



RETURN TO PLAY PROTOCOL COVID-19 2020-2021 SEASON



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1. INTRODUCTION

In anticipation of the 2020-21 season within the context in which we currently stand due to the coronavirus (COVID-19) pandemic, SkiNB, Crabbe Mountain Race Club (CMRC), L'équipe de compétition de ski du Mont Farlagne (FRC), and Poley Mountain Race Club (PMRC) wish to implement comprehensive safety protocols to allow athletes, families, coaches, and officials to return to the alpine skiing atmosphere in the safest possible environment. In order to do so, a working group comprised of members from the above four organizations analyzed the potential impact of COVID-19 on the proper functioning of alpine ski activities for NB athletes.

The working group strived to ensure that clear procedures were established in accordance with the directives dictated by the Public Health Department of NB. The working group was careful to identify all operations that might require adjustments to promote a safe return to sport and adapt to the new reality created by the management of COVID-19.

Once this protocol is in place, a contingency plan adapted to the different situations that may arise will also be developed. This contingency plan can then be adapted to the organizational reality of each club.

Since the current situation is expected to evolve constantly, this protocol could, at any time, be modified according to adjustments imposed by Public Health in NB.

2. SAFETY GUIDELINES

Before welcoming our athletes, families, coaches, and officials to each of the 3 clubs and their resorts, it is essential for SkiNB and the 3 clubs to put in place clear safety guidelines which will ensure that everyone involved in alpine skiing activities be free of COVID-19 symptoms and that any medical condition which could become a risk to its participants be discovered, detailed and taken care of.

2.1. PERSONNEL DEDICATED TO MANAGING COVID-19

Relevant staff/senior volunteers must be informed about the latest available guidance on the COVID-19 outbreak and aware of national and local daily situation reports.

A COVID Committee will be formed to include the club president, two members of the club executive, one senior coach, and a parent representative,

The COVID Committee will meet daily to assess new information and determine if changes are required to these protocols. They will disseminate the information and/or changes in protocols accordingly.

The COVID Committee will utilize information from the following sources as well as any source providing timely and accurate information provided by a respected source.

GNB: <https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>

ASD-W: <http://web1.nbed.nb.ca/sites/asd-w/Pages/>

CBC: <https://www.cbc.ca/news>

Daily sanitization of the indoor facilities will be completed by CMRC member volunteers at the end of the day following use.

2.2. PRE-PARTICIPATION EDUCATION

Pre-participation education sessions will be completed for all athletes, athletes' families, coaches, and board members prior to commencing training.

Education will include the following objectives:

- Understand the risks and transmission routes of COVID-19, the steps that training attendees can take to limit spread, the recognized best practices (including respiratory etiquette, hand hygiene, physical distancing, etc.), and the travel or distancing restrictions that are in force for the team gathering to train.
- Understand return to sport protocol and guidelines.
- Understand consequences for non-compliance with any COVID-19 related rules.

2.3. CONDITIONS REQUIRED FOR A SAFE RETURN

In order to ensure a safe return, measures will be put in place to ensure the protection of athletes and coaches. Athletes and coaches will need to adopt responsible behaviour and realize the importance of not participating should they believe that they have contracted or have been in contact with someone who has contracted COVID-19.

Athletes or coaches that find themselves in one of the following situations will not be able to access any of the club's facilities:



A) Individuals that are in isolation:

- Due to a COVID-19 diagnosis.
- Due to having moderate to high-risk contact with an individual that has contracted COVID-19.
- Due to symptoms related to COVID-19 and who are awaiting the results of a COVID-19 test.

B) Individuals presenting with symptoms of COVID-19 AND under investigation and awaiting test results.

C) Individuals who present two or more of the following signs or symptoms:

- fever,
- new cough or worsening chronic cough,
- runny nose, headache,
- sore throat,
- new onset of fatigue,
- new onset of muscle pain,
- diarrhea,
- loss of taste or smell
- OR if a child is displaying purple fingers or toes (even if it is the only symptom)
- *as per [gnb.ca/coronavirus](https://www2.gnb.ca/coronavirus), Department of Education, Horizon Health Network, 127/09/2020

D) Individuals who have travelled outside of NB in the past 14 days. Or if an individual in your household has returned from outside of NB in the past 14 days for any reason, and now someone within the household has developed symptoms as listed above.

