



**COVID-19 OPERATIONAL PLAN 2021-2022 SEASON**



## TABLE OF CONTENTS

<b>INTRODUCTION .....</b>	<b>4</b>
<b>SAFETY GUIDELINES.....</b>	<b>5</b>
• <b>2.1. PERSONNEL DEDICATED TO MANAGING COVID-19.....</b>	<b>5</b>
• <b>2.2. PRE-PARTICIPATION EDUCATION .....</b>	<b>5</b>
• <b>2.3. CONDITIONS REQUIRED FOR PARTICIPATION .....</b>	<b>5</b>
• <b>2.4. MEDICAL EXAMINATION AND QUESTIONNAIRE .....</b>	<b>6</b>
• <b>2.5. SELF ISOLATION .....</b>	<b>6</b>
• <b>2.6. COVID-19 TESTING .....</b>	<b>7</b>
• <b>2.7. DAILY MEDICAL SELF ASSESSMENT.....</b>	<b>7</b>
• <b>2.8. MANAGEMENT OF COVID-19 CASES .....</b>	<b>7</b>
<b>A) MANAGEMENT OF A PERSON THAT EXHIBITS SIGNS OF COVID-19 SYMPTOMS.....</b>	<b>7</b>
<b>B) MANAGEMENT OF CONTACTS WITH CONFIRMED CASES OF COVID-19.....</b>	<b>9</b>
<b>C) MANAGEMENT OF CONTACTS WITHIN THE CLUB ENVIRONMENT.....</b>	<b>9</b>
• <b>D) EVALUATION OF THE RISK OF EXPOSURE.....</b>	<b>9</b>
• <b>E) CONFIRMED CASES OF COVID-19 IN THE CLUB .....</b>	<b>10</b>
• <b>F) CONTACTS OF CONFIRMED CASES DURING AN OUTBREAK ...</b>	<b>11</b>
<b>SANITARY GUIDELINES.....</b>	<b>12</b>
• <b>3.1. ESSENTIAL HYGIENE MEASURES .....</b>	<b>12</b>
• <b>3.2 MASKS.....</b>	<b>12</b>
• <b>3.3 TEAM FACILITIES.....</b>	<b>12</b>
• <b>3.4 DAILY PARTICIPATION SPECIFIC REQUIREMENTS.....</b>	<b>13</b>
• <b>3.5 EQUIPMENT.....</b>	<b>14</b>
• <b>3.6 PERSONAL ITEMS .....</b>	<b>14</b>
• <b>3.7 TRAINING AND CLUB MEETINGS .....</b>	<b>14</b>



- **3.8 COMPETITION**..... 14
- **3.9 ATHLETES AND VISITING LOCATIONS**..... 15
- **3.10 SOCIAL MEDIA**..... 15

**TRAVEL TO TRAIN OR RACE**

- **4.1. CARPOOLING** ..... 15
- **4.2. HOTEL**..... 15

**CONCLUSION** ..... 16



---

## 1. INTRODUCTION

Government of New Brunswick (GNB) mandates that every organization is required to have a COVID-19 operational plan that meets all the requirements listed in the mandatory order. GNB notes that the operational plan used last season at the Yellow alert level will apply for most things except the requirement to add proof of vaccination. The guidelines below are largely those of last season refined in light of new information and requirements leading into this new season.

Similar to last season, information from Public Health (PH) and GNB, the SkiNB COVID Committee, and the CMRC COVID Committee (CCC) will guide changes to the operational plan. Since the current situation is expected to evolve constantly, this protocol could, at any time, be modified according to adjustments imposed by PH and GNB.

---

## 2. SAFETY GUIDELINES

Before welcoming our athletes, families, coaches, and officials to each of the 3 clubs and their resorts, it is essential for CMRC 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

The CCC is composed of the following individuals: Neil Manson (CMRC President), Rien Meesters (CMRC Head Coach), Kristen Sparkes (CMRC Treasurer), Sylvain Gagnon (CMRC parent member), David Moffatt (CMRC parent member). The group provides a broad experience managing COVID-19 through their professional work in medicine, education, military leadership, corporate leadership, multi-sport exposure, and volunteer contributions.

