

FREESTYLE COVID-19 RETURN TO ACTIVITY PROTOCOL

PREFACE

Under the Alberta's Government's adjustments to Covid 19 policy's¹ certain freestyle ski training and competition venues and activities are permissible as of May 24, 2020, providing certain measures are met.

PURPOSE

The purpose of this protocol is to provide Freestyle Alberta's members with a framework within which they can participate in freestyle training and competition while adhering to the health and safety requirements necessary due to COVID-19.

DEFINITIONS

FACILITY: The environment where training or competition is taking place. This can include but is not limited to ski resorts, trampoline clubs, water ramps, airbags, and various fitness facilities.

PHYSICAL DISTANCING: Physical distancing means maintaining a distance of at least 2 metres (6 feet) or more between persons.

Guidance for outdoor recreation: <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-outdoor-recreation.pdf>

PROTOCOL:

1. EDUCATION AND MITIGATION OF RISK

1.1 All FA members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must educate themselves on the most current health and safety guidelines set out by the Alberta Government. They are available [here](#)².

1.2 FA members must **NOT** engage in training or competition if they are sick or have come into contact with someone who has or is suspected of having COVID-19. If you are showing symptoms of COVID-19 as described by the government of Alberta please take the Alberta Government's self-assessment tool [available here](#)³.

1.3 Determine whether participants (coaches and athletes) are considered part of an at-risk group for COVID-19, above the age of 65 or have an underlying health condition.

1.4 All FA members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must assess a facility before booking training or attending a competition. Factors to consider before utilizing the facility are listed below.

- How many groups will be training at the facility?
- What are the facility's sanitization practices for common touch points?
- What are the protocols for entrances and exits of the facility to accommodate physical distancing?
- Is the facility providing visual cues - tape or other markings – and/or re-arranging equipment to ensure physical distancing?
- What is the availability of soap and water or alcohol-based hand sanitizer to ensure proper hand washing?

¹ <https://www.alberta.ca/guidance-on-outdoor-activities.aspx>

² <https://www.alberta.ca/biz-connect.aspx>

³ www.sportcalgary.ca/this-week-in-sport-listings/2020/5/19/covid-19-risk-assessment-tool?mc_cid=7bb574c1f4&mc_eid=f33e4d77a9

1.5 If possible, all club meetings must continue to be held virtually, until government restrictions on these meetings are relaxed.

1.6 Current Alberta Government guidelines continue to recommend avoiding contact with people outside your household. Transportation and accommodations must be arranged with this in mind.

1.7 FA members cannot participate in activities occurring at pools. Pools remain closed under The Act..

1.8 All persons participating in training must be members of FA. This includes coaches, volunteers, and athletes.

2, AT THE FACILITY

2.1 Physical Distancing must be practiced at all times. Procedures for ensuring physical distancing are listed below.

- Limit the number of training participants to ensure physical distancing is possible. Under the current restrictions on gatherings training groups must not exceed 50 participants (including coaches).

Ensure that 2 metres between persons is maintained at all times.
- Organize training with the minimum number of coaches needed to meet sanctioning requirements
- Physical contact, or less than 6 feet of space between a coach and athlete that would occur under normal training methods is currently prohibited. Coaches MUST consider this when determining an athlete's training and skill development and adjust the training plan safely and responsibly. For further clarity, all types of spotting are currently prohibited. If an athlete requires spotting, they must not attempt the maneuver.

2.2 Athletes must arrive at the facility in their training attire when possible. All locker rooms and change rooms remain closed under The Act. Additionally, advise participants to practice good laundry hygiene with their training attire as it may be a source of contamination.

2.3 No sharing of water bottles, towels, equipment, or clothing.

2.4 Ensure that proper hand-washing occurs after utilizing shared equipment such as trampolines, weights, workout machines, handrails etc.

2.5 Arrive at the facility no earlier than necessary. Do not congregate or meet after training or competition is complete. Please leave as soon as possible.

2.6 No spectators are allowed, unless that spectator is the accompanying guardian for a person under the age of 18 years

2.7 In case of injury Coaches must wear gloves and a mask when tending to an injured athlete a mask shall be provided for an injured athlete while being tended too

3. RESPONSE PLANNING

3.1 All FA members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must keep detailed records of those attending their training or competition. In the event that a case of COVID-19 occurs this information will need to be made available to public health officials.

