



COVID-19 Management Plan

For:

CAPOW Guiding/Blanket Glacier Chalet

Written by:

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COVID-19 Management Plan

Executive Summary

The health and safety of our guests and employees is of the utmost importance to CAPOW Guiding/Blanket Glacier Chalet. We continue to monitor the B.C. health guidelines and are planning and adapting our operation to meet the evolving safety standards. CAPOW Guiding/Blanket Glacier Chalet will operate using known best practices that support:

- physical distancing
- good hygiene
- cleaning of high touch points
- reduced physical points of contact between all persons
- the appropriate use of personal protective equipment (PPE).

CAPOW Guiding/Blanket Glacier Chalet will take several approaches to decrease transmission of COVID-19. Changes such as reduced:

- capacity on courses and at the chalet,
- physical design changes at the chalet,
- online classrooms,
- schedule alterations, and
- PPE

All staff and guests who have been out of country will be required to self-isolate for 14 days prior to attending a course or trip. Staff and guests should follow directions from public health if they have been in contact with someone who is showing symptoms of COVID-19 and may be required to self-isolate for 14 days prior to attending a course or trip. Employees and guests cannot attend a course or trip if they have COVID-19 symptoms. Symptoms including:

- fever
- cough
- sneezing
- sore throat
- difficulty breathing
- loss of sense of smell or taste

All staff and guests will be required to complete an acknowledgment of risk statement prior to the start of every course or trip. Staff and guests must reassess and record their health daily. Anyone who presents symptoms associated with COVID-19 while on a course or trip will be required to self-isolate immediately and may be removed from the course or trip environment at the sole discretion of CAPOW Guiding/Blanket Glacier Chalet. The potential for the staff or guest to return based on testing will be considered on a case-by-case basis. The continuation of the course or trip for the remaining employees and guests will be assessed on a case-by-case basis.



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Disclaimer

CAPOW Guiding/Blanket Glacier Chalet retains **the right to cancel trips or courses** as it adapts to Public Health Advisory recommendations and orders related to COVID-19.

Assess the risk

CAPOW Guiding/Blanket Glacier Chalet has assessed the areas of potential transmission of the COVID-19 virus are within our operation. This process has involved multiple members of our staff. In this document we have categorized these areas and classified them in terms of High/Medium/Low potential of transmission and have determined mitigation strategies to help decrease the risk of exposure. Throughout the season Capow Guiding/Blanket Glacier Chalet will continue to assess our operation to ensure risks are identified and managed. This document will work as the framework which we will continue to build and evolve our protocols and procedures for the management of the COVID-19 virus.

Training

Staff

It is mandatory for all Staff members working with CAPOW Guiding Services and the Blanket Glacier Chalet to have read the COVID-19 Management Plan, it will also be reviewed at preseason training. In part with reading the management plan all staff will be train on how to properly use and maintain all relevant PPE related to COVID-19.

Guests

2 weeks prior to every trip all guests will receive an information package which will contain the COVID-19 Management Plan, as well as a copy of the protocols and procedures related to decreasing and minimizing the spread of COVID-19, this includes expectations of behaviour prior to, during and following their trip. All these documents will be reviewed with the guest via CAPOW Guiding and Blanket Glacier Chalet staff during the guest initial orientation at the beginning of their trip. These trainings will help to ensure that all guests are aware of the hazards and mitigation tactics of the COVID-19 virus.

Capow Guiding/Blanket Glacier Chalet will monitor and update our plans and trainings as needed:

- Capow Guiding/Blanket Glacier Chalet management will review this plan monthly to assess the plan and changing conditions. Any staff or guest feedback will be addressed immediately.
- Things may change as we continue to operate. When a new area of concern is identified, or if it seems like something is not working, we will take steps to update our policies and procedures and involve instructors in this process.
- We will ensure that staff members and guests can raise safety concerns at any time.