The CCC communicates on the day prior to each training day and as needed to address COVID-19 related issues.

Dissemination of information occurs dependent on urgency and importance:

- Most commonly via direct verbal communication to athletes and coaches by Head Coach.
- Phone/text for rapid communication with parents.
- TeamSnap/email for all updates to all members.

Parent member volunteers are providing support:

- Scheduled cleaning to the indoor facilities (Shack 1 and 2). End of day sanitization of all touch surfaces.
- Check in supervision during lunch for Shack 2 junior athletes to assure rule adherence.

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>

### 2.2. PRE-PARTICIPATION EDUCATION

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

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 PARTICIPATION

All participants (athletes, parents, coaches, volunteers) 12 years and over must show proof of vaccination to participate in CMRC events. This can be done at registration or first participation and will be recorded to allow CMRC to demonstrate compliance.

All athletes and coaches are required to complete “Active Screening” on TeamSnap. Active Screening questions are the most recent provided by GNB.

Athletes or coaches that find themselves in one of the following situations will not be able to participate or 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://gnb.ca/coronavirus), Department of Education, Horizon Health Network, 27/09/2020

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.

Any non-CMRC athlete requesting to train with or join CMRC must receive approval from the CCC prior to participation.



## **2.4. MEDICAL EXAMINATION AND QUESTIONNAIRE**

All athletes and coaches are required to complete “Active Screening” on TeamSnap and face to face confirmation of absence of symptoms prior to each participation. Active Screening questions are the most recent provided by GNB.

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, athletes will not be able to take part in any activities prior to the end of the confinement period.

## **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**

All athletes and coaches are required to complete “Active Screening” on TeamSnap. Active Screening questions are the most recent provided by GNB.

One or more symptoms preclude CMRC participation. PH communication by the individual is encouraged.

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.

## 2.8. 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

Two or more symptoms preclude CMRC participation.

If testing is recommended by PH then, post testing actions are guided by PH.

#### **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 cough that is getting worse,
  - 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](http://gnb.ca/coronavirus), Department of Education, Horizon Health Network, 27/09/2020

#### **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**

CMRC will follow the guidance of PH in regards to positive cases and contact tracing.

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**

CMRC will follow the guidance of PH in regards to positive cases and contact tracing.

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 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**

CMRC will follow the guidance of PH in regards to positive cases and contact tracing.

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 OF CONFIRMED CASES DURING AN OUTBREAK**

CMRC will follow the guidance of PH in regards to positive cases and contact tracing. At minimum, the outbreak definition will apply to guide termination of CMRC activities.

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.

---

### 3. SANITARY GUIDELINES

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

#### 3.1. ESSENTIAL HYGIENE MEASURES

Cornerstones of safety against COVID-19: physical distancing of 2 meters, hand hygiene, avoid touching your face, wear a mask, stay home if any symptoms present.

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.

#### 3.2. MASKS

Cornerstones of safety against COVID-19: physical distancing of 2 meters, hand hygiene, avoid touching your face, wear a mask, stay home if any symptoms present.

Masks or facial coverings are to be worn at all times when indoors except during eating or high physical exertion.

Athletes and coaches must respect the instructions listed above. In addition:

- 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.
- During training and when riding the lift, they must wear goggles, face covering, and gloves.