2.4. MEDICAL EXAMINATION AND QUESTIONNAIRE

In the past, the club has considered including a medical questionnaire in our registration information collection. Ultimately, this was not included as it was not felt to affect an athlete's membership candidacy and an open dialogue with athletes, families, and coaches is always encouraged to address all aspects of athlete safety and performance, regardless of the reason.

In regard to COVID-19 and the safe return to sport, each athlete and family is required to self-evaluate their safe return to sport. Please visit the following website to assure that you are safe to return to sport and interactions with the club.

<https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>

Avoiding illness is our primary concern. Controlling the spread of illness is our secondary concern and thus all decisions should be made cautiously, not only for everyone's personal health but, as importantly for the health of all our club members and families.

2.5. SELF ISOLATION



In the case where confinement is ordered by Public Health Officials, they must be confined for a total of 14 days. Athletes will not be able to take part in any activities prior to the end of the confinement period.

Self isolation directives:

- Stay at home for 14 days.
- Possibility of going out but only in the yard.
- Going out in public places is prohibited at all times.
- If other individuals are staying with the athlete in the same household, follow social distancing measures.
- Use separate washrooms if possible.
- Frequently clean shared surfaces such as counters, sinks and faucets, light switches and doorknobs.

2.6. COVID-19 TESTING

Depending on the requirements of Public Health Officials, if necessary, all athletes and coaches who will take part in training may be tested for COVID-19. If this requirement is implemented, the results of the tests must be sent to the COVID Committee before participation is permitted.

Testing will be completed through Public Health by calling 811.

2.7. DAILY MEDICAL SELF-ASSESSMENT

Daily, all athletes and coaches will need to complete a self-assessment as per Public Health guidelines.

<https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>

Any athlete, family, or coach identifying new symptoms should follow guidelines as per Section 2.9 and report this to the club's COVID Committee.

All self-assessments which reveal the presence of two or more symptoms of COVID-19 should automatically be communicated to the COVID Committee. The individual affected by the symptoms will be forbidden to enter the club environment unless otherwise indicated.

2.9. MANAGEMENT OF COVID-19 CASES

Any individual with a suspected or confirmed case of COVID-19 must seek appropriate medical advice and care through routes that have been clearly delineated by our Public Health Officials:

- Completing the GNB on-line self-assessment:

<https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>

- Calling 811
- Attending a COVID-19 clinic
- Attending Emergency Department services (if symptom severity warrants)

A) MANAGEMENT OF A PERSON THAT EXHIBITS SIGNS OF COVID-19 SYMPTOMS



Situation 1: Symptoms appearing prior to the arrival at the training site

If an athlete or coach advises that he or she presents symptoms of COVID-19, prior to or upon arrival at the training site, he or she cannot be admitted. This individual must secure medical advice and care as per routes listed above.

The individual must isolate at home and will not be permitted to return to the training site until the following conditions have been met and the COVID Committee has authorized the individual's return:

a) If the individual possesses a medical evaluation that identifies another cause:

- The individual can return twenty-four (24) hours after the resolution of the symptoms (or longer should a doctor recommend it) unless otherwise outlined by Public Health Officials.

b) If the individual is recommended for testing (without a medical evaluation):

- If the test is negative:
 - o The individual can return twenty-four (24) hours after the resolution of the symptoms (unless otherwise outlined by Public Health Officials).
- If the test is positive:
 - o The individual must remain in isolation until he or she is contacted by Public Health Officials which will investigate and give the appropriate guidelines.

c) If the individual has NOT passed a medical evaluation, as per a) above, or has NOT been tested, as per b) above, the return date will depend on their symptoms. Moreover, the individual will need the COVID Committee's authorization before being admitted to the team environment:

- If the individual has **two** or more of the following symptoms:
 - fever,
 - new cough or worsening chronic cough,
 - runny nose, headache,
 - sore throat,
 - new onset of fatigue,
 - new onset of muscle pain,
 - diarrhea,
 - loss of taste or smell
 - OR if a child is displaying purple fingers or toes (even if it is the only symptom)
- *as per gnc.ca/coronavirus, Department of Education, Horizon Health Network, 12/09/2020

He or she will be permitted to return once these three (3) conditions have been met:

- o At least 14 days have passed since the start of the illness.
- o No acute symptoms have been noticed for twenty-four (24) hours (excluding coughing or the loss of taste or smell which can persist for longer periods).
- o Absence of fever for 48 hours (without having consumed medicine for a fever).