3.2 Designate an individual at training or competition to lead responses to a potential COVID-19 infection and outline a plan for how infected individuals will access the health system.

PROTOCOL ADJUSTMENTS

The COVID-19 pandemic is a rapidly evolving and dynamic situation. These protocols may change without prior notice. Any changes will be published on Freestyle Alberta's policy page, which can be accessed at: <https://freestylealberta.ski/policies/>

Training During Covid 19

Requirements of all participants

- Read, agree to and sign the Consent Form in Appendix A
- Nobody with any COVID-19 symptoms may participate in the camp
- If a participant has any questions, they should ask a coach or supervisor.

Appendix A: Acknowledgment of Consent

As a participant, I understand that **Freestyle Alberta, Freestyle Canada and Canadian Snowsports Association** has been working closely with 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 had unprotected contact with a confirmed or suspected case of COVID-19 in the last 14 days
- No sharing of water bottles, 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 (
- 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 **Freestyle Alberta Freestyle Canada and Canadian Snowsports Association** is 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. **Freestyle Alberta** will continue to support/coordinate my logistics and will me support wherever possible.
- I have read and will adhere to the COVID-19 information in this document
- If I feel I have been undertaking risky activities or behaviour I will not participate in the camp
- No athlete can be coerced, forced or sanctioned from not participating
- I understand that every participant is expected to bring the following items for their personal use:
 - Optional Non-medical face mask
 - Portable chair/stool
 - Hand sanitizer and/or disinfectant wipes
 - Personal towel, water bottle
 - Optional: latex gloves (or similar)
 - Recommended: Personal thermometer



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Signed: (Parent must sign if under 18)

Date: _____

COVID-19 ALBERTA HEALTH DAILY CHECKLIST

Overview

This tool has been developed to support activity organizers and facility operators in reducing the risk of transmission of COVID-19 among attendees. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should fill out this checklist prior to participating in the activity or program. If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. Children and youth will need a parent to assist them to complete this screening tool.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Initial Screening Questions

		CIRCLE ONE	
1.	Do you/your child have any new onset (or worsening) of any of the following symptoms:		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the person attending the activity/facility travelled outside of Canada in the last 14 days?	YES	NO
3..	Have you/your child had close <u>unprotected</u> * contact (face-to-face contact within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?	YES	NO
4.	Have you/your child attending the program or activity had close <u>unprotected</u> * contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone who is ill**?	YES	NO
5.	Have you/your child or anyone in your household been in close <u>unprotected</u> * contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

* "unprotected" means close contact without appropriate personal protective equipment

** "ill" means someone with COVID-19 symptoms on the list above.

GUIDANCE FOR COHORTS

Overview

This document has been developed to support individuals to better understand the concept of a cohort in the COVID-19 context; how cohorts help to limit the spread of the virus; the difference between core cohort and other types of cohorts; and how to keep cohorts safe.

A COVID-19 cohort, also referred to as a bubble, circle, or safe squad, is a small group whose members – always the *same* people - do not always keep 2 metres apart.

The cohort concept encourages individuals who cannot maintain 2 metre physical distance when in group settings to interact with the same people within their own cohort group rather than switching daily contacts or randomly interacting with others outside that circle.

Note: When interacting with individuals not in your cohort, individuals should maintain a distance of two metres or wear a mask when closer than two metres with others.

This document and the guidance within it is subject to change and will be updated as needed. Current information related to COVID-19 can be found: <https://www.alberta.ca/covid-19-information.aspx>.

COVID-19 Information and Risk Mitigation

The purpose of forming a cohort	<ul style="list-style-type: none">• Limiting close physical contact only to those in a cohort decreases opportunities for being exposed to the virus while giving the opportunity for social interaction between individuals within the cohort.• Keeping the same people in the same small cohort group, rather than mixing and mingling, helps reduce the chance you or someone else will get COVID-19.<ul style="list-style-type: none">○ If someone does get sick, it is also easier to trace a person's close contacts when cohort members are known.
Core Cohort and recommended limit	<ul style="list-style-type: none">• Core Cohort: Your core cohort includes the people with whom you regularly spend the <i>longest amounts of time</i> and have the <i>closest physical contact</i> - those you can hug and touch - and those who are part of your daily or regular routines.• In the early months of COVID-19, Albertans were encouraged to limit close contact to their immediate families, household members or their closest tightknit social circle.<ul style="list-style-type: none">○ Core cohorts can now be expanded to include up to 15 additional people from outside of your household• Albertans should only belong to one core cohort and still need to keep it small and safe as possible.