#### 3.3. TEAM FACILITIES



CMRC facilities have been expanded to improve COVID-19 safety:

- Shack space has nearly doubled with the acquisition of a second shack. This allows for a decreased athlete to square foot ratio to allow physical distancing guidelines to be met more easily.
- Senior athletes are to use Shack 1 and junior athletes are to use Shack 2 to minimize overlap of training bubbles.
- Athletes are advised to arrive ready to train if able. Drop off nutrition and dry clothes and exit as soon as possible. Minimize time in the Shack. Putting on and taking off gear is permitted if needed with rule adherence mandatory.
- Eating is now permitted in the Shacks in an effort to decrease athlete/coach exposure to the public in the lodge. Junior athletes are monitored in Shack 2 by parent or coach volunteers. To allow monitoring, junior athletes may be asked to eat lunch in Shack 1 if space and distancing requirements permit.
- Whenever in the Shack, athletes must be seated in their own seat, distanced from others. Masks are to be worn unless eating. Hand hygiene is required.
- Parent member volunteers are providing scheduled cleaning of Shack 1 and 2: end of day sanitization of all touch surfaces.
- Toilet facility is provided in an effort to decrease athlete/coach exposure to the public in the lodge.

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.

### **3.4. DAILY PARTICIPATION SPECIFIC REQUIREMENTS**

- All athletes and coaches are required to complete "Active Screening" on TeamSnap. Active Screening questions are the most recent provided by GNB.
- Cornerstones of safety against COVID-19: physical distancing of 2 meters, hand hygiene, avoid touching your face, wear a mask, stay home if any symptoms present.
- Masks or facial coverings are to be worn at all times when indoors except during eating or high physical exertion.
- 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.



- Indoor facilities (Shack 1 and 2):

Senior athletes are to use Shack 1 and junior athletes are to use Shack 2 to minimize overlap of training bubbles.

Athletes are advised to arrive ready to train if able. Drop off nutrition and dry clothes and exit as soon as possible. Minimize time in the Shack. Putting on and taking off gear is permitted if needed with rule adherence mandatory.

Eating is now permitted in the Shacks in an effort to decrease athlete/coach exposure to the public in the lodge. Junior athletes are monitored in Shack 2 by parent or coach volunteers. To allow monitoring, junior athletes may be asked to eat lunch in Shack 1 if space and distancing requirements permit.

- Whenever in the Shack, athletes must be seated in their own seat, distanced from others. Masks are to be worn unless eating. Hand hygiene is required.

- Parent member volunteers are providing scheduled cleaning of Shack 1 and 2: end of day sanitization of all touch surfaces.

- Toilet facility is provided in an effort to decrease athlete/coach exposure to the public in the lodge.

- Outdoor facilities (training and lift):

- The use of training bubbles will continue so as to minimize athlete contact within the club. Training bubbles do not preclude the precautions noted above, they just define athlete and coach interactions to minimize personal contacts if possible.

- Number of participants per chair guidelines will follow those provided by Crabbe Mountain. Goggles, face covering, and gloves must be worn at this time. Minimize chairlift riding with those outside the training bubble or with public skiers.

- 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.
- Participation will be documented via TeamSnap “Active Screening”. including names, activity.
- 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. 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.
- 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.

### **3.5. 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.

### **3.6. 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.

### **3.7. TRAINING AND CLUB MEETINGS**

All CMRC activities are to be conducted outdoors if possible. Indoor time is for nutrition, gear change or preparation, or athlete warming. Indoor learning or training may occur in conjunction with these required indoor activities and would follow all guidelines pertaining to indoor facilities as previously reviewed.

All CMRC meetings that cannot be completed outdoors or indoors during required indoor activities or respectful of distancing requirements will be completed virtually.

### **3.8. COMPETITION**

Travel to train or race will follow GNB guidelines and require CCC approval.

Alpine ski racing will proceed according to the same rules and standards established before the advent of COVID-19. GNB, 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.

### **3.9. 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.

### **3.10. 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.

## **4. TRAVEL TO TRAIN OR RACE**

Travel to train or race will follow GNB guidelines and require CCC approval.

### **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 encouraged.
- Bottles of disinfecting liquid on board and mandatory hand sanitizing upon entering and leaving the car.
- 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.

### **4.2. 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.

---

## 5. CONCLUSION

This Operational Plan was developed in a rigorous manner thanks to the collaboration of our CMRC COVID Committee. 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 CCC 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 athletes, families, coaches, and officials.