
Enhanced COVID-19 Measures for the 2020/21 on-Snow Training Season

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- Information adapted from Yukon Public Health Guidelines, Canada Snowboard return to sport protocol and Sport Yukon resources.

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BACKGROUND:

- The Yukon is in Phase 3 of lifting COVID-19 restrictions. Where possible, Snowboard Yukon's return to snow plan will follow the guidance provided by Canada Snowboard and Sport Yukon.
- On August 26, 2020 the Chief Medical Officer released guidelines for the return to sport plan, which can be found at <https://yukon.ca/en/health-and-wellness/covid-19-information/industry-operating-guidelines-covid-19/sport-and-recreation>

MEMBERSHIP OVERVIEW:

- Canada Snowboard/ Snowboard Yukon's liability insurance **does not** cover claims relating to communicable diseases or pandemics.
- All members must complete screening requirements (see requirements below).
- All members must follow all guidelines and recommendations set-forth by the Local and Federal Health Authorities and Governments at the time of the activity
- If posting on social media, members are encouraged to exercise discretion as it relates to Covid-19. At a minimum, please ensure you are exercising physical distancing in your posts, and wearing masks in areas where masks are mandatory

ILLNESS:

- Any child, youth, parent/guardian or support person who is sick is not permitted to enter into Mt. Sima's lodge or surrounding buildings (e.g. clubhouse). Symptoms to look for include:
 - cough
 - fever/chills
 - shortness of breath or difficulty breathing
 - loss of taste or smell, headache
 - runny nose or congestion
 - sore throat
 - acute/intense fatigue
 - generalized muscle aches (not related to physical exertion)
 - significant loss of appetite
 - nausea/vomiting
 - diarrhea.
- Coaches will remind participants at the beginning of any activity/event/training that they may leave at any time or come to you privately, if they feel unwell, feel that they may have developed symptoms listed on the screening questionnaire, feel that they have been exposed to COVID-19 or feel at risk.
- If your child develops symptoms while at Mt. Sima, coaches and staff will take the following actions:

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1. Distance child/youth from other riders, keeping the rider at least two meters away from others.
2. Parents or guardians will be called to come and pick up their rider immediately.
3. Coaches will record the time and date they leave the activity/event/training.
4. If a participant develops any COVID-19 like symptoms during the activity, they must leave immediately, and all equipment they use must be disinfected.
5. If the rider displays symptoms from the list above parents/guardians should use applicable Public Health authority instructions to determine whether to get their child/youth tested and what steps, if any, to take.
6. If a test is administered, a negative COVID-19 test result must be submitted to the head coach before returning to training. Confidentiality will be respected. If you chose not to share you're the test results this is your right to do so, however, your rider will not be able to return to the activity/event/training.
7. If a positive test is confirmed Snowboard Yukon will:
 - a. Cancel the activity/event/training immediately
 - b. Follow the guidelines from the health authority (i.e.: all participants are tested, contact tracing, isolation, etc.)
 - c. Advise participants to:
 - i. Wash clothing as soon as they get home.
 - ii. Monitor themselves for symptoms.
 - iii. Follow jurisdictional Public Health guidance (for example quarantine, self-isolate or get tested).
 - iv. Advise all participants that they will be contacted for contact tracing.
 - v. Notify Canada Snowboard immediately.
 - vi. Ensure the activity/event/ training area and all used equipment is cleaned and disinfected if applicable.

SCREENING:

- Prior to participating in any Canada Snowboard/Snowboard Yukon sanctioned programming, athletes will need to review and sign this Enhanced COVID Measures Document and the 'Acknowledgment of Consent for Training' (see appendix B) at the beginning of the Snowboard Season. These signed documents can be emailed to Mary Binsted (Technical Director) at mary@snowboardyukon.com or provided to your child's coach at the beginning of the snowboard season.
- Parents/guardians are strongly encouraged to conduct screening at home daily before bringing their child to Mt. Sima.

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- At the beginning of each training day, coaches will conduct a verbal assessment of each athlete based on the questions outlined in the COVID-16 self-declaration to ensure all athletes are healthy to train.
- Snowboard Yukon coaches will keep attendance records for the purposes of contact tracing. Attendance forms will be located on Google Drive, and will be filled out every week by each head coach.
- In situations where a participant receives a positive test result the Covid-19 Coordinator will work with the Public Health Unit to supply the list of attendees and contact information.
- The Covid-19 Coordinator will then follow guidance from their Public Health Unit on how to proceed. This might include contacting participants of the sanctioned activity or the Public Health Unit may do this. The Covid-19 Coordinator will follow the instructions of the Public Health Unit to make sure that everything is done appropriately and notify their Canada Snowboard immediately to let them know of the situation. Canada Snowboard will work with Covid-19 Coordinator alongside the public health authority.