• If the individual has **two** of the following symptoms:

- Nasal congestion or sinuses.
- Runny nose.
- Throat irritation.
- Pain or difficulty swallowing. Earache.
- Headache (recurring).
- General symptoms:
 - o Important or unusual fatigue
 - o Important loss of appetite.
- Gastrointestinal symptoms:
 - o Nausea or vomiting
 - o Diarrhea.

The individual can return twenty-four (24) hours after the resolution of the symptoms (unless otherwise outlined by Public Health Officials).

Situation 2: Symptoms appearing while the athlete or coach is at the training site

a) If an athlete or coach presents symptoms of COVID-19 while **at the training site**:

- All athletes and coaches will need to protect themselves adequately and apply the physical distancing rules.
- The individual presenting symptoms will need to immediately wear a mask and apply the physical distancing rules. Arrangements should be made to leave the training site as soon as possible.
- The individual must secure medical advice and care as per routes noted in **Section 2.9**.

b) If an athlete or coach presents symptoms of COVID-19 while **travelling on the road**:

- If at a hotel, isolate this individual in their hotel room until the club leaves the hotel. A mask must immediately be worn by the individual. If it is not possible to isolate the individual, follow the two (2) metres distancing rule with other individuals.
- Immediate quarantine in a designated area (ex.: hotel room) will be mandated with immediate evaluation from Public Health Officials of moderate to high-risk individuals who came into contact with the infected person and transportation arrangements to home will be arranged.

B) MANAGEMENT OF CONTACTS WITH CONFIRMED CASES OF COVID-19

The intervention aims to rapidly identify COVID-19 cases and contacts in order to limit the transmission to club members and their families. Nevertheless, individuals can be asymptomatic or appear to have minimal clinical risk and regardless of exclusion measures could introduce the virus to the club environment.



Confirmed, suspected, or contact cases will be reported to the club families via TeamSnap. Individual privacy will be respected if possible as we strive for safety for all our club members.

C) MANAGEMENT OF CONTACTS WITHIN THE TEAM ENVIRONMENT

With the help of the COVID Committee as well as the infected individual, Public Health Officials will identify the close contacts which have occurred within the team environment.

Confirmed, suspected, or contact cases will be reported to the club families via TeamSnap. Individual privacy will be respected if possible as we strive for safety for all our club members.

D) EVALUATION OF THE RISK OF EXPOSURE

In the context of an alpine ski club, we must evaluate any contacts that could have occurred during the infection period of a case i.e., 48 hours prior to the appearance of symptoms or the date of the sample if the individual is asymptomatic until his or her isolation:

- At home.
- At the mountain and its venues.
- In the club building (race shack).
- On the training site.
- In any public area attended by infected individuals.

If the two (2)-metre physical distance could not be confirmed and the personal protective equipment (PPE) was not worn properly, the athlete's or coach's exposure may be considered as moderate risk level.

If necessary, remove athletes or coaches for the time necessary to complete the investigation and exposure assessment.

E) CONFIRMED CASES OF COVID-19 IN THE CLUB

If a positive case is discovered all club activities will be immediately suspended until the Public Health investigation is completed and recommendations are issued.

In collaboration with Public Health, an investigation is carried out to identify the contacts, establish their level of risk, and identify the transmission within the team.

In all cases, the confirmed case must be excluded from the club environment until the individual meets the criteria to be released from isolation.

F) CONTACTS RISK ASSESSMENT

The individual risk assessment should consider, among other things, the duration of exposure, the symptoms presented by the case at the time of exposure and the environment where the exposure occurred.



