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## BIATHLON CANADA

### Framework for Developing COVID-19 Return to Sport Protocols

*The majority of this framework was developed by Nordiq Canada. Biathlon Canada has adapted it with biathlon specific components. If you have already completed the Nordiq Canada assessment, please complete the range section only.*

The situation respecting COVID-19 continues to change quickly as it affects the activities of Biathlon Canada National, Divisions, clubs, and members. With respect to these activities, members must follow directives published by the Government of Canada, public health and other authorities that apply in your jurisdiction.

This framework is provided to help member organizations modify operations to align with various and evolving public health measures in place across Canada. You are encouraged to use this framework to develop a return to sport protocol that meets your organization's needs and satisfies the directives that apply where you operate. As directives change, so too must your return to sport protocol.

This framework may be updated. Check the [Biathlon Canada website](#) for the latest Biathlon Canada COVID-19 information.

Does your protocol address each of the following directives and best practices?	YES or NO
<b>Governance</b>	
With respect to member organization activities; directives published by the Government of Canada, public health and other authorities applicable to the local jurisdiction are followed.	

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<p>Participants are properly registered according to the membership policy and all requirements under the Insurance Manual are followed.</p>	
<p><b>Personal Health</b></p>	
<p>Everyone who will be part of the biathlon environment has the information and tools to continuously monitor their own health and respond appropriately.</p> <p>Participants have received a daily screening questionnaire (note: several jurisdictions have an online questionnaire) and a designated club leader (coach, admin etc.) has been assigned to monitor the questionnaire responses.</p> <p><b><i>UNDER NO CIRCUMSTANCES ARE SICK OR SYMPTOMATIC INDIVIDUALS TO ENTER THE TRAINING FACILITY AND TRAIN</i></b></p> <p>Participants know to leave immediately if there are signs of infection, and to contact public health if recommended.</p>	
<p>Everyone who will be part of the biathlon environment knows when and how to follow self-isolation directives.</p>	
<p>Participants are required to maintain a physical distance of 2 metres between people at all times. If distancing cannot be ensured, they will wear a mask and/or facial covering (this scenario should be avoided if possible).</p>	
<p>Participants know how and when to wash their hands or have access to sanitizer.</p>	
<p>Any individual who is at elevated risk for COVID-19 infection is supported in taking further precautions to protect themselves, thus ensuring an inclusive and safe environment.</p>	

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<p>If an individual is concerned about their risk level, they should consult with a medical professional. Information related to <a href="#">who may be at elevated risk</a> for infection is available for reference.</p>	
<p>The <a href="#">Government of Canada's COVID-19 Self-Assessment Tool</a> is available for reference.</p>	
<p><b>Education on Sanitation</b></p>	
<p>The organization has communicated expectations and directives around hygiene, sanitation and physical distancing.</p>	
<p>Sanitation practices follow the Canadian Government <a href="#">guidelines for cleaning hard surfaces</a>.</p>	
<p>Personal protective equipment (PPE) and sanitation supplies are available.</p> <p>Training on how to properly use these products is delivered and documented (what, when, by whom).</p>	
<p><b>Education on Health Practices</b></p>	
<p>The organization has consulted relevant health authorities to understand whether activities can be safely resumed and/or facilities opened.</p>	
<p>Staff and participants know how to recognize COVID-19 symptoms and know the steps to take if symptoms are identified.</p> <p>Training is delivered and documented (what, when, by whom). Resources for training are from your local/regional/national government website.</p>	
<p>Staff and participants know how to maintain a physical distance of 2 metres between people at all times. If distancing is not ensured, they know how to wear a non-medical mask and/or facial covering.</p>	

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<p>The organization is not taking unnecessary risks. Staff and participants will use common sense to avoid situations that involve undue risk, the potential need for emergency personnel to respond, or the potential that personal contact becomes necessary. This applies to all activities, including training sessions, camps, indoor and outdoor activities.</p>	
<p>Athletes and coaches will closely monitor athlete health. Best practices include, but are not limited to, updating and monitoring training logs with appropriate health benchmarks (e.g., Rusko, sleep monitoring, 1-10 health scale, energy levels, mental fatigue)</p>	
<p><b>Facilities</b></p>	
<p>Signage is placed outside the sport facilities and at entry gates outlining the COVID-19 protocols in place.</p>	
<p>Signage is placed at the sport facilities and washroom facilities encouraging hand washing and respiratory hygiene.</p>	
<p>Provide hand sanitizer stations for participants in multiple locations.</p>	
<p>Local directives for the use of facilities (e.g., clubhouses, shooting ranges, team and wax rooms, washrooms) are followed. In many jurisdictions, these facilities must remain closed or can re-open only with increased sanitation protocols and disinfection between uses.</p> <p>Special attention is paid to common and high traffic areas.</p>	

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<p>Shared items and surfaces, such as counters, tables, credit card terminals, door handles, telephones and pens, are disinfected between uses.</p> <p>Cleaning frequency is documented in a log.</p> <p>Physical distancing must remain in place at all times</p>	
<p><b>Range</b></p>	
<p>One individual is assigned to a shooting mat, scope, rifle rack, rifle etc. Each athlete is assigned their own lane for the duration of the training session.</p>	
<p>Target reset boxes/ropes are sanitized before and after training. For a box reset, one coach performs all resets on that box. For rope reset, each athlete will reset their individual lane.</p>	
<p>Painting and preparing targets should be performed by maintaining physical distancing. Physical distancing must be maintained where more than one individual is preparing targets.</p>	
<p>Proper sanitization of the above must be practised if shared, before and after each individual use. As a rule of thumb, sharing equipment that is handled by hands or head, and other personal items should be minimized. Best practice is for athletes to bring their own shooting mat or equivalent (yoga/camping mat etc.).</p>	
<p>Maintain 2 metres physical distancing at all times. Every other shooting lane is closed to maintain physical distancing.</p>	
<p>Protocol for maintaining physical distancing while entering/exiting the shooting lane is developed (ski past lane 2m back of matts is marked).</p>	