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	<ul style="list-style-type: none"> ○ You spend the longest amount of time and have the closest physical contact with these people. If one of you gets COVID-19, there is a greater chance of the virus spreading quickly to the other members.
<p>Other cohort types and recommended limits</p>	<ul style="list-style-type: none"> ● Under Stage 2 of relaunch, other types of cohort groups are available to Albertans: <ul style="list-style-type: none"> ○ Child care programs may operate in cohorts of up to 30 people, including staff and children ○ Sports teams can play in region-only cohorts of up to 50 players and coaching staff (mini leagues) ○ Performers can have a cohort of up to 50 people (cast members or performers) ● Note: Sports and performing cohort numbers do not include parents or spectators ● Albertans might find themselves in more than one cohort at the same time. Limit the total number of other cohort groups to which you and your core cohort belong. <ul style="list-style-type: none"> ○ Interacting with the <i>same</i> people and the <i>same</i> cohorts will be safer than constantly changing the people you interact with. ○ It is recommended if possible that households with sports, performing, and/or child care cohorts consider having a smaller core cohort, given the total number of close contacts between all groups.
<p>Safety recommendations for expanding your core cohort</p>	<p>Follow these simple steps to expand your core cohort safely.</p> <p>Step 1: Start with your current core group</p> <ul style="list-style-type: none"> ● This includes everyone you live with, including children, and anyone who regularly comes into your household. ● It also includes anyone who comes into regular close contact with the people you live with (e.g., your children’s other parent who lives outside the household, a babysitter or caregiver). <p>Step 2: Think carefully before expanding your core cohort</p> <ul style="list-style-type: none"> ● Take a look at your everyday life and see who makes the most sense to include for you and your household. You may want to include another family with similarly-aged children or friends/family members that you want to spend more time with.

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	<ul style="list-style-type: none"> • Staying with those in your neighbourhood or those who live closest to you may slow the virus' geographic spread. • Don't feel pressured to expand a cohort until you feel confident it's safe. Start slow and safely add more members later. <p>Step 3: Get agreement and commitment from everyone to keep the core cohort safe. Members should:</p> <ul style="list-style-type: none"> • Belong to only one core cohort • Limit interactions with people outside the core cohort • When interacting with people outside the core cohort, do it safely, in ways that keep risks low. Maintain a distance of 2 metres or wear a mask when closer than 2 metres with others. <p>Step 4: Limit the total number of other cohort groups to which you and your core cohort belong.</p> <ul style="list-style-type: none"> • This might mean changing your daily routines or reducing the number of teams or groups you join. • When interacting with people in other types of cohorts, do it safely, in ways that keep risks low. • Minimize the amount of time you spend with them and limit the close physical contact you have with them.
<p>Safety recommendations for participating in other types of cohort groups</p>	<p>When participating in other types of cohort group, you should:</p> <ul style="list-style-type: none"> • interact outdoors if possible – it's safer than indoors • avoid closed spaces with poor ventilation, crowded places and close contact settings • keep the cohort in your local community or neighborhood to reduce geographic spread • be healthy and not show any COVID-19 symptoms (see the full symptom list) • have not travelled outside Canada in the last 14 days • have not been in close contact with a case of COVID-19 in the last 14 days • keep track of where you go, when you are there and who you meet: <ul style="list-style-type: none"> ○ this will be helpful if someone is exposed to COVID-19. ○ download the ABTraceTogether app, a mobile contact tracing app that helps to let you know if you've been exposed to COVID-19 – or if you've exposed others – while protecting your privacy. <p>Those who are at high risk of severe outcomes from COVID-19 (for example, seniors or those who have underlying medical conditions such as high blood</p>

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	pressure, heart disease, lung disease, cancer or diabetes) may wish to form smaller cohorts, and/or only cohort with people who have no sports, recreation or child care cohorts to minimize exposure potential.
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