



**COVID-19 Return to Skiing Internal Risk Mitigation
Resource Document
July 1, 2020**





Table of Contents

LEGAL DISCLAIMER	4
CHECKLIST - SUCCESSFUL RETURN TO SPORT	5
RETURN TO SKIING INTRODUCTION	6
PRINCIPLES OF RETURN TO SPORT	6
PHYSICAL DISTANCING:	6
HYGIENE:	7
EQUIPMENT CLEANING:	8
INDIVIDUAL HEALTH MONITORING:	8
SYMPTOMS:.....	8
PLANNING AND COMMUNICATION:	9
SAFE SPORT ENVIRONMENT:	9
GENERAL INFORMATION ABOUT COVID-19	10
COMMON SYMPTOMS:	10
TRANSMISSION:	11
PREVENTION:	11
MASKS:	11
VULNERABLE POPULATIONS:	12
RETURNING TO TRAINING FOLLOWING A POSITIVE COVID-19 TEST	13
SELF-ISOLATION RECOMMENDATIONS	13
TRAINING CAMPS	14
INTERNATIONAL TRAVEL:	14
GROUND TRANSPORTATION:.....	14
• <i>Gas Stations:</i>	14
• <i>Washrooms:</i>	15
• <i>Convenience Stops</i>	15
• <i>Rental Cars</i>	15
AIR TRANSPORTATION:	15
• <i>Travel Preparation</i>	15
• <i>Disinfection Strategy</i>	15
• <i>Landing:</i>	15
ACCOMMODATION:.....	15
• <i>Laundry facilities & washing</i>	15
MEALS:.....	16
COVID-19 RETURN TO HIGH-PERFORMANCE SPORT MANAGEMENT	16
STAGING A RETURN TO HIGH PERFORMANCE	16
UTILIZING THE COVID-19 RETURN TO HIGH-PERFORMANCE SPORT FRAMEWORK	17
THE FRAMEWORK	18
COVID-19 RESOURCE LINKS	19



ALPINE CANADA PROVINCIAL & TERRITORIAL SPORT PARTNER RESOURCE LINKS:.....19
FEDERAL, PROVINCIAL AND TERRITORIAL – COVID-19 PUBLIC HEALTH LINKS.....20



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All participants must follow applicable municipal, provincial, and federal governmental laws, policies, rules and guidelines, including but not limited to the completion of all required participation waivers and daily health monitoring and wellness checks.

Checklist - Successful Return to Sport

Review & Follow

- Federal/provincial government laws, policies, rules, and guidelines
- Provincial health authority laws, policies, rules, and guidelines
- Provincial workers' compensation and occupational health and safety laws, policies, rules, and guidelines
- Local health authority laws, policies, rules, and guidelines
- Alpine Canada member guidelines
- Safe Sport Best Practices to maintain a safe sport environment for all

Plan

- Assign someone to monitor local public health authority updates
- Meet with your training venue leadership to review local public health guidelines
- Clarify team staff responsibilities specific to training and RTS procedures & protocols
- Participants arrive at the training facility organized and ready to meet guidelines
- Hygiene requirements
- Physical distancing must be maintained according to public health guidelines indoors & outdoors
- Requirements for participants, coaches, staff attending training sessions
- Departure from training venue organized to meet guidelines
- Procedure in place if a participant becomes ill or injured

Meet with Parents/Guardians/Participants Immediate Family Members (club level)

- Overview of what to expect and prepare in advance of training – review safety procedures
- Completion of required Remote Training Waivers/Daily Health Attestation
- Safety put in place to create a safe sport environment for all
- Their role in creating and promoting a safe and healthy environment

At Training

- Practice physical distancing
- Practice responsible hygiene
- Follow public health authority guidelines
- Follow member and facility guidelines (indoor/outdoor/ski areas)
- Have fun!



Return to Skiing Introduction

The COVID-19 outbreak will require the integration of additional measures to avoid spreading the virus in the training and competitive environments within Canada and when teams are training internationally. Alpine Canada recognizes the importance of maintaining the safety and health of everyone involved in alpine, para-alpine and ski cross training and competition including the athletes, coaches, staff, IST, and contractors.

Alpine Canada has created this document to support the development of return to sport planning for alpine, para-alpine and ski cross training and racing. This document can serve as a guide to setting up a return to sport plan utilizing the R-SAT risk assessment and mitigation checklist tool for sport organizations to assess risk in their return to sport plans and protocols for specific sport participation environments.

These COVID-19 Return to Sport Prevention Guidelines are meant to support the ACA national teams, PTSOs, and ski clubs in the development of their individual “COVID-19 Return to Sport Plan”. This guide is meant to be used in conjunction with tools provided in “Canada’s COVID-19 Return to High-Performance Sport Framework”.

