



Snowsports - Return to Competition (General Guideline) Revision November 15, 2020

Note:

Organizers and Clubs, as members of the CSA via their NSO, must remember that their liability insurance (CGL) excludes any claims against them arising out of allegations they failed to protect or guard participants against exposure to any pandemic disease – including COVID. The importance of NSO membership Waivers cannot be overstated. Waivers will provide some level of protection, but the most critical and important protection against claims made against them and the primary considerations for returning to domestic competition are the rules and regulations required by public health authorities, Provincial, Regional and local authorities, which will be different across the country.

These rules and regulations set the Standard of Care that would be measured against them in the event of a claim and must be followed.

The recommendations set forth in this document are to further assist in planning. In either case any portions of each regulation, which are the more restrictive, should be the guidance used.

Most importantly for any return to competition scenarios is to always check in advance if the facility(s) that are intended to be used – Ski Area/Resort/Park or property owned, leased or controlled by others, is available for your intended use.

I. General

It is expected that each of our NSO members, their PTSO, and individual member Clubs will create additional sport specific recommendations based upon specific discipline needs, sport specific rules as well as local, Provincial and Federal requirements.

Venue rules and operations guidelines (will vary from venue-to-venue and from Province-to-Province) must be respected.

No one should compete/travel to a competition venue or volunteer if they:

- Are exhibiting any symptoms of COVID-19. Symptoms range from mild to severe illness and may appear 2-14 days after exposure to the virus, including: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- Have been in close, sustained contact with someone with COVID-19 in the last 14 days.
- Athletes, volunteers and staff must complete a pre-screen questionnaire/attestation to verify the above.

II. Organizers/Venue Considerations:

1. Assign a COVID-19 Coordinator: It is suggested this position be dedicated to the scope of work outlined below, however, depending on the nature and size of the competition/event, the Coordinator may also hold another role at the competition.
2. Role of COVID-19 Coordinator: It is imperative that the recommendations below be documented in a check- list indicating they were done, by who and when. If necessary, duties can be assigned out to multiple members of the organizing committee/competition hosts.

Suggested Requirements of a COVID-19 Coordinator:

- i. NSO/PTSO or Club Official at a minimum. (Depending on size and Nature of the event.
- ii. A medical background preferred.

Duties include:

- i. Liaise with local and Provincial Health authorities on specific rules and regulations around COVID-19, including but not limited to emergency protocols.
- ii. Liaise with venue/resort partner for any specific COVID-19 policies and procedures they may require, including but not limited to: ski patrol, emergency protocols, and any designated-on site quarantine space(s).
- iii. Establish central contact point for all participants and staff for COVID-19 questions and concerns.
- iv. Monitor compliance of required symptom and temperature checks and attestations, and follow up with appropriate action as needed.
- v. Maintain a record of contact information for **all** participants in attendance at the event or competition for notification and Health Authority' contact-tracing purposes.

- vi. Create a notification system to all participants in the event of a positive COVID-19 case reported within 48 hours of competition and to inform NSO/CSA for monitoring purposes, following external communications protocols.
- vii. Develop back-up staffing and volunteer plans, including cross-training individuals and maintain a roster of trained back-up personnel.
- viii. Consider virtual training for your coaches/event staff and key volunteers on all safety protocols and CGL reporting notifications.
- ix. Make available (electronically or otherwise) the COVID-19 mitigation strategies that the competition is utilizing.

Note: While not required at domestic level competitions, it would be considered the very best practice to follow FIS World Cup Risk Mitigation testing protocols including all participants, volunteers and staff having a negative PCR COVID-19 test within 72-96 hours from the start of competition, and every 72-96 hours during extended competition; OR consider the use of a serological anti-body test within 8 weeks of the event. Obviously, this may only be possible for major events but is worth consideration

3. Competitions/events between teams from outside your region could be considered “highest risk” particularly where there are large variations in reported active cases outside you region with 10 to 14 days of your event. “Outside Region” definition likely can vary across Canada.

It is possible local authorities will prevent such activities.

Local competitions with participants from the same geographical locations or regions might be prioritized so that the need for overnight stays and/or air travel is minimized or eliminated.

- a) Recommend running intra-club competitions with athletes that already have close contact with each other as frequently as desired.
 - b) Explore new competition formats to keep local competition interesting.
4. Assess current levels of COVID-19 within your community (and communities where participants are traveling from).
 - a) In the event of high levels of community spread, it is recommended to first re-check with your local health authority and Ski Resort/facility, and if necessary, to not hold the competition or to not travel outside of your community or to accept participants from high risk areas.
 - b) Refer to local public health departments for further local updated information.
 5. Competition organizers and all participants should be made familiar with:
 - a) risks of COVID-19
 - b) symptoms of COVID-19; and
 - c) COVID-19 transmission routes and mitigation strategies

6. Prohibit or try to limit close contact between participants from different clubs and organizations.
7. Limit competition size so that physical distancing can be maintained at all times.

This will vary by sport and venue, but specific consideration must be given to particularly high traffic areas including: chairlifts, start area, finish area, multiple start positions/gates (SX/SBX/Parallel) facilities used for changing, eating, warming up and/or between runs and/or heats, etc.

Understand and follow venue management rules.

8. Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations, particularly at any high-profile events. Media activity should be limited and conducted in a manner to allow for physical distancing, or virtually if possible.
9. Consider use of online registration, team information, race & event documentation.
10. Consider virtual team captains' meetings and/or any other needed meetings. Maintain social distancing for special Jury Meetings, protests meetings etc. but you must document such meetings (Minutes).
11. Clean and disinfect prior, during and after the competition any shared equipment (i.e. alpine/SBX/SX start handles, video equipment, team radios, etc).
12. Limit or prohibit person-to-person transfer of competition equipment (i.e. bibs, gate panels). Consider use of paper bibs or safe method of handling/washing bibs or start numbers.
13. Older adults and/or those with underlying health conditions, or those living with or have consistent contact with those populations, should consider limiting their participation, or not participating. In the event of symptoms or positive test reported.
14. Lift tickets should be collected by one representative per team.
15. Clean bibs should be provided to one representative of the team.

III. Participant Pre-Competition Considerations

1. Symptom checks and attestations for all participants, including officials and volunteers, should be performed daily (exclude positive symptom/history) and **collected/maintained by competition organizers.**

2. If feasible, temperatures should be checked and recorded daily (consider excluding over 100.4F/38.0C).
 - a) If possible, screen all participants before they arrive at the venue.
 - b) Individuals who have a fever of 100.4F/38.0C or above, or other signs of illness, should not be admitted to the venue.
3. Participants should arrive at the venue changed and ready to train or compete. Try not to use resort or other common facilities or changing rooms at the mountain or location, unless necessary (restroom).
4. Participants should bring their own water bottles (filled), towels, radios, drills, cameras and other equipment needed. Do not allow sharing of items.
5. Participants should bring a fully sealable bag to store all personal items in.
6. All individual participant equipment should be sanitized before, during and after competition each day, or as often is reasonable within the competition parameters.
7. All “team/site equipment” should be sanitized before, during and after the competition or training session, or as often is reasonable within the competition parameters. Coaches, Trainers, Volunteers should not share equipment such as radios, drills, gate tools, rakes, shovels etc.
8. Clubs and/or competition venues should ensure all participants have Personal Protection Equipment (PPE): face covering, gloves, hand sanitizer, antibacterial wipes and soap, on their person.
9. Athletes should clean all of their own equipment with a disinfectant before and after training or competing.
10. Warm up activities should be conducted outside where physical distancing is possible (i.e. parking lot or base area).
11. Waxing activities should take place outside or in a well ventilated indoor space and physical distancing should be maintained at all times.
12. Handling of fencing systems (POP, B-Net etc) – installation, removal and transporting needs care.
13. Team Captains Meetings are critical for risk management as well as to ensure all teams get the same information and should be carefully planned.
14. Virtual meetings need to be carefully planned with the attendance of all team leaders, recorded and careful minutes prepared.

15. In-person meetings should be limited in size with proper social distancing and mandatory face masks. Consider 1 Team Captain per Team. Minutes and instructions should be posted as soon as possible, with paper copies available.

IV. On Course Considerations - During Inspection/Practice and Competition

1. Maintain physical distancing at all times, including chairlift lines, seating, Gondola use, on snow and during ski/snowboard service.
2. It is recommended to be a single rider on a chairlift when possible, or to only ride with cohorts from the same club and/or team. Wherever possible, limit sharing chairlifts/gondolas with the public or other individuals not part of your club and/or team.
3. Face coverings, buffs (where permitted) should be worn at all times. Note: Athletes do not need to wear face covering when inspecting or competing on course, but should do so if on course with other athletes, and should always do so when not on course. Where possible, teams should try to inspect separated from other teams.
4. In communal areas, such as wax rooms or in public facilities in between runs and/or heats, physical distancing should be maintained. Close contact should be prohibited among individuals from different clubs/teams and competition staff. Limit unnecessary use of indoor spaces.
5. Assign inspection times and practice times per club and/or team.
6. Stagger start times by club and/or team or put in place other protocols to limit contact between clubs and/or teams and with staff as much as possible. Consider increasing the amount of time between practices and competitions to allow for one club and/or team to depart before another club and/or team enters the venue. This also allows for more time to clean between uses.
7. Start area protocols should be addressed in sport-specific guidance, but in general limit the number of staff and athletes to the minimum number needed and require face coverings be worn by all individuals except the athlete about to start.
8. Fence/Gate installations and repairs need to be handled carefully – rubber gloves and PPE could be considered.
9. Do not linger in finish areas. Once an athlete has completed their run, they must exit the finish area.
10. Limit participation access to indoor facilities.

11. Avoid “crowding” in Start and Finish areas/zones as well as around scoreboards and/or results postings.
12. Great care must be taken with ventilation, use of heaters and restricted access if tents or pop-up shelters are used by LOC for timing, results and/or shelter.

V. Post Competition Considerations

1. Prize ceremonies should be conducted virtually or modified significantly to:
 - a) Limit spectators where possible (including coaches, teammates and family). Only those individuals receiving an award should be present.
 - b) Accommodate for physical distancing and avoid person to person transfer of items (i.e. awards).
 - c) Photo opportunities can still be allowed accounting for the above guidance
2. Participants should leave immediately after the competition and not linger, chat, or socialize at the resort or within competition area.
3. If you test positive 48 hours from the conclusion of the competition, please contact the competition's COVID-19 Coordinator to initiate proper protocols, including contact tracing.

For further information:

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