



TIMMINS SKI RACERS GUIDELINES COVID-19 RETURN TO TRAINING PROTOCOL 2020-2021



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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.

INTRODUCTION

On September 8th, 2020, Timmins Ski Racers (TSR) compiled these measures to combat the coronavirus. Training can be carried out in compliance with certain requirements as outlined in this document and within these guidelines.

This protection concept defines the framework and the conditions for training operations based on the ACA guidelines. The concept will be enforced from September 8th, 2020 until further notice (without further federal restrictions)

TSR GUIDELINES

- The health of employees and athletes is a top priority for TSR.
- These guidelines were developed utilizing Alpine Canada Association Return to Training Sport Specific Operations July 3, 2020 Document and Alpine Canada Association Return to Skiing Internal Risk Mitigation Resource Document July 1, 2020.
- National, provincial and local public health unit guidelines will be monitored by a designated board member for any changes and updates to the rules and regulations regarding COVID-19 and communicate these changes to its members, athletes and coaches.
- A copy of this guideline will be made available to all parents, athletes, coaches, staff and volunteers. It will also be available on the TSR website.
- The guidelines will be reviewed with all parents at time of TSR registration of their child, coaches, staff and volunteers and at the AGM.
- Completion of the Alpine Ontario Association (AOA) Sport Participant COVID-19 Agreement (Appendix A) will be reviewed and signed by athletes, parents, coaches, staff and volunteers. This will replace the daily health attestation form at the present time.
- Daily health attestation will not be mandatory for athletes, coaches, staff and volunteers participating in TSR related activities at this point in time. If guidelines change, TSR Board will inform all parents, athletes, coaches, staff and volunteers of these changes.
- Daily self screening before training is recommended using the online Ontario Public Health Unit COVID-19 Self Assessment tool: <https://covid-19.ontario.ca/self-assessment/>
- The processes and rules of these guidelines are clear and understandable. They give the athletes and the staff at TSR security in their approach to training.

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. TSR 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 (TSR Team Chalet):

- Provide facility access with one entry point and a separate exit point if possible
- 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 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 in the training session.
- Maximum number of people in the facility should not exceed 10 to respect physical distancing guidelines of 2 metres.
- Breaks and lunch times will be staggered to respect the maximum number of people in the TSR chalet at one time.
- The TSR chalet will be reserved for athletes and coaches only with the exception of one parent volunteer who is willing to help out with the supervision of the young athletes for lunches and break times and also to clean and disinfect the chalet as per guidelines.
- Non-medical grade face masks or other appropriate face covering should be worn at all times in the facility with the exception of eating.
- Athletes and coaches should bring all personal ski equipment home and should not leave any ski equipment stored in the facility
- Only athletes, coaches and designated volunteers will have access to the facility

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

Hand sanitizer in the chalet will be provided by TSR for athletes, coaches, staff and volunteers.

Individual athletes, coaches, staff and volunteers are also responsible for their own hand sanitizer for personal use while training with TSR.

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 door knobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops, electronics, and athletic equipment.

- Coaches will be responsible to clean all equipment thoroughly with a disinfectant provided by TSR pre- and post-training sessions. 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, volunteers 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. Microwave, water fountain and refrigerator will not be available for athletes, coaches and volunteers.
- Coaches are not permitted to share hand-held equipment with colleagues or others. Coaches are required to clean this equipment with disinfecting wipes/solutions pre and post-training sessions.
- The TSR facility will be cleaned and disinfected during and at the end of each training day by a TSR designated person/volunteer such as a board member, parent volunteer or a coaching staff.
- Appropriate cleaning solutions and cleaning equipment will be provided by the TSR.
- Athletes will be responsible for their own tuning equipment and tuning of skis. Team tuning equipment will not be available this year.