In order to facilitate risk assessment and management of the athletes or coaches who have been exposed to the case, exposure can be categorized into three levels of risk: high, moderate, and low.

All club activities will be suspended until the Public Health investigation is completed and recommendations are issued.

1. Contacts considered low risk

A communication is sent via TeamSnap informing athletes, parents, and coaches of the situation and asking them to self-monitor the athlete or coach and their family members for symptoms up to 14 days after the person has been removed from the club environment.

Athletes or coaches who have had low-risk contacts with the case should also be informed and should monitor for symptoms of COVID-19.

Under certain circumstances, the Public Health Department may find it necessary to send a letter to all club members to inform them of the situation.

2. Contacts considered moderate or high risk

If the survey identifies moderate or high-risk contacts:

- Remove the contacts and ask them to isolate themselves at home for 14 days (after the latest risk contact).
- Refer all moderate or high-risk contacts for testing whether symptomatic or not.
- Repeat the exposure risk assessment for contacts of people who test positive. In order to limit transmission of the virus to household members, individuals who are removed should follow home isolation instructions.

G) CONTACTS OF CONFIRMED CASES DURING AN OUTBREAK

Outbreak Definition: Two (2) cases occurring in less than 14 days among athletes, coaches, or member families that cannot be explained by an epidemiological link outside the club environment.

The purpose of the investigation is to identify, where possible, the transmission.

- Repeat the risk assessment of athlete and coach exposure.
- Review the application of recommended measures in the environment (hand hygiene, respiratory etiquette, cleaning, and disinfection, etc.).
- If new cases continue to occur despite the application of case and contact management measures, consider screening all players and staff who may share common exposures.

3. SANITARY GUIDELINES

Here is the link to relevant health advice regarding COVID-19: gnc.ca/coronavirus . This links remain the reference for any guidelines to be followed with respect to public health.

3.1. PERSONNEL ASSIGNED TO COVID-19 MANAGEMENT

A COVID Committee will be formed to include the club president, two members of the club executive, one senior coach, a parent representative,

The COVID Committee will meet daily to assess new information and determine if changes are required to these protocols. They will disseminate the information and/or changes in protocols accordingly.

3.2. ESSENTIAL HYGIENE MEASURES

Based on current knowledge, the disease can be transmitted by asymptomatic people who are carriers of the disease. Therefore, preventive measures are always recommended:

- Wash your hands frequently with soap and water for at least 20 seconds, especially after using the toilet, handling a common object, or going to a public place. If soap and water are not available, an alcohol-based hand sanitizer should be used.
- If you cough or sneeze
 - o Do it in a tissue or in the crook of your arm.
 - o Throw away tissues immediately in a trash can after use and immediately wash your hands.
 - o Avoid touching your eyes, nose, and mouth without first washing your hands.
- Maintain, as much as possible, a physical distance of two (2) metres between people.
 - o Avoid common greetings such as handshakes.
 - o Limit contact with people at greater risk such as the elderly or those with poor health.
- It is strictly forbidden to spit or blow one's nose without a tissue.

3.3. MASKS

- Athletes and coaches are required to wear masks at all times when the physical distance imposed by Public Health cannot be respected.
- Masks are not required to be worn during physical exertion related to the practice of alpine skiing.
- Wearing a mask does not guarantee immunity from COVID-19. It is important to maintain proper personal hygiene and physical distancing.
- Athletes and coaches must respect the instructions listed above. In addition:
 - During training and when riding the lift, they must wear goggles, face covering, and gloves.
 - During physical exertion, such as when descending the training run, it is not mandatory to wear the face covering.



3.4. TEAM FACILITIES

The following are considered to be part of the team's facilities:

- The host mountain training environment
- Club race shack
- Club start and finish huts
- Equipment storage locations

Only athletes, coaches, and club members providing specific supportive duties (cleaning) will be permitted access to the team environment. They must respect the essential hygiene measures.

Entrances and exits to and from the race shack must be restricted. Disinfecting liquid stations must be located at the entrance and exit of each door of the team facilities. If necessary, use gloves or a disinfecting wipe to open the doors.

Signs shall also be posted to delineate the area reserved for club members.