HAND HYGIENE:

- All athletes must adhere to the following hand hygiene guidelines when they are accessing indoor spaces at Mt. Sima. Hand washing should be frequent throughout the day and should occur at, but not limited to, the following times:
 1. At the start of the day
 2. After using the washroom
 3. Before and after eating
 4. After sneezing, coughing or handling dirty tissues.
 5. After all outdoor activities
- Athletes are encouraged to use their gloves as much as possible to help mitigate the spread of germs. Athletes are encouraged to bring extra gloves as drying racks will be limited in the lounge.
- Mt. Sima has upgraded bathrooms to include touchless faucets
- Athletes are encouraged to use washroom before coming to training.

CLEANING AND SANITIZING MEASURES:

- Shared spaces will be cleaned regularly.
- Frequent cleaning of high contact surfaces will be done by Mt. Sima
- Hand sanitizing stations will be available
- All members will be responsible to clean up after themselves in the warm up tent if used.
- Snowboard Yukon representative will ensure the training/ competition area and all used equipment is cleaned and disinfected following the sanctioned activity.

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INFECTION CONTROL MEASURES:

- Members should not attend training when displaying symptoms of or having been exposed to confirmed, or suspected cases, of COVID-19
- All members must respect provincial/territorial social distancing measures, keeping a minimum of two (2) meters apart at all times
- Snowboarding is a fortunate sport during this pandemic, given it is an outdoor, individual sport, athletes may be less exposed to COVID-19 compared to other sports. Regardless, it is important that members continue to practice social distancing when competitions are able to resume.
- Snowboard Yukon is adopting the "Get in, train and get out." approach and will be modifying the training times on snow. Members should be prepared for training prior to arrival at Mt. Sima.
- Athletes will be split into smaller training groups of no more than six to eight children in each group.
- Athletes must wear protective face-wear (e.g. Buff, balaclava etc.), use gloves and regularly apply hand sanitizer.
- Members should not share equipment, food or water bottles at this time. Members must come prepared with their own snacks and water bottles as there will be no water stations available.
- Please avoid spitting
- Members are asked to avoid giving hugs, handshakes or high fives to other individuals outside your immediate family.
- Maximum of 50 people can access the lodge, 25 in the clubhouse and 15 in top hut. A designated warm up area will be set up for athletes to limit use of Mt. Sima facilities.
- Starting Tuesday, December 1, 2020, non-medical masks will be mandatory in all indoor public spaces.
- New operating procedures and COVID19 reminders for Mt. Sima will be provided in weekly ski report

TRAVEL:

- Athletes travelling to competitions should be aware that such travel may come with some risks or restrictions, including the following:
 - Potential risk/inconvenience of contact while flying or driving.
 - Border restrictions – closed borders
 - All travellers arriving in B.C. from outside of Canada are required by law to self-isolate and monitor for symptoms for 14 days. British Columbians have been advised to avoid travel within the province or outside of the province at this time because of the COVID-19 pandemic. It is requested that you do not travel to other regions

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unless it is essential. People travelling to B.C. from another province or territory within Canada should only come for essential reasons.

- Everyone entering Yukon must self-isolate for 14 days, except for critical workers and residents of the Yukon BC border areas of Atlin, Lower Post, Fire Side, Jade City, Fraser and Pleasant Camp.
- Athletes travelling together will be considered a “bubble” and will be approved to ride the chair lift with their teammates. Athletes must remain in their “bubble” and will not be permitted to ride with other athletes or cohorts at this time.

ADDITIONAL MEASURES:

- All athletes will be asked to arrive ready for training.
- Riders will be asked to meet outside the clubhouse and be picked up outside the clubhouse.
- The clubhouse will be limited to coaches this season. Athletes may keep lunches and extra gear in designated location at Mt. Sima. Coaches will need to wear face masks where social distancing is limited within the clubhouse, and only three coaches will be able to occupy the Snowboard Yukon coaching room at a time (limit may increase or decrease following Yukon Health guidelines). Coaches will be encouraged to follow the “Safe Six” rules.

