

Calgary Westside Alpine Ski Club COVID-19 Management Plan

March 27, 2021



Version 3 – modified to address AHS enhanced measures regarding public health order Orders 04-2021 and 05-2021 and associated information

Preface



- We will be managing the 2020-2021 ski season within COVID-19 pandemic restrictions
- Content is subject to change rapidly
- The ski club will follow all laws and guidance
- There is still a possibility of athletes, coaches, volunteers, parents becoming ill
- Expect absences due to symptoms, illness, or close contact isolation
- Smile, and make this the best experience possible within the constraints that we have!

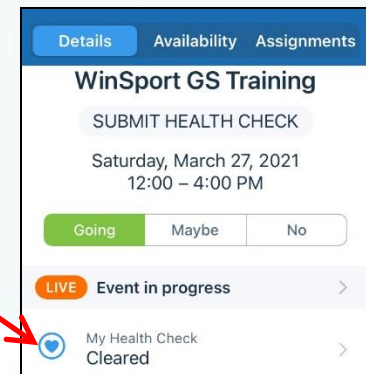
PART 1

The Basics

Golden Rules

There are three **Golden Rules** that apply to **everyone, and always**

1. Use the Westside Alpine TeamSnap daily “Health Check” and **do not attend or participate if not permitted**
2. **Follow steps to avoid virus transmission** – maintain physical distancing of 2 meters from all other persons ~~not in your cohort~~ (or otherwise allowed by AHS - it’s the law!); use masks, proper etiquette, and hygiene as mandated/recommended by AHS
3. **Follow the rules of each facility** (WinSport, Sunshine, etc.)



Details Availability Assignments

WinSport GS Training

SUBMIT HEALTH CHECK

Saturday, March 27, 2021
12:00 – 4:00 PM

Going Maybe No

LIVE Event in progress >

My Health Check Cleared >

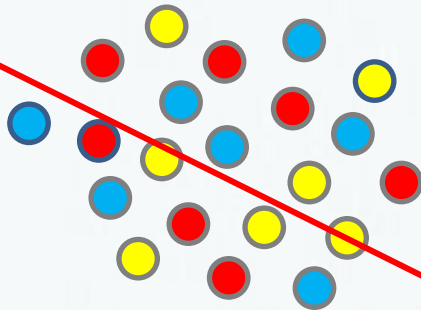
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Cohorts not
applicable

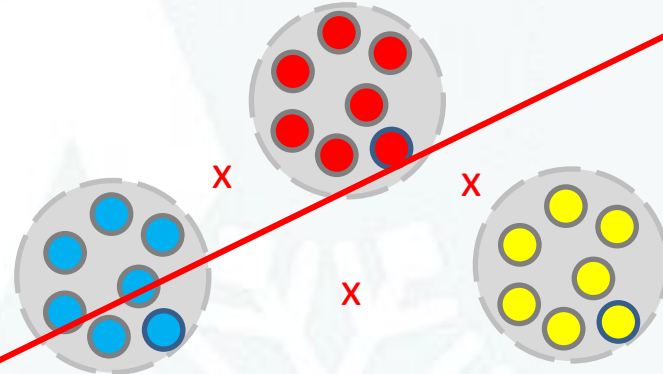
Cohorts

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Cohorts temporarily suspended; all persons must keep distance to all others not in same household



In settings where people move about freely in close proximity, there are a large number of paths for infection – every person to every other person.



Cohorts are kept physically separate from each other and the number of paths is greatly reduced – although within the cohort transmission is still possible.

- Even though skiing is an individual sport, Westside Alpine will use a cohort concept to help manage certain activities.

Planned Cohorts

U8/U10 Cohort

24 athletes, 4 coaches - Alexa,
Jamie, Kevin, Suzanne

U12 Cohort

21 athletes, 3 coaches -
Courtney, Dylan, Thomas

U14 & U16 Cohort

12 athletes, 2 coaches -
Graeme, Tomek

Notes:

- Sub-cohorts (by individual coach) within cohorts and physical distancing whenever possible will also be used to reduce exposure
- **Head coach** (Graeme MacDougall), member of U14/U16 cohort, can still assist other age groups by keeping 2 meters distance; Other coaches may assist other age groups by keeping 2 meters distance.
- If coaches are members of other sports cohorts in addition to Westside Alpine then those coaches cannot act as a Westside Alpine cohort member (only one sports cohort per person in AHS Calgary zone). That coach must maintain physical distancing instead.