All clubs, provinces, and national teams are required to develop a “COVID-19” Return to Sport plan that explicitly presents the measures that will be implemented and maintained over the next phase of the pandemic. All plans will require the approval of their local provincial health authorities, medical advisors, and insurers. It is highly suggested to have all plans reviewed by legal professionals before implementation to ensure the RTS guidelines comply with orders and guidance from the local public health authorities. All plans must be in an easily accessible and public location including posting on the wall of the facilities or on the website.

Principles of Return to Sport

To return to sport, everyone involved must strictly adhere to the policies and procedures outlined by the provincial and municipal governments and public health authorities that have been established to ensure a safe environment for all. Alpine Canada has agreed upon a number of key principles that will form the foundation of the return to our sport of skiing. These principles include:

Physical Distancing: Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must adhere to physical distancing in accordance with the requirements of public health authorities and facility operators. Best practices include:

- Avoid being exposed to COVID-19 by physical distancing (minimum 2 meters). Keep a safe distance at all times. This includes adhering to local ski area guidelines when training on-snow.
- Avoid crowded places.



- Avoid greetings with handshakes, hugging, high fives, etc.
- Athletes and staff must respect physical distancing during all aspects of training.
- Athletes, coaches, and staff may consider the use of protective masks. Masks should be considered when physical distancing isn't always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using a mask is not enough alone and should be combined with other preventative measures such as frequent hand washing and consistent physical distancing. The mask may become contaminated and hand hygiene should be performed prior to putting on and removing a mask.
- Athletes, coaches and staff may consider the use of eye protection such as glasses or goggles. Eye protection should be considered when physical distancing isn't always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using eye protection is only effective if you do not touch your face or eyes while wearing it. The eyewear may become contaminated and proper hand hygiene should be performed prior to putting on and removing eyewear.

When using an indoor facility:

- Provide facility access with one entry point and a separate exit point.
- If both entry and exit points are located at the same place, put in place measures that provide physical distancing of at least two (2) meters.
- Install signage to direct athletes, coaches, and staff to enter one at a time.
- Provide floor markings to guide athletes, coaches, and staff movements through and out of the facility.
- Install physical markers on the floor or walls (cones, lines, stickers, wooden structures, etc.) that indicate appropriate two (2) meter spacing distances for athletes, coaches, and staff working on in the facility.
- Coaches and staff must maintain an appropriate distance from each other and facility staff members throughout the entire duration of time spent in the facility.
- Athletes should arrive in their workout gear, prepared to train, in order to limit the use of shared common spaces such as change rooms and locker rooms.
- Athletes should only participate in one training group and should not move between multiple training groups.
- Do not arrive any earlier than necessary to participate the training session.
- Physical therapy treatments (which include hands-on services provided by massage therapists, physiotherapists, chiropractors, athletic therapists, and strength and conditioning practitioners) are higher risk and such support services are required to follow current municipal, provincial and governmental guidelines.
 - Other virtual and non-contact means of providing feedback and therapy advice should be considered as alternatives to physical treatment when hands-on services are prohibited due to local health regulations or policies.

Hygiene: In addition to physical distancing, handwashing and cough etiquette adds another layer of protection against the spread of COVID-19. Return to sport plans must implement and monitor appropriate individual personal hygiene practices among staff, coaches, and all participants at home, away from training, and during training. Personal hygiene best practices include:

- Frequent handwashing
- Coughing and sneezing into your sleeve or into a tissue
- Wearing a non-medical mask



- No handshaking, hugging, high-fiving, or other physical contact

Equipment Cleaning: Any surfaces touched with hands may be contaminated, however, Coronaviruses can be killed with an [appropriate disinfectant product](#) when used in accordance with the label directions. Disinfection of all surfaces touched is mandatory, including doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops, electronics, and athletic equipment.

- Clean all equipment thoroughly with a disinfectant pre- and post-training session. Remember COVID-19 can last between two (2) hours and nine (9) days on surfaces depending on a number of factors. Simple cleaning and disinfecting measures are likely to inactivate the virus.
- Athletes must follow all facility guidelines and may not be allowed to leave equipment or bags at the training facility. Best practice is to thoroughly clean all personal equipment and bags after each training session.
- Best practice is to limit the amount of equipment brought to each training session - the coach is required to communicate individual training equipment needs before each training session. Training equipment must be cleaned and disinfected between users. There must be no sharing of equipment without proper disinfection.
- Athletes, coaches, and staff are all required to fill their water bottles at home before arriving at the facility. Any nutritional items should also be prepared at home.
- Coaches are not permitted to share hand-held equipment with colleagues or others. Coaches are required to clean this equipment with disinfecting wipes pre- and post-training sessions.