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Partner safety plans

Capow Guiding/Blanket Glacier Chalet recognizes that it works with other operators and venues such as Selkirk Mountain Helicopters and Parks Canada. Venues or operators will have their own procedures and policies in place to mitigate COVID-19. If the Capow Guiding/Blanket Glacier Chalet COVID Safety Plan varies from venue or operator plans, the most cautious approach will be used.

Cleaning

Cleaning is extremely important for a safe Capow Guiding/Blanket Glacier Chalet experience. High touch areas at Capow Town will be cleaned as needed. Shared equipment such as radios will be disinfected after each use and assigned for course or trip duration.

Blanket Glacier Chalet cleaning will be the responsibility of the Caretakers, Chefs, and Guides. Cleaning at the chalet will be on a daily schedule and as needed. A deep clean of the chalet and outbuildings will be done on exchange day where the timing has been adjusted to allow more time for cleaning.

Capow Guiding/Blanket Glacier Chalet will rely on vendors and venues to clean their vehicles and venues and will follow the guidelines of the vendor or venue.

Policies

We have created these policies based on the provincial health officer and the BC Centre for Disease Control (CDC) guidelines around self-isolation. These policies have been developed to manage our specific operation. We have included policies around who can attend a course or trip, how to address illness that arise throughout the course or trip, and how employees and guests can be kept safe during their course or trip.

Who is allowed to work on a Capow Guiding/Blanket Glacier Chalet course or trip?

- Staff who have been trained on the policies and procedures for COVID-19.

Who is NOT allowed to work on an CAPOW course?

- Anyone who has recently tested positive for COVID-19 (follow [BC Centre for Disease Control](#) for directions on returning after isolation)
- Anyone who has been in contact with confirmed COVID-19 positive people or persons self-isolating because of a determined risk for COVID-19 within the last 14 days.
- Anyone who has had symptoms of COVID-19 in the last 14 days. Symptoms include but are not limited to fever, chills, new or worsening cough, shortness of breath, sore throat,



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and new muscle aches or headaches. For a full list of symptoms please refer to the [BC Centre for Disease Control webpage](#).

- Anyone under the direction of the provincial health officer to self-isolate, anyone who has arrived from outside of Canada, or anyone who has had contact with a confirmed COVID-19 case within the last 14 days.

Illness that arises on a course or trip (Staff)

If an employee/contractor begins to feel sick during their workday, they should immediately notify a Capow manager and other pertinent staff. Returning to the course will be managed on a case-by-case basis using best medical practices.

- Sick staff are asked to wash or sanitize their hands, put on a mask and immediately self-isolate.
- Sick staff should consult the [BC COVID-19 Self-Assessment Tool](#), or call 811 for further guidance related to testing and self-isolation.
- If a staff member is severely ill (e.g., difficulty breathing, chest pain), call 911.
- Clean and disinfect any surfaces the ill person has been in contact with.
- A Capow Manager will contact the Office of the Provincial Public Health Officer for guidance on next steps for the remaining instructors and students. Capow Guiding/Blanket Glacier Chalet will follow Provincial Health guidelines.

Illness that arises on a course or trip (Guest)

If a guest begins to feel sick during a course or trip, they should immediately quarantine and notify the course instructor or guide. Returning to the course or trip will be managed on a case-by-case basis using best medical practices.

- Sick guests are asked to wash or sanitize their hands, put on a mask and immediately self-isolate.
- Sick guests should consult the [BC COVID-19 Self-Assessment Tool](#), or call 811 for further guidance related to testing and self-isolation.
- If a guest is severely ill (e.g., difficulty breathing, chest pain), call 911.
- Clean and disinfect any surfaces the ill person has been in contact with.
- A Capow Manager will contact the Office of the Provincial Public Health Officer for guidance on next steps for the remaining staff and guests. Capow Guiding/Blanket Glacier Chalet will follow Provincial Health guidelines.



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Safety protocols

The virus that causes COVID-19 spreads in several ways, including through droplets when a person coughs or sneezes, or from touching a contaminated surface before touching the face and eyes.

Mitigation Options

Implement measures to reduce the risk

Capow Guiding/Blanket Glacier Chalet has put the following measures in place to minimize the risk of transmission.

