



Paralympic Sports Association – COVID-19 Guidelines and Policies

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INTRODUCTION

This document outlines Paralympic Sports Association COVID-19 protocols and expectations in order to return to play. PSA acknowledges that we work closely with vulnerable populations and all decisions are made with the safety of our participants, volunteers, and staff as the first priority. These guidelines are to be followed by all parties attending PSA programs including staff, volunteers, participants, family members & aides.

Every effort will be made to ensure we are able to appropriately include or accommodate all who desire to participate in our programs. Adequate considerations have been given, and will be continually assessed, to reduce and/or minimize risks.

PSA works closely with partner organizations and as such all attendees are required to meet the expectations outlined for each program below.

Below are the specific protocols for each program as well as general regulations and guidelines expected to be followed.

All protocols are made in accordance with changing provincial Alberta Health Services and the Government of Alberta guidelines and are subject to change. All municipal and provincial recommendations must be adhered to by both organization and participants.

Activities cannot violate a public health order;, all government guidelines will be followed. The responsible adult or PSA staff will ensure that all activities meet guidelines and will accommodate any changes to the public health order including potential cessation.

AHS has provided specific recommendations for organized outdoor recreation, as well as separate guidance for business, day camps, physical activity, sport and recreation. For more info please visit <https://www.alberta.ca/biz-connect.aspx> .

In most cases social distancing is required for all activities at all times in outdoor recreation, for more info please see program specific subsections.



Anyone exhibiting symptoms upon arrival will not be permitted to participate, should return home and contact 811.

RULES AND REGULATIONS

To ensure the safety of everyone, all athletes, parents, volunteers, and staff must abide by the guidelines mentioned below as per the Alberta Health Services guidelines. If an attendee does not abide by