Individual Health Monitoring: Daily individual health monitoring processes and tracking need to be in place. Alpine Canada requires the completion of a daily health check before engaging or participating in any sanctioned, organized, ACA training activity or event. ACA staff and athletes can complete daily health monitoring attestation can be completed by clicking [here](#). Paper daily health monitoring attestation documents must be available if participants are unable to complete the online daily health monitoring attestation form. The ACA paper daily health monitoring attestation form can be found [here](#).

All stakeholders, athletes, coaches, integrated support team (IST), and staff who interact in person in an Alpine Canada facility such as an office space or a training or treatment organized and led by Alpine Canada, are required to complete a DAILY health screening and attestation document before beginning any activities. Failure to complete or falsification of answers to the attestation document may render any insurance coverage null and void.

It is vitally important to remember that all federal, provincial, and territorial governments and health authorities' rules, policies, and guidelines must be followed at all times. The rules, policies, and guidelines established by workers' compensation and occupational health and safety agencies must also be followed at all times. These rules, policies, and guidelines are constantly evolving, and it is your responsibility to ensure you are aware of the most up to date details in the province or territory you are in.

If physical distancing measures cannot be maintained, a non-medical mask must be worn.

Symptoms: If a team member has symptoms or answered YES to any of the daily health monitoring questions, they are not permitted to enter, participate or undertake operations in the workplace OR participate in any ACA sanctioned events (including, but not limited to ACA led dryland training, ACA permitted travel, on-snow or off-snow activities scheduled by ACA) until a negative COVID-19 test is approved by ACA IST.



If symptoms occur during or after training, the symptoms should be reported immediately to ACA IST, the head coach, and the local public health authorities.

Individuals should not return to sport if they have been unwell (even with mild symptoms), have had contact with a person who has tested positive for COVID-19, or have traveled outside the country in the past 14 days. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider before attending training sessions. Returning travelers must self-isolate according to governmental, provincial, or municipal guidelines.

Every organization must have a plan that can be implemented at any time to address a potential or positive COVID-19 case at its facility. The plan should set out the immediate steps to be taken in the event of a potential or positive COVID-19 case.

The organization will have to make reasonable efforts not to identify the individual who has been infected or who is suspected of being infected. Rather, the primary goal is to provide potentially exposed individuals with sufficient information to inform them of the situation.

While it is essential that organizations take all necessary measures to protect the health, safety and physical integrity of their employees, coaches, athletes, and volunteers, it is equally essential that they comply with all applicable privacy and human rights legislation. Subject to health and safety laws and public authority directions, organizations must avoid revealing the identity of individuals who are infected or suspected of being infected.

Planning and Communication: A robust return to training plan that includes regular communication and education with key stakeholders including athletes, coaches, and others, is key for all returning to sport. All participants must review and sign the [ACA COVID-19 Remote Training Waiver](#) before participating in any remote training activity.

All COVID-19 informational material including but not limited to procedures, handouts, and behavioral posters must be posted in a clearly visible/accessible manner in training rooms, vehicles, and accommodations to inform participants of inherent risks associated with attending the facility or event.

Educate and inform coaches, staff, volunteers, and administrators of the various ways liability can be incurred and train them to never admit liability.

Safe Sport Environment: In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. All training must be planned so that the risk of injury is minimal. All coaches, staff, and athletes should be aware of the local emergency action plan for the training location. The emergency action plan should be documented and available upon request by any member of the team should an emergent situation arise.

A return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed; including the [Responsible Coaching Movement's Rule of Two](#). Safe social interactions include:

- Meeting with small numbers of people
- Maintaining distance between yourself and others
- Increasing the size of the room: the bigger the better
- Meeting outdoors versus indoors

Good practices to implement the Rule of Two:



- Ensure a coach is never alone and out of sight with a participant without another screened coach or adult (parent or volunteer) present
- Allow the training environment to be open to observation
- Ensure a participant rides in a coach's vehicle with another adult present
- Consider the gender of the participant(s) when selecting the screened coaches and volunteers present
- Eliminate one-to-one electronic messaging. Ensure all communications are sent to the group and/or include parents
- Apply the Rule of Two in virtual settings as well

In addition, care should also be taken to ensure that appropriate security settings have been set for virtual, videoconferencing arrangements, including password protected videoconference invitations.

Additional Resources:

- [The Canadian Centre for Child Protection](#) - For more emerging online safety considerations and contact information, visit this COVID-19 response site: <https://protectchildren.ca/resources-research/supporting-you-through-covid-19/>
- [NCCP Code of Ethics](#)

Note: *This information intends to provide further clarification to the 'Rule of Two'. If you have received advice from legal counsel or your insurance providers, the advice of your lawyers or insurance providers supersedes the information contained in this memo. (Coaching Association of Canada)*

General Information about COVID-19

COVID-19 is an infectious disease caused by the most recently discovered coronavirus.