3

Outdoor groups temporarily maximum of 10 persons including 1 coach

Coaches, Volunteers, and Parents



- Coaches
 - Coaches must keep physical distance from other athletes, volunteers and coaches not within their own designated cohort, and all parents.
- Volunteers
 - Volunteers may become a cohort member if they are not part of another sports/social cohort, otherwise volunteers must maintain 2 meters of physical distance
- Parents
 - Parents are typically never part of any athlete cohort. Parents must maintain 2 meters of physical distance from coaches and all athletes except their own children.

See additional AHS cohorts guidance at
<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>



Cohorts not being used, must keep distance;
Outdoor groups temporarily maximum of 10 persons including 1 coach, all persons not from same household must keep distance

On-Hill and Transportation



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Cohorts not being used, must keep distance;
Outdoor groups temporarily maximum of 10 persons including 1 coach, all persons not from same household must keep distance

cohort members) at all times, for example

- During training
- During breaks
- During transportation - No van rides with other cohorts (applies to coaches, athletes, and volunteers)
- Transportation
 - For any Club-provided transportation we will follow AHS Guidance for Taxis, Limos, Rideshares, and Commuting
<https://open.alberta.ca/publications/covid-19-information-guidance-for-taxis-limos-rideshares>
 - Key points – everyone wears masks; distance as much as possible; stay in same seats; handle own bags; cleaning and disinfecting regiment

Illness Response Plan



- If an athlete, coach or volunteer develops COVID-19 symptoms while on-hill:
 - The person will be isolated, with the help & supervision of coaches, volunteers, and on-hill staff/facilities as needed (note that physical protection from outdoor elements is the first priority, then isolation – nobody will be left in the cold!)
 - Person's emergency contact will be notified to retrieve person with symptoms

Why must we follow all these rules?



- Public health orders are put in place to protect the public.
 - Follow public health orders to help keep yourself and others safe and to prevent more stringent lockdowns.
- It is Alberta law.
 - Persons violating public health orders are subject to a \$1,000 fine.
 - Persons breaking the law and causing harm to others while doing so may be subject to lawsuits.
- We are privileged to continue our sport
 - We are in a pandemic and, sadly but temporarily, normal socialization rules do not apply.

PART 2

COVID-19 Close Contacts and Isolation – How does this work?

These scenarios are based on Alberta Health Services recommendation to limit cohorts to **one family cohort, one school cohort, and one sport cohort.**

Likely isolations are shown based on Alberta Health Services guidance and Alberta Public Health Orders as of November 6, 2020.

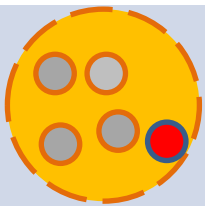
Scenario 1 – confirmed COVID-19 case is your child

Confirmed case is a child within your family/ household

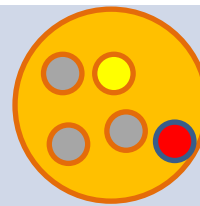
All persons who were in close contact* with your child while infectious are required to isolate* for 14 days.
This could include:

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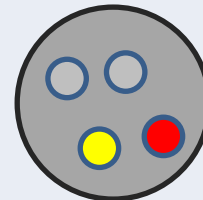
Can be up to 24 days



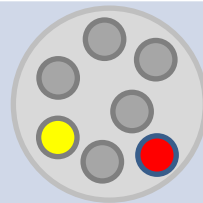
Family cohort:
child, parents, siblings, friends, relatives



Ski cohort:
athletes, coaches, car pool drivers



School class cohort:
students, teachers, staff, school bus riders



If any close contact of a confirmed case shows symptoms, that person must remain in isolation* for an additional 10 days from start of symptoms or until they are feeling well, whichever takes longer. If the symptoms have cleared, the 14 days has passed, and a negative test result is received that close contact does not have to isolate any longer.

***Close contacts and isolation** – see included pages and links to more information.

Scenario 2 – confirmed COVID-19 case is another child within your child’s ski cohort

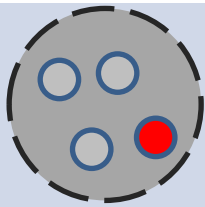
Confirmed case is another child in your child’s cohort

All persons who were in close contact* with that child while infectious are required to isolate* for 14 days.

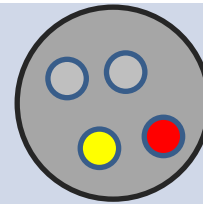
3

This could include:

Can be up to 24 days



Ski cohort:
your child, athletes,
coaches, car pool
drivers



If any close contact of a confirmed case shows symptoms, that person must remain in isolation* for an additional 10 days from start of symptoms or until they are feeling well, whichever takes longer. If the symptoms have cleared, the 14 days has passed, and a negative test result is received that close contact does not have to isolate any longer.

*Close contacts and isolation – see included pages and links to more information.

