masks

6. Health Canada-Cleaning and Disinfecting

[https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/cleaning-disinfecting.html](#)