The club's facilities and equipment must be cleaned and disinfected at the end of each day.

3.5. DAILY PARTICIPATION SPECIFIC REQUIREMENTS

- Athletes and coaches will review the symptom list prior to any group activity and abstain from any activity if **two** or more symptoms are present. Please see Section 2.9 for next steps, if symptoms are present.
- Athletes are encouraged to arrive prepared to train. The shack will be open to permit lunch and gear bag drop off. Changing into clothes and gear and preparing gear at the training site should be done with an effort to minimize time in the shack. Entry into shack at this time requires gloves and mask be worn and distancing efforts maintained.
- U14 and older athletes will arrive to begin skiing at 9:00 am. U12 and younger athletes will arrive to begin skiing at 9:30 am.
- Coaches will document all participants within their bubble for each activity and relay the names, activity, and date to the COVID Committee.
- Athletes will be placed in designated training bubbles. Training bubbles will be as small as possible acknowledging the club's athlete:coach ratio. Athletes will train with their designated bubble of co-athletes and coach(es) and should avoid close contact with other training bubbles.
- Athletes and coaches should bring their own clothing, gear, food, etc and are not permitted sharing of items.
- Athletes and coaches should bring a fully sealable bag to store personal belongings in.
- All equipment should be sanitized as needed before, during, and after each training session.
- The race shack is open for warming, obtaining equipment, and specific team activities that cannot be completed outside. Only single designated bubbles are permitted in the race shack at any one time. Time in the race shack should be minimized. Only athletes and coaches are permitted in the race shack unless a specific club duty is required to be completed by another club affiliated individual.
- On entering and prior to exiting the race shack, hand sanitization must be completed.



- Athletes and coaches should wear goggles, face covering, and gloves whenever possible and these are mandatory when social distancing (2m) is not possible. These items are required on the chairlift.
- Athletes are permitted to travel on the chairlift in groups of 4 when with their designated training bubble. Goggles, face covering, and gloves must be worn at this time. Minimize chairlift riding with those outside the training bubble or with public skiers.
- Lunch time will be scheduled to minimize interaction between designated training groups and the public. U14 and older at 11:30 am. U12 and younger at 12 pm.
 - The shack will be open for athletes to eat lunch, in an effort to limit exposure to public spaces. Athletes will sit in designated seating spaced 2m apart. Social distancing needs to be maintained. The lunch area should be sanitized by the athlete when they are finished to create a clean environment for the next athlete. Eating will be the only activity in the shack in which a mask is not required.
 - Toilet facilities will be available at the shack for athletes and coaches only. Appropriate hand hygiene is expected.
- U14 and older training ends at 3:30 pm. U12 and younger training ends at 3:00 pm. Athletes and coaches should leave immediately after training.
- Family and friends should minimize proximity to the training environment and respect social distancing and contact whenever possible.
- Athletes should agree to limit non-essential community exposure and abstain from taking part in large group gatherings, social events, utilizing other training facilities, attending parties, eating at restaurants, or socializing with friends without adhering to social distancing guidelines.

3.6. EQUIPMENT

- Athletes and coaches should bring their own water bottles (filled and labeled), towels, radios, drills, cameras and other equipment needed and do not allow sharing of items.
- Athletes and coaches should bring a fully sealable bag to store all personal items in.
- All individual athlete and coaches equipment should be sanitized as needed before and after the on-snow/sport-specific training session.
- All “team/site equipment” should be sanitized before, during, and after the on-snow/sport-specific training session.

3.7. PERSONAL ITEMS

All athletes and coaches must have their own belongings and equipment, and these cannot be shared.

Only hard gear is to be left in the shack at the end of the day: skis, poles, boot shells. The shack should be emptied of all other personal items at the end of each day to permit cleaning.

3.8. TRAINING AND CLUB MEETINGS

During training, coaches should encourage the rules of physical distancing between athletes and coaches.



During team meetings, it is recommended that subgroup meetings be encouraged to respect the rules of physical distancing. When the physical distance required by Public Health cannot be respected, wearing masks for athletes and coaches is mandatory.