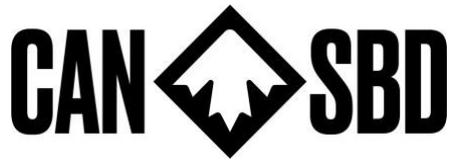
SIGNATURES:

- I acknowledge that the measures outlined in this document will be updated if there are significant changes to Yukon CMOH recommendations for training.
- I acknowledge the above measures put forth by Snowboard Yukon, and agree to adhere to these precautions during the COVID-19 pandemic.

Athlete's Name: _____

Parent/Guardian Name: _____

Signature: _____ **Date:** _____



Appendix B: Acknowledgment of Consent for Training

As a participant of this training session, I understand that Canada Snowboard, PTSAs and member Clubs have been working closely with their medical staff as well as the local health authorities to reduce the risk of transmission of the COVID-19 virus. Knowing they have taken all possible precautions, there currently no guarantee that I will not somehow be exposed to the virus and I accept this risk.

As a participant I agree to the following:

- I will follow the current guidelines as outlined by the local health authority. These include but are not limited to physical distancing, limiting people in a vehicle, self-monitoring of symptoms, etc.
- I have not traveled outside of Canada in the past month. Note: I understand that if I have been outside of Canada in the past month, I must have undertaken self-isolation for the past 14 days (per the recommendations of the local health authority) Anyone who cannot meet this condition must not participate in the camp.
- I have not knowingly been exposed to someone suspected of having COVID-19. If you have been in contact with someone expected to have COVID-19 please discuss with your coach to evaluate the risk.
- There is no longer the sharing of water bottles, food, equipment, towels, etc.
- I will personally pack all garbage and waste back to my housing (or an approved receptacle)
- If I suspect I have any symptoms of COVID-19 or I feel unwell, I will immediately declare this to the coaching staff and take isolation precautions (see relevant information from links provided in Appendix D)
- I will respect a complete social media blackout – I will not share that I am at a training camp or any of my activities. Any violations will result in my immediate removal from the activity.
- I understand that there are risks of travel and training during a pandemic. While Canada Snowboard, my PTSA and my Club are taking all possible precautions, I acknowledge I am attending the activity at their own risk.
- If I develop symptoms of COVID-19 I understand I will be responsible for the costs of my isolation, care and extended travel. Canada Snowboard/PTSA/Club will continue to support/coordinate my logistics and will me support wherever possible.
- I have read and will adhere to the COVID-19 information provided by my club.
- If I feel I have been undertaking risky activities or behaviour I will not participate in the camp.
- I understand that every participant is expected to bring the following items for their personal use:
 - Non-medical face mask
 - Hand sanitizer and/or disinfectant wipes
 - Personal towel, water bottle
 - Optional: latex gloves (or similar)
 - Recommended: Personal thermometer

Athlete's Name: _____

Parent/Guardian Name: _____

Signature: _____ **Date:** _____



COVID-19- Self-Declaration Form *(conducted verbally by coach each training day)*
(must be completed by athletes, coaches and all those present at the training / event)

NAME: _____

EMAIL: _____

DATE: _____

MOBILE: _____

ROLE: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT NUMBER: _____

1. Do you have symptoms of COVID-19 such as fever, cough, difficulty breathing (if YES, the participant must return home) YES NO
2. Have you been in close contact with someone who is either currently exhibiting any of the above symptoms or has exhibited any of the above symptoms in the past 14 days? YES NO
3. In the past 14 days have you been in close contact with someone who has a laboratory confirmed or presumptive COVID-19 diagnosis? YES NO
4. Have you been outside the country in the past 14 days? YES NO
5. I understand that there are risks when traveling and training during a Pandemic YES NO

I understand that some planned sanctioned trainings/activities may not be able to go ahead, or be cancelled, if there are changes in health restrictions and guidelines put in place by the Provincial/Territorial and/or Federal Governments regarding health guidelines.

In the event that I start to present any of the symptoms mentioned above once training or the competition has begun, I agree to immediately notify my Coach or a Support Staff and I accept that I will need to go to an isolated a room until I can safely leave the training/competition site.

This questionnaire is confidential. However, I consent to Canada Snowboard/PTSA communicating certain information collected to the appropriate authorities if necessary.

I have taken note of the sanitary measures in my club and in Province/Territory. I understand that these measures are put in place to protect the health and safety of everyone. Since zero risk does not exist, I also understand that despite the measures put in place, there still remains a risk of contracting COVID-19.

I agree to comply with these measures and all the directives of the Provincial/Territorial and Federal authorities in regard to COVID-19 and I accept the risk of participating in sanctioned activities.

Signature: _____