[Coronaviruses](#) are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

Common Symptoms: Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease. Symptoms have included:

- Cough
- Fever
- Difficulty breathing
- Fatigue
- Loss of smell and taste
- Nausea & vomiting
- Conjunctivitis (Pink-eye)
- Pneumonia in both lungs
- In severe cases, infection can lead to death



Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- Have not yet developed symptoms (pre-symptomatic)
- Never develop symptoms (asymptomatic)

While most cases result in mild symptoms, some may progress to more severe disease requiring hospitalization. The time from exposure to onset of symptoms is typically around five (5) days but may range from two (2) to fourteen (14) days, one of the factors making this such a hard disease to monitor and control.

Transmission: COVID-19 is highly transmissible from person-to-person and readily spreads to close contacts of infected individuals. The virus is primarily spread between people during close contact, most often via small droplets produced by coughing, sneezing, and talking. The droplets usually fall to the ground or onto surfaces rather than traveling through air over long distances.

People catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose, or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19. The virus can persist in the air for up to three (3) hours and on a variety of surfaces for up to nine (9) days (plastics and steel showing some of the longest times). A person is most contagious during the first three (3) days after the onset of symptoms, although the spread is possible before symptoms appear (pre-symptomatic) and can even be spread from people who may not show symptoms (asymptomatic).

The health of all team members is a top priority. A high level of solidarity and personal responsibility are required. If a team member has symptoms, they must report this to the responsible coach and/or medical team immediately! The team member is isolated, and then the rest of the group is isolated until further instructions are provided from the head coach, medical team, and/or local public health authorities.

Prevention: While experts know that these kinds of transmissions are happening among those in close contact or close physical settings, it is not known to what extent. This means it is extremely important to follow the proven preventative measures. Applying simple strategies throughout your day can help to reduce the risk of contracting or spreading the virus. Preventative measures include:

- Stay at home when you are sick
- Wash your hands with soap for at least 20 seconds
- Use hand sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose & mouth with unwashed hands
- Avoid contact with people who are sick
- Clean & disinfect frequently touched objects and surfaces
- Cover your cough or sneeze with a tissue, or into your sleeve
- Avoid crowded places and all unnecessary travel

Masks: In areas where COVID-19 activity is present, the use of non-medical masks or face coverings is recommended in addition to handwashing and cough etiquette as an added layer of protection when physical distancing is difficult to maintain.

Three main types of masks:

- **N95:** These are tight-fitting masks typically used by health workers and are designed to seal around the nose and mouth and screen out 95 percent of small airborne particles. They are likely to prevent transmission of the aerosolized virus — those suspended as a mist in the air.



- **Surgical or medical masks:** These are looser fitting, more flexible disposable masks that are considered effective barriers against large droplets released by talking, coughing, or sneezing.
- **Non-medical cloth masks:** These masks are reusable, washable masks for distribution. These masks are typically porous, and their effectiveness is still a subject of research. They can be used when distancing is difficult to maintain.

When using a mask, the World Health Organization (WHO) recommends:

- Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it and clean your hands if you do.
- Replace the mask with a new one as soon as it is damp and don't reuse single-use masks.
- Remove the mask from behind, discard it immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.
- **Caution:** If a closed bin is unavailable, masks can be placed into a sealed Ziploc bag for proper disposal at a later time. Do not place used masks loosely into packs or pockets as they can cause contamination of all surfaces it contacts.

For more information on preventing the transmission and spread of COVID-19 review these [Health Canada](#) videos:

- **Stopping the spread of COVID-19:** <https://www.canada.ca/en/public-health/services/video/actions-stop-spread-covid-19.html>
- **Hand washing:** <https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing.html>
- **Physical Distancing:** <https://www.canada.ca/en/public-health/services/video/covid-19-physical-distancing-stay-two-metres-apart.html>
- **Wearing a Mask:** <https://www.canada.ca/en/public-health/services/video/covid-19-wear-non-medical-mask-face-covering-properly.html>

Vulnerable Populations: Athletes and support staff with medical conditions including respiratory or cardiac disease, hypertension, coagulopathies, diabetes, obesity, severe asthma, and immunosuppression due to disease, chronic condition, or medication may be at increased risk of severe COVID-19 infection.

Return to sport protocols for para-sport athletes should also consider the following: increased susceptibility to respiratory infections, immune compromise secondary to spinal cord injury, unique equipment (e.g. wheelchairs) that requires cleaning, accessibility of medical resources, and access to alternate training options.

Recent reports have highlighted that people can be infected with COVID-19 and have no symptoms, yet still, transmit the virus to others. This makes close and regular monitoring of para-sport athletes of extreme importance. Potential accommodations for vulnerable para-sport athletes and support staff:

- Delaying a return to sport
- Training scheduled at designated 'lower risk' times (i.e. with no other groups or athletes around)
- Staff working off-site where possible
- Maintaining physical distancing (keeping at least 2 meters away from others)



Those with concomitant medical conditions need individualized screening and management in consultation with an NSO 'Chief Medical Officer' or primary care physician prior to return to training or competition environments.