Non-medical mask use

- All staff and guests will be required to wear masks while in vehicles and where a minimum 2m distancing is not possible.

Maintaining physical distance

- Maintain a two metre (6'6") distance between people wherever possible.
- The classroom component of the BLAST courses will be completed online.
- Rooms at the Blanket Glacier Chalet will be renovated to maintain physical distance and barriers installed where not possible.
- Exchange days will be adjusted so guests are met at the staging area and briefed outside where physical distancing can be maintained.
- Transceiver checks modified from a 1 meter check to a 2 meter check.
- Staff and guests wearing skis and snowboards will assist in social distancing.
- Carpooling is not recommended. If ride-sharing, staff and guests will need to wear masks for the duration of the ride. Vehicles should be cleaned with appropriate disinfectant between each use, including door handles, seatbelts, dashboards, etc.

Where physical distance cannot be maintained

- In vehicles and when physical distancing is not possible, we will use non-medical masks, understanding that these have limitations.
 - Capow Guiding/Blanket Glacier Chalet will ensure that staff and guests are informed of the following:
 - Proper mask use:
<https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-how-to-use-mask?lang=en>
 - The limitations of wearing cloth facial coverings and that they may not be safe for all instructors and students, such as those with



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other respiratory issues. Non-medical masks do not protect the wearer from the virus since they are not meant to form a tight seal to the face but can reduce the spread of his or her own respiratory droplets.

- That masks need to be kept clean and dry (i.e., masks become less effective if wet/damp).
- The safe use of wearing any facial mask, such as cleaning and laundering, safe donning, and doffing practices, and washing hands before and after putting it on.
- The importance of good hygiene along with wearing a mask (e.g., handwashing, sneeze/cough etiquette, and not touching eyes, nose and mouth), and public health measures (e.g., physical distancing, staying at home as much as possible).
 - Staff and guests are always required to carry a non-medical face mask with them.
 - Hand sanitizer will be provided at the Blanket Glacier Chalet, at staging, at The Capow Town.
 - Guides will carry hand sanitizer in their first aid kits in the field and guests are encouraged to carry their own.

Hygiene

Good hygiene is imperative. Handwashing should be encouraged throughout the day. High-touch areas at the Blanket Glacier Chalet should be sanitized often. A hand washing station is available on the Main floor of the Blanket Glacier Chalet and in the middle floor washroom. Hand sanitizer and disinfectant wipes will be available at all entrances at each of the Blanket Glacier Chalet buildings.

Personal equipment

No sharing of personal equipment. Staff and Guests should take care to keep their space clean and tidy. Everyone should be managing their personal equipment in a way which ensures others are not contacting their equipment. This includes computers, tools, ski and snowboard equipment, and food and drink.

Shared equipment

Wherever practical, the sharing of equipment will be suspended. In instances where the sharing of equipment is required, mitigation strategies must be identified to decrease contact exposure. These include:

- Disinfecting between use.
- Good hygiene.



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- Wearing medical gloves (these would be applied on top of ski gloves, to ensure handling of shared equipment is sanitary).

Risk Assessment

Capow Guiding/Blanket Glacier Chalet has reviewed our operation and identified areas where risk of transmission of COVID-19 is possible. We have applied a risk assessment and will practice mitigation strategies throughout the season.

This is a Risk Assessment for CAPOW Guiding/Blanket Glacier Chalet specific to the transmission of COVID-19 within its operation.

Risks have been identified and rated. Mitigation options have been suggested and risk re assessed with mitigation measures applied. This is a guideline and Risks may be added as they are identified.