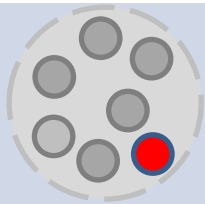
Scenario 3 – confirmed COVID-19 case in your child's school cohort

Confirmed case is another child in your child's class

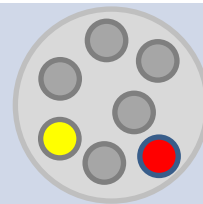
All persons who were in close contact* with that child while infectious are required to isolate* for 14 days.
This could include:

3

Can be up to 24 days



School class cohort:
your child, students, teachers, staff, school bus riders




If any close contact of a confirmed case shows symptoms, that person must remain in isolation* for an additional 10 days from start of symptoms or until they are feeling well, whichever takes longer. If the symptoms have cleared, the 14 days has passed, and a negative test result is received that close contact does not have to isolate any longer.

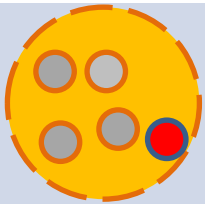
*Close contacts and isolation – see included pages and links to more information.

Scenario 4 – confirmed COVID-19 case is a parent/adult in your household

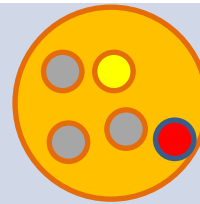
Confirmed case is a parent/adult in your household

All persons who were in close contact* with parent/adult while infectious are required to isolate* for 14 days. 
This could include:

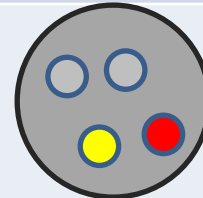
Can be up to 24 days



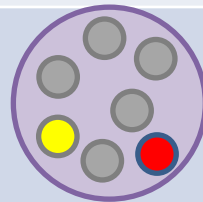
Household cohort:
parent/adult, children, spouse, friends, relatives, room mates




Parent/adult sport cohort:
teammates, coaches



Work :
colleagues




If any close contact of a confirmed case shows symptoms, that person must remain in isolation* for an additional 10 days from start of symptoms or until they are feeling well, whichever takes longer. If the symptoms have cleared, the 14 days has passed, and a negative test result is received that close contact does not have to isolate any longer.

***Close contacts and isolation** – see included pages and links to more information.

Who is a “close contact” of a confirmed COVID-19 case?

- “Alberta Health Services defines a close contact as **anyone** who has been within a two metre distance of someone with a case of COVID-19 for more than 15 cumulative minutes in a day. People are considered close contacts even if they were wearing a mask. Any contact who shared food or drinks, or had contact such as hugging or kissing, or provides direct care would also be considered a close contact.” *(source: response from BizConnect on October 29, 2020)*
- Other scenarios can also be defined by AHS for specific instances (e.g. all classmates at a school, even if not within 2 meters).

What specifically is required for isolation (or quarantine)?


- Stay home – do not leave your home or attend work, school, social events or any other public gatherings.
- Avoid close contact with people in your household, especially seniors and people with chronic conditions or compromised immune systems.
- Do not take public transportation like buses, taxis or ride-sharing - this is prohibited.
- Do not go outside for a walk through your neighborhood or park. This includes children in mandatory isolation or quarantine.
- Do not use elevators or stairwells if you live in an apartment building or highrise, you must stay inside your unit. If your balcony is private and at least 2 metres away from your closest neighbour's, you may go outside on the balcony.
- Get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.


(Source: <https://www.alberta.ca/isolation.aspx>)

How do I know if I need to isolate?

- **How do I know for sure if I/my child/ family member needs to isolate?**
 - Alberta Health Services has been tracing contacts and notifying persons to isolate. However, this week AHS announced that they cannot keep up with all the contact tracing so in some cases it is up to persons with confirmed COVID-19 to inform others that they may have been a close contact.
- It is recommended that every Westside Alpine member and parent uses the **ABTraceTogether** mobile phone app

AHS Reference Summary

- Daily symptom checklist
<https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>
- Self-assessment
<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>
- Isolation requirements
<https://www.alberta.ca/isolation.aspx> 

Isolation can be up to 24 days
- Calgary Zone public health measures
<https://www.alberta.ca/covid19-calgary-zone-public-health-measures.aspx>
- Alberta public health orders
<https://www.alberta.ca/covid-19-orders-and-legislation.aspx>
- Cohorts guidance 

Cohorts not being used at this time, must keep distance;

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>
- Guidance for Taxis, Limos, Rideshares, and Commuting
<https://open.alberta.ca/publications/covid-19-information-guidance-for-taxis-limos-rideshares>