INDIVIDUAL HEALTH MONITORING:

Daily individual health monitoring processes and tracking need to be in place. TSR requires the completion of a daily health check before engaging or participating in any sanctioned, organized, TSR training activity or event. The daily self screening will be done before training using the online Ontario Public Health Unit COVID-19 Self Assessment tool: <https://covid-19.ontario.ca/self-assessment/>

TSR staff and athletes have completed and signed the Sport Participation COVID-19 Agreement (Appendix A) at the time of registration which outlines the facts that athletes, TSR staff and volunteers will not participate in any TSR activities if they have COVID-19 symptoms. A daily health attestation form will not be required at this time unless guidelines change. If so, the TSR Board will inform all athletes, coaches, staff and volunteers of these changes. A daily self screening will be required before any sanctioned, organized TSR training or event using the online Ontario Public Health Unit COVID-19 Self Assessment tool: <https://covid-19.ontario.ca/self-assessment/>

All stakeholders, athletes, coaches, volunteers and staff who interact in person in a TSR facility such as an office space or in training organized and led by TSR, are required to complete a DAILY health screening before beginning any activities.

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.

If an athlete, coach, volunteer or staff has symptoms or answered YES to any of the daily health monitoring questions from the Ontario Public Health Unit, they are not permitted to enter, participate or undertake operations in the workplace OR participate in any TSR sanctioned events (including, but not limited to TSR led dryland training, TSR permitted travel, on-snow or off-snow activities scheduled by TSR) until a **negative COVID-19 test is documented and symptoms resolve or self isolation for 14 days of symptom onset or an alternative diagnosis is provided by a healthcare provider.**

If symptoms occur during or after training, the symptoms should be reported immediately to the TSR head coach, designated board member and possibly to the local public health authorities if needed.

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..

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.

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 and can be found below.

All COVID-19 informational material including but not limited to procedures, handouts, and behavioral posters will be posted in a clearly visible/accessible manner in the TSR Chalet to inform participants of inherent risks associated with attending the facility or event. It will also be available on the TSR website.

TSR DAILY GENERAL TRAINING OPERATIONS

The following requirements from TSR apply;

TSR Requirements:

1. Symptoms -> only healthy and symptom-free individuals are allowed in training areas.
2. Distance -> all participants must keep a distance of 2m whenever possible. Only two people on a chair at any time.
3. Hygiene rules -> Wash hands thoroughly before and after training and as often as possible throughout the day
4. Masks-> Face covering will be mandatory when 2m physical distancing is not possible. Balaclavas or other face coverings are encouraged while skiing and riding the lift. Must not be placed on tables within the chalet.
5. Contact tracing -> maintain training attendance every training day

Contact Tracing:

The nature of sports activities means that physical distancing may not be able to be observed continuously. That is why a daily attendance record is performed by the designated responsible coach in order to control and track who is at camp and within the daily training schedule. Close contact is defined as grouping longer than 15 minutes or repeated shortfall of a distance of 2 meters without protective measures. We are aware that this could occur at some point during each day of training.

The following applies to the implementation of contact tracing:

The attendance record will be performed two times per day (morning and afternoon) while in training.

The attendance record must be kept for 14 days and can be requested by the health authorities.

A designated person (head coach) is responsible for attendance record management. The head coach is responsible for the execution as well as compliance with the overall guidelines and protocols outlined in the TSR Return To Training document.

Daily Health Attestation

In the future, all athletes, coaches, staff and volunteers may be responsible to fill out a daily health attestation questionnaire before entering the TSR training premises and before participating in any TSR training. Presently, a daily self screening will be done before any TSR sanctioned training or event using the online Ontario Public Health Unit COVID-19 Self Assessment tool: <https://covid-19.ontario.ca/self-assessment/>. All athletes must confirm during the attendance recording that they have no COVID-19 Symptoms and are presently symptom free. If this protocol changes, TSR will notify all parents, athletes, coaches, staff and volunteers. For the time being, Alpine Ontario Association Sport Participant COVID-19 Agreement will need to be reviewed and signed by all parties participating in TSR activities.