Initial Risk	Concern	Mitigation Option(s)	Risk Level After Mitigation
High	Helicopter	<ul style="list-style-type: none"> · Masks · Good hygiene · Sanitized machine as per Vendor 	Mod to Low
Mod	Capow Town	<ul style="list-style-type: none"> · Handwash station and sanitizer 	Low
High	Vehicles	<ul style="list-style-type: none"> · No carpooling, unless from the same home · If carpooling, masks are mandatory, and vehicle surfaces including door handles and seat belt must be sanitized between each trip 	Mod to Low
High	Chalet	<ul style="list-style-type: none"> · Entrance/kitchen/dining room renovated to help maintain social distance · Chalet capacity dropped and bedrooms renovated with screens · Designated seating at dinner tables · Designated locker space in boot room 	Mod to Low



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		· Roped off area surrounding kitchen, only staff are able to enter	
Mod	Blanket Exchange	· Maintain 2 meter physical distance or wear masks	Low
Mod	Parking lots	· Maintain two-metre physical distancing	Low
Mod	Uptrack	· Maintain two-metre physical distancing on uptrack and during change over	Low

Jobs and Task of potential close contact

Y/N	Concern	Mitigation Option(s)	Risk Level (Low/Mod/High)
High to Mod	Blanket Exchange	<ul style="list-style-type: none"> · Masks/goggles when working under helicopter · Good hygiene · Medical gloves · Limited staff · Physical distancing · Helmets worn · No headset in heli · Hand sanitation supplies are readily available to patrons 	Low
Mod	Guides Meeting	<ul style="list-style-type: none"> · Masks as and when physical distancing cannot be met · Only necessary staff · Pre- and post-equipment sanitization 	Low
High	Meal Service	<ul style="list-style-type: none"> · Masks when serving/plating · Plated meals · Pre- and post-equipment sanitization. Staff only do dishes · no more than six patrons sit at a table 	Low



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		<ul style="list-style-type: none"> • If there is a self-serve food or drink station, hand washing facilities or alcohol-based sanitizers are within easy reach of the station; • ii. signs reminding patrons to wash or sanitize their hands before touching self-serve food, drink or other items, and to maintain a two metre distance from other patrons, are posted at the self-serve station; and • iii. high touch surfaces at the station, and utensils that are used for self-serve, are frequently cleaned and sanitized. 	
High	Blanket Chalet Staff Accommodation	<ul style="list-style-type: none"> · Separation · Scheduling less staff overlap · Masks when physical distancing can't be met 	Low
High/Mod	Chalet Water Collection	<ul style="list-style-type: none"> · Pump and cistern installed to prevent bucket brigade 	Low
Mod	Rescue scenarios	<ul style="list-style-type: none"> · Masks as and when physical distancing cannot be met · Sanitizing shared equipment · People use personal equipment 	Mod to Low
	First Aid attendant protocols	<p>The first aid attendant(s) for the course will have different risks than the others. Protocols for first aid attendants and COVID-19 is here:</p> <p>https://www.worksafefbc.com/en/resources/health-safety/information-sheets/ofaa-</p>	Low



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		protocols-covid-19-pandemic?lang=en	
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Equipment and Supplies used by CAPOW Guiding Staff and Guests

Initial Risk	Concern	Examples	Mitigation Option(s)	Risk Level (Low/Mod/High)
Mod	Capow Town	Radios, transceivers, skis, equipment.	<ul style="list-style-type: none"> · Good hygiene · Sanitize after use · Medical gloves 	Low
Mod	Blanket Glacier Chalet Equipment	Shovels, axes, cleaning supplies, snow blower, kitchen dishes, computer.	<ul style="list-style-type: none"> · Good hygiene · Medical gloves · Cleaning between use · Limit use to one person 	Low
Low	Weather station	Stevenson screen, thermometer, scale.	<ul style="list-style-type: none"> · Good hygiene · Gloves · Occupancy limits 	Very Low
Mod	Radios and chargers	VHF radios	<ul style="list-style-type: none"> · Assign to specific person for course or trip 	Low
High	High-use Touchpoints	Doorknobs, light switches, projector remote, blinds	<ul style="list-style-type: none"> · Good hygiene · Additional clean in morning and after guests go skiing 	Low
Mod	Personal Equipment	Coffee and water bottles, books, lunch kits, backpacks, transceivers, skis, snowboards, and other equipment	<ul style="list-style-type: none"> · Good hygiene – students and instructors should ensure to keep their personal equipment in their specific areas and personally clean as needed. 	Low