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Designated times for set-up and teardown should be considered to avoid groups overlapping. *If the coach has two groups back to back, ensure the range is cleaned appropriately between sessions.	
<b>Club Operations</b>	
Contactless payment options are used and cash payments are avoided.	
Only one person updates white boards, notice boards and weather boards.	
Participants are not permitted to congregate.	
Group sizes do not exceed local directives.	
Water fountains are disabled or covered.	
Picnic and other communal sitting areas are avoided or sanitized between uses.	
Trash cans are covered or removed, and participants are instructed to take their garbage home.	
All club activities abide by local directives, including but not limited to AGMs, Board meetings, fundraisers, facility rentals, and events.	
<b>Workplace Safety</b>	

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Employers are responsible for staff safety. Safe working conditions are ensured. Employees know their rights under employment and human rights legislation.	
A communication plan is in place to keep employees informed on issues affecting the workplace. It is useful to have a working group to regularly monitor changes and protocols.	
A daily screening program ensures all staff are fit to participate. Several jurisdictions have daily screening questionnaires available online.	
Staff meetings are conducted by phone, online, or outdoor where physical distancing can be maintained.	
Staff equipment is assigned to avoid sharing between employees.	
Scheduling and use of space ensures physical distancing. Workstations are sanitized throughout the day and between each use.	
<b>Training Sessions and Athletes</b>	
Athletes only travel with members of their household.	
Parking is limited to every second slot to allow for physical distancing.	
A record of participants is maintained.	
“Get in, Train, Get out.” Athletes arrive ready to go and do not mingle with the group upon arrival or departure.	

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<p>Athletes do not congregate, including in parking lots and stadiums.</p>	
<p>Participants have acknowledged the rules and restrictions set out in the <a href="#">Biathlon Canada Approved Online Instruction Activities and Protocols</a>.</p>	
<p><b>NOTE: The COVID-19 virus has been shown to last on glass and hard plastics for between 2-5 days, metal for 3-5 days and wood 4 days without washing and sanitizing.</b> Equipment and surfaces are <a href="#">sanitized</a> between each user or, ideally, not shared at all. Sharing equipment that is handled by hands or head, and other personal items should be minimized.</p>	
<p>Team meetings are conducted online.</p>	
<p>Car shuttles (e.g., roller ski hill workouts) are not used during training sessions.</p>	
<p>Food and beverages are not shared.</p>	
<p>Personal belongings (e.g., phones, gloves, helmets) and personal training equipment (e.g. balls, ropes) are not shared.</p>	
<p>Training groups are kept consistent and do not change from one session to the next. This is to reduce the chance of cross-contamination from one group of athletes to another.</p>	
<p>Sessions do not take place concurrently in the same location or adequate space to separate groups is provided.</p>	
<p>Wherever possible, training sessions are held outdoors. Most jurisdictions have additional directives for indoor activities.</p>	

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<b>Camps</b>	
Overnight camps are avoided unless living arrangements, ground transportation and meals can be structured to follow health and safety protocols.	
For out-of-region camps, the <a href="#">Club Risk Assessment Tool, designed by Own the Podium</a> is considered. Consideration has been given to where you are going and why you are going along with all associated risks to your group and to the community you are entering.	
<b>Dryland Competitions - **Please check with your local health guidelines. Many Regions do not allow for Organized Competitions at this time.</b>	
Individual start only. Race entries are limited in order to respect physical distancing and are in line with maximum outdoor group gathering size.	
Timing chips are not used. Timing is athlete self-timed or timed by the coach using a stop-watch.	
Shared bibs are not used.	
<b>Coaching</b>	
<a href="#">SafeSport Guidelines</a> are followed for all training sessions, whether in-person or virtual.	
Training activities are structured so physical distancing is maintained.	

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Athlete arrival and departure times are staggered to limit congestion.	
Training sessions are prepared ahead of time, keeping in mind individual athlete abilities in order to mitigate congestion.	
Workout directions and instructions are communicated prior to arrival on site.	
On site instructions are limited and allow for participants to maintain physical distancing.	
Consideration has been given to whether objectives can be met without group training.	

Federal, Provincial and Territorial – COVID 19 Public Health Links		
Federal: <a href="#">EN</a> ; <a href="#">FR</a>	Alberta <a href="#">EN</a> ; <a href="#">FR</a>	British Columbia <a href="#">EN</a>
Manitoba <a href="#">EN</a> ; <a href="#">FR</a>	New Brunswick <a href="#">EN</a> ; <a href="#">FR</a>	Newfoundland and Labrador <a href="#">EN</a> ; <a href="#">FR</a>
Northwest Territories <a href="#">EN</a> ; <a href="#">FR</a>	Nova Scotia <a href="#">EN</a> ; <a href="#">FR</a>	Ontario <a href="#">EN</a> ; <a href="#">FR</a>
Prince Edward Island <a href="#">EN</a> ; <a href="#">FR</a>	Quebec <a href="#">EN</a> ; <a href="#">FR</a>	Saskatchewan <a href="#">EN</a>
Yukon <a href="#">EN</a> ; <a href="#">FR</a>		