Group Training

If the distance regulations in and around the training mode cannot be observed, training is carried out in constant small groups.

External Sports Facilities

When using external facilities such as sports facilities, accommodation (hotels or similar), restaurants, etc., the national and provincial protection regulations are applicable at the time and the current protection guidelines of the facility operator will also apply.

TSR PROTOCOL FOR SYMPTOMATIC INDIVIDUALS

TSR Board will ensure communication of health issues during the training season.

The responsibility for the implementation and control of the defined measures lies with the head coach and/or designated person in his/her absence.

If an athlete, coach, volunteer or staff have 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 TSR sanctioned events (including, but not limited to TSR led dryland training, TSR permitted travel, on-snow or off-snow activities scheduled by TSR) until a **negative COVID-19 test is documented and symptoms resolve or self isolation for 14 days of symptom onset or an alternative diagnosis is provided by a healthcare provider.**

The athletes are obliged to consistently implement the prescribed measures and to report any symptoms of illness to the coaches as soon as possible who will then communicate the information to the designated board members.

If an athlete becomes symptomatic during training, they will be isolated from the group and asked to leave with a parent/guardian until further assessment of illness/symptoms. **Symptomatic individuals will be permitted to return to training after a negative COVID-19 swab and symptoms resolve or self isolation for 14 days of symptoms onset or alternative diagnosis provided by a healthcare provider.**

TSR PROTOCOL FOR POSITIVE COVID-19 CASES

In the event of a positive COVID-19 case in an athlete, coach or volunteer, the head coach along with a board member will communicate this information to its members. The TSR parents, athletes and coaching staff will be made aware of a possible contact and all training will cease until further notice at that time.

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.

The decision on when it is appropriate to return to training following a positive COVID-19 test will need to be in accordance with municipal, provincial and governmental guidelines.

If a team member has COVID-19, they are not permitted to enter, participate or undertake operations in the workplace OR participate in any TSR activities (including, but not limited to TSR led dryland training, on-snow or off-snow activities scheduled by TSR) until proof of a negative COVID-19 test and symptom resolution or self isolation for 14 days of symptom onset or as guided by the local Public Health Unit.

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 time
- 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 regulation

For more information on self-isolation at home visit Health Canada website.

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:

- New or worsening Cough
- Fever(over 37.8 C)
- Difficulty breathing
- Fatigue
- Loss of smell and taste
- Nausea & vomiting
- Conjunctivitis (Pink-eye)
- Sore throat or difficulty swallowing
- Runny nose or nasal congestion- in absence of underlying reasons for these symptoms such as seasonal allergies, post nasal drip, cold induced rhinitis, etc,

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. 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 designated person. The team member is isolated, and then the rest of the group is isolated until further instructions are provided from the 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>

OUT OF TOWN TRAINING/TRAINING CAMPS/RACING

TSR club and athletes must follow the up to date guidelines and protocol set out by Alpine Ontario Association which may change as the season progresses. Please be aware of these guidelines prior to any out of town training or racing.

TRAINING CAMPS

Athletes may relocate from within Canada to train with a resident group upon 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 further advised that the risk assessment of international training camps is also carried out with input from further relevant partners and experts in specific areas relating to the event, 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 predetermined 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.

Appendix A

Sport Participant COVID-19 Agreement

Application - all athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at club activities (“Participants”)

All members of the club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response Plan and Return to Sport Protocol:

- I agree to daily symptom screening checks and will let club coaches know if I have experienced any symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting any training facility, with soap or sanitizer.
- I agree to sanitize the equipment I use during my training with approved cleaning products provided by the club (shared and personal equipment).
- I agree to follow social distancing protocols by staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all the club COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in the temporary suspension of my club membership.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Participant Signature:

Date: _____ Signature: _____

Parent / Guardian Signature (If participant is a minor):

Date: _____ Signature: _____