Before and after each meeting, the athletes involved shall clean their hands with disinfecting liquid. The equipment used (chairs, desk, etc.) should also be cleaned with disinfecting wipes after each meeting.

3.9. COMPETITION

Alpine ski racing will proceed according to the same rules and standards established before the advent of COVID-19. SkiNB and the province's 3 clubs are implementing various procedures and guidelines aimed at making the environment for athletes, coaches, officials, and spectators as safe as possible while supporting the sport of skiing, the way it is traditionally played.

Athletes, parents, and coaches will adhere to the SkiNB guidelines for competition and the club guidelines within this document. Defer to those guidelines providing the most safety to you and your ski community.

3.10. ATHLETES AND VISITING LOCATIONS

Athletes and coaches will adhere to the guidelines designated by their own club, even when traveling to train and compete.

Athletes and coaches will also adhere to the guidelines designated by the club and resort at which they are traveling to train and compete.

Defer to those guidelines providing the most safety to you and your ski community.

Minimizing any interactions with those outside the athletes and coaches designated training group is required.

Attendance at all pre- and post-competition activities is not permitted.

3.11. SOCIAL MEDIA

Failure to abide by the guidelines listed herein or as provided by the Officer of Public Health may result in loss of training privileges. Social media postings of members not abiding by the guidelines listed herein or as provided by the Officer of Public Health may result in loss of training privileges; for example, photos of friends together after training.

TRAVEL TO TRAIN OR RACE

4.1. CARPOOLING

When transporting athletes and coaches who do not share the same bubble, the following rules must be observed:

- Driver and passenger(s) must self-screen for signs of illness. Those who are ill or have been told to self-isolate must stay home.
- Wearing a mask is mandatory.

- A maximum of four people in the car, if the people share the same training bubble. A maximum of two people in a car, if the people do not share the same training bubble..
- Bottles of disinfecting liquid on board and mandatory hand sanitizing upon entering and leaving the car.
- No consumption of food or beverages on board the car.
- Maximize ventilation in the vehicle, and do not recirculate the air.
- Clean and disinfect all surfaces that may be touched by the passenger.
- The event is to be recorded and reported to the COVID Committee to permit future contact tracing if required.

5.1. HOTEL

The accommodation of athletes and coaches during road trips should be well planned to minimize health constraints. Here are the rules to be respected:

- Hotel rules and guidelines must be respected. CMRC rules and guidelines must be respected. Individuals failing to comply will no longer be permitted to participate in the event and will be asked to go home.
- Maintain 2m distance from others. Sanitize your hands often. Don't touch your face. Wear a mask.
- A maximum of two (2) people per room with two beds. Exceptions are made for families that live together.
- Limit the use of common areas not reserved for the club. When travelling as a club, your club is your bubble. Interactions outside your bubble are discouraged. This pertains to social time in common areas, eating in restaurants, using hotel facilities such as pools, etc. If possible maintaining contact within your training bubble (junior/senior athletes) presents even greater safety.
- Team meetings will be completed in training bubble groups live or as a club bubble virtually. Please come prepared for virtual meetings.
- Each club member should bring hand sanitizer and practice exceptional hand hygiene when moving about the hotel. Hand sanitize upon entering a new space. Members should protect their own rooms by having each new arrival sanitize their hands on entry.
- The use of individually wrapped plastic glass should be preferred.
- No non-plastic glass or cups should be used.
- Upon arrival in the room, the following items must be wiped with disinfecting wipes:
 - o Hotel room door handle, bathroom door handle, flush, sink and shower faucet handles.
 - o TV remote control.
 - o Telephone (also after each use)
 - o Alarm clock or clock radio.
 - o Switches.
 - o Other commonly touched surfaces.



6. CONCLUSION

This Return to Play Protocol was developed in a rigorous manner thanks to the collaboration of SkiNB and the 3 club partners. The protocol will take on its full meaning and value through the quality and rigour of all people that are part of its implementation.

The protocol presented remains a document in constant evolution and the collaborative partners remains open to any recommendations or directives coming from the Public Health Department of NB, to adapt its procedures and thus maintain the high level of safety for its athletes, families, coaches, and officials.