Returning to Training following a positive COVID-19 test

The decision on when it is appropriate to return to training following a positive COVID-19 test will require medical advice and clearance by the attending physician and in accordance with municipal, provincial and governmental guidelines.

If a team member has symptoms or COVID-19 or answered YES to any of the daily health monitoring questions, they are not permitted to enter, participate or undertake operations in the workplace OR participate in any ACA sanctioned events (including, but not limited to ACA led dryland training, ACA permitted travel, on-snow or off-snow activities scheduled by ACA) until a negative COVID-19 test is approved by ACA IST.

If symptoms occur during or after training, the symptoms should be reported immediately to ACA IST, the head coach, and the local public health authorities. Recommendations will vary based on a number of factors and may include further testing in some cases.

Self-Isolation Recommendations

If you find yourself ill with symptoms suggestive of COVID-19 or are instructed to [self-isolate \(quarantine\)](#):

- Remain at home except to get urgent medical care
- Do not go to work, school, training or other public areas
- Cancel all non-urgent appointments
- Do not use public transportation
- If you intend to leave your home to seek urgent medical care, notify your doctor or local health care provider by phone in advance, as testing and safety protocols may be required
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening
- Wear a face mask when around others, particularly when physical distancing cannot be maintained
- Separate from household members, at least 2 meters at all times
- Do not have visitors
- Stay in a well-ventilated room (open windows) and use your own bathroom if possible
- Sanitize common use surfaces frequently
- If close contacts are vulnerable in terms of their health, consider alternative accommodations
- Avoid sharing household items
- Maintain excellent hand hygiene
- Follow any other local health regulations

For more information on [self-isolation at home visit Health Canada](#) website.



Training Camps

High-Performance National Team athletes may relocate from within Canada to train with a resident group upon review and approval from the National Sport Federation, National Team Physician, and follow the guidelines outlined by the provincial and municipal travel regulations.

Other athletes looking to relocate to train with a resident group (e.g. PTSO or club team) must follow all provincial and municipal regulations related to travel along with any municipal, provincial and governmental guidelines that may be in place.

International Travel:

All travel advisories must be reviewed prior to departure and all athletes must adhere and obey all local guidelines. Visit the [Official Global Travel Advisories webpage](#) provided by the Government of Canada for updates on international travel advisories and restrictions. Please note, the content on this page is provided for information only. While the government makes every effort to provide correct information, it is provided on an “as is” basis without any warranty of any kind, express or implied. The Government of Canada does not assume responsibility and will not be liable for any damages in connection with the information provided. If traveling to an international training destination, a full return to sport plan must include and reference the current local guidelines.

It is crucial that the risk assessment is conducted with the responsible local public health authorities and that the necessary personnel with expertise in risk assessment, epidemiology, and infectious disease control measures are included from the initial stages of planning. The national and local public health authorities in the country to be visited will know how to conduct a health risk assessment. There are also [WHO Regional Offices](#) who can be contacted for additional support if needed.

It is further advised that the risk assessment is also carried out with input from further relevant partners and experts in specific areas relating to the event, including the NSO, legal counsel, Canadian Snowsports Association, and medical providers as deemed necessary.

Ground Transportation: Traveling in private individual vehicles is preferred over traveling in team vehicles. If traveling in groups, maintain consistent groups throughout the camp.

If there are multiple people in the same vehicle, each person must have their own seat. If there is bench-style seating designed for three (3) or more people, only two (2) will be seated with an empty person space in between the occupants, resulting in a maximum of two (2) people per bench seat. Masks will be worn if required within the local public health authority guidelines.

If public transportation must be used, travel with a protective mask on, and comply with the governmental COVID-19 regulations.

Daily disinfection of any highly touched surfaces in and on the car is required.

- **Gas Stations:** While traveling staff and athletes will use gloves when touching gas pumps, and then use hand sanitizer upon completion.



- **Washrooms:** Athletes and staff will use extreme caution when utilizing public restrooms. Take supplies to disinfect all touch surfaces prior to use and washing hands thoroughly upon completion. Interior door handles should be cleaned prior to handwashing for a “clean exit” if a single room or keep wipe in hand to use on the handle on exit.
- **Convenience Stops:** Athletes and staff should refrain from stopping for food, drinks, etc. while traveling. Pack food and drink ahead of travel.
- **Rental Cars:** Disinfect rental cars thoroughly upon receipt, prior to entering the vehicle for the first time and loading with gear.

Air Transportation: Follow municipal, provincial, and governmental air travel guidelines including wearing a mask as instructed. It’s best to book seats that are on planes/routes with lower occupancy rates (less than 50% capacity) and window seats away from foot traffic. Utilize the overhead fan/blower to create turbulent airflow in front of the face.

- **Travel Preparation:** Bring food and an empty water bottle in your carry-on luggage, so you do not need to purchase food or use cabin service on board. Fill a water bottle at a touchless water station.
 - Optional: Bring a change of clothes and a large Ziploc bag to place travel clothes into post-flight in your carry-on luggage.
- **Disinfection Strategy:** Wipe down all surfaces in your seating area with antibacterial wipes and dispose into a sealed Ziploc bag. Use hand sanitizer after completing the wipe down of the area.
- **Landing:** Upon landing, change clothes, and put plane clothes into a large Ziploc/plastic bag. Wash immediately when at final accommodation. Wash your hands for a minimum of 20 seconds (vigorous scrubbing with soap).
 - Follow local health authority guidelines upon arrival to destination

Accommodation: Always follow and abide by the COVID-19 guidelines for the local hotel industry and protect your social bubble. Do not admit entry to the accommodation to anyone who is not staying at the accommodation. Seek single or double rooms only. All participants must have their own bed and rooms must have their own designated private toilet, shower, and bath.

- Before the larger group enters the accommodation the rooms, common areas, equipment, and highly touched surfaces will be thoroughly sanitized frequently.
- Disinfection strategies include sanitizing daily and re-cleaning all rooms and surfaces more frequently based on use and in accordance with municipal, provincial, and governmental guidelines.
- PPE: Placement of additional hand sanitizer, antibacterial wipes, and cleaning supplies in each room/unit.
 - **Laundry facilities & washing:** All clothing items should only be worn once and then washed. You can wash your clothes as a group. Whoever touches the laundry needs to wash their hands thoroughly before and after.



Meals: Meals will be prepared according to municipal, provincial, and governmental COVID-19 guidelines for hotels. Buffet style eating is prohibited, individual orders only, and no family-style meals. Always eat in the same place, and if possible, in the hotel or another pre-determined restaurant. The training group should be separated from other restaurant patrons and seated at a safe physical distance. Snacks and drinks must not be shared between athletes. Wash hands before and after eating and wipe down surface areas ahead of sitting down.

COVID-19 Return to High-Performance Sport Management

Return to Sport will be governed by public health policy and directives. It is worth noting that different Provinces/Territories may permit the resumption of some sporting activities at different times, dependent on local COVID-19 transmission, resources, and other variables influencing local policy. Even within a Province/Territory, there could be geographical variability. Relaxing/increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Resumption of sporting activity may not be linear and should be guided by local, provincial health authorities. An initial resumption of sporting activity is dependent on several factors:

- A sustained decrease in COVID-19 transmission
- Healthcare system capacity
- Community sport clubs/groups and individuals making their own risk assessment guided by their local and provincial health authorities

In considering a resumption of sporting activity, vicarious liability should be addressed by an NSO, PSO, or competitive community club. Vicarious liability is defined as the holding of a person or entity responsible for damages or harm caused by someone else. In the context of mitigating the risk COVID-19 transmissions, a national sport organization or competitive community club may hold liability for the information and mitigation strategies engaged as part of a superior position in a relationship with its employee, athlete, or volunteer.

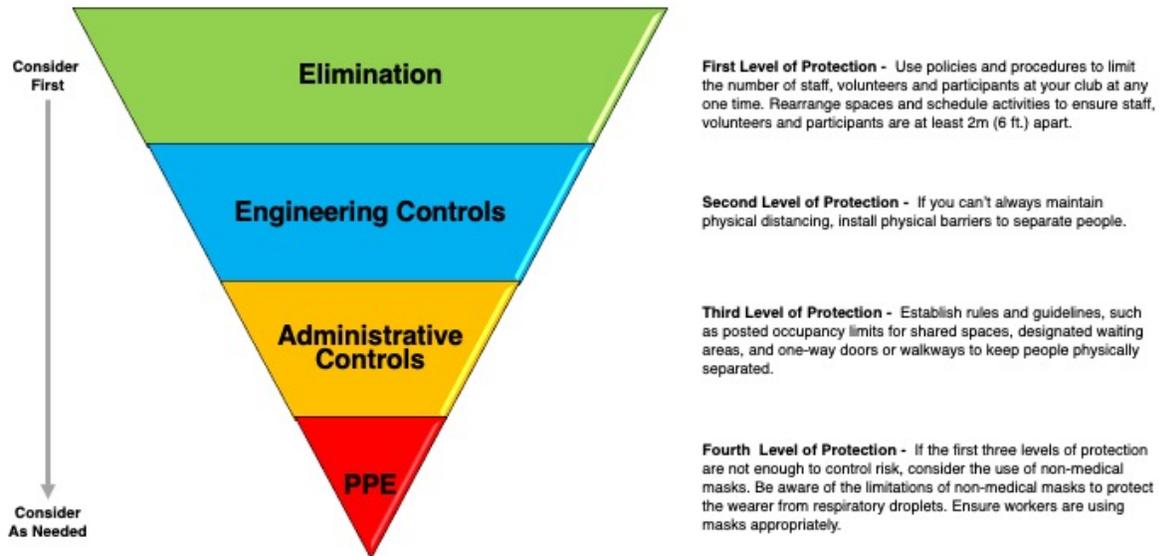
Staging a Return to High Performance

A key feature of a sport-specific return to sport plan is a staged approach to the resumption of sport. The staging is determined by municipal, and provincial/territorial health guidelines and directives. Staging can be managed or developed using one or more of the following parameters:

- The type and level of organized training that can take place
- Availability and access to a training facility
- Number of athletes or social clustering in the training environment
- The extent of physical distancing required to adhere to public health authority directives

To reduce the risk of the virus spreading through droplets in the air, you must implement protocols to protect against your identified risks. Different protocols offer different levels of protection. Wherever possible, use the protocol that offers the highest level of protection. Consider controls from additional levels if the first level is not practicable or does not completely control the risk. You will likely need to incorporate controls from various levels to address your risk.

Utilize the graphic below adopted from [BC Alpine](#) to assist in determining the level of protection that best fits your situation



All teams are encouraged to develop plans with a staged approach in mind and adhering to public health authority guidelines or directives. Each stage of return to sport should be checked or validated against a risk assessment using the R-SAT and corresponding risk mitigation strategies.

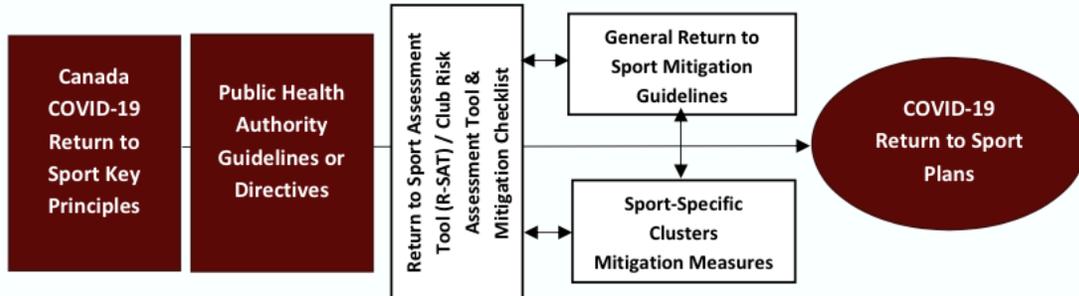
Utilizing the COVID-19 Return to High-Performance Sport Framework

[The COVID-19 National Framework for Return to High-Performance Sport](#) (Figure 1) involves four key components:

1. **Key Principles:** Outlines Canada's approach to return to high-performance sport in a progressive, methodical process that respects public health authority guidelines.
2. **COVID-19 Risk Assessment Tool for Sport (R-SAT) Appendix A:** A functional tool to assess the level of transmission risk in a training environment and the impact of potential mitigation strategies.
3. **General Return to Sport Guidelines:** Provide general guidelines ratified from WHO Guidelines for Mass Gatherings and support the development of sport-specific risk mitigation strategies.
4. **Sport-Specific Return to Sport Guidelines:** Guidelines based on sport context and risk environment and focusing on distancing strategies, training group size and composition, and facility and equipment access and adaptation.



Figure 1 – COVID-19 Return to High Performance Sport Framework



The three levels (Levels A, B, C) of sporting activities are based on the risk of transmission in the context of a training or competition environment.

Table 1 - Risk Assessment Levels

Initial Risk Rating (R-SAT)	Negligible	Very Low	Low	Moderate	High	Very High
Level of Mitigation Strategies	Level A Initial Risk Assessment- Under Level A the disease is contained, but there is still a low risk of community transmission. The objective of these guidelines is to minimize the risk of transmission of the virus, and to be able to rapidly track and isolate any cases that may arise.			Level B Initial Risk Assessment- Under Level B the disease is contained, but there is still a moderate risk of community transmission specifically in vulnerable populations. The objective of these guidelines is to minimise the risk of transmission of the virus, and to be able to rapidly track and isolate any cases that may arise.		Level C Initial Risk Assessment- Under Level C the disease is not contained, and there is a high risk of community transmission. Non-essential activities should be restricted, and people should stay at home and only go out for essential services.

This risk assessment is based on the first six (6) questions in the initial R-SAT risk assessment. For each level, permitted activities based on physical distancing, training group composition and skill tasks, and equipment management are provided as recommendations to sport clusters for specific mitigation measures before the resumption of sport.

The Framework

The framework provides a ‘road-map’ to develop resources and mitigation measures to inform sport specific plans. It is not meant to replace effective planning but rather provide as much direction and context for effective decision-making.

Phase 1 - Risk Assessment

1. Become aware of local health authority guidelines and level of transmission for the region of the training environment.



2. Determine initial environment risk level using R-SAT first 6 questions to determine risk level as negligible, very low, low, medium, high, or very high.
3. Consult the risk level (Level A, B, C) mitigation strategies required as you start planning a return to sport.

Phase 2 – Mitigation Strategies

1. Answer the questions for the section of the R-SAT Mitigation Strategies.
2. For each section, use the General Guidelines for Return to Sport and Sport-Specific Guidelines for Sport to develop your strategies.
3. Based on your strategies, and responses to the questions, calculate your overall risk in the training or competition environment using the R-SAT calculator.
4. If you have scored a high or very high score, improve your mitigation strategies, and re-take the R-SAT questions to lower your overall risk score.

COVID-19 Resource Links

- [Canada-COVID-19 Return to HP Sport Framework EN](#) – May 2020
- [ACA Protection Concept – Safety Guidelines Overview](#) June 2020
- [COVID-19 Risk Assessment for Sport – Appendix A](#)
- [Club Risk Assessment and Mitigation Checklist Tool, Appendix B](#)
- [FASKEN Memorandum – Return to Sport All Provinces EN June 2020](#) *Document contains hyperlinks to provincial public health sites - check websites for most up to date guidelines
- [FASKEN Daily Attestation Sample Waiver for all participants](#)
- [ACA Daily Attestation Paper Document](#)
- [ACA CSA Approved Remote Training Waiver](#)
- [CSA Guidelines for Remote Training](#) – March 27, 2020
- [CSA SAIP 2020-21 Review](#)
- [CSA Mandatory Out of Country Training Sanction Request](#)
- [Health Canada Preventing the Transmission and Spread of COVID-19](#)
- [Provincial and Territories Self-Isolation Guidelines – June 10, 2020](#) *Document current as of June 10, 2020 – check local provincial and territorial guidelines for most up to date guidelines
- [FIS COVID-19 Resource Hub](#)

Alpine Canada Provincial & Territorial Sport Partner Resource Links:

- [Alberta Alpine](#)
- [BC Alpine](#)
- [Ski Manitoba Alpine](#)
- [Ski New Brunswick](#)
- [Alpine Ski Newfoundland and Labrador](#)
- [Alpine Ski Nova Scotia](#)
- [Alpine Ontario Alpin](#)
- [Ski Quebec Alpin](#)
- [PEI Alpine Ski](#)
- [Sask Alpine](#)
- [Alpine Yukon](#)



Federal, Provincial and Territorial – COVID-19 Public Health Links

Federal (1-833-784-4397)	https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html	https://www.canada.ca/fr/sante-publique/services/maladies/maladie-coronavirus-covid-19.html
Alberta (811)	https://www.alberta.ca/coronavirus-info-for-albertans.aspx	https://www.alberta.ca/assets/documents/covid-19-fact-sheet-french.pdf
British Columbia (811)	http://www.bccdc.ca/health-info/diseases-conditions/covid-19	English only
Manitoba (1-888-315-9257)	https://www.gov.mb.ca/covid19/index.html	https://www.gov.mb.ca/covid19/index.fr.html
New Brunswick (811)	https://www2.gnb.ca/content/gnb/en/corporate/pr-omo/covid-19.html https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/COVID19_recovery_phase-1_guidance_document-e.pdf	https://www2.gnb.ca/content/gnb/fr/corporate/pr-omo/covid-19.html https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/COVID19_recovery_phase-1_guidance_document-f.pdf
Newfoundland and Labrador (811 or 1-888-709-2929)	https://www.gov.nl.ca/covid-19/alert-system/public-health-orders/	https://www.gov.nl.ca/covid-19/fr/ressources/
Northwest Territories (911)	https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19	https://www.hss.gov.nt.ca/fr/services/maladie-%C3%A0-coronavirus-covid-19
Nova Scotia (811)	https://novascotia.ca/coronavirus/	https://novascotia.ca/coronavirus/fr/
Nunavut (867-975-5772)	https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus	https://www.gov.nu.ca/fr/sante/information/covid-19-nouveau-coronavirus
Ontario (1-866-797-0000)	https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus	https://www.publichealthontario.ca/fr/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus
Prince Edward Island (811)	https://www.princeedwardisland.ca/en/topic/covid-19	https://www.princeedwardisland.ca/fr/sujet/covid-19
Quebec (1 877 644-4545)	https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/	https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/
Saskatchewan (811)	https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/public-health-measures	English only
Yukon (811)	https://yukon.ca/en/health-and-wellness/covid-19/current-covid-19-situation	https://yukon.ca/fr/sante-et-bien-etre/covid-19/covid-19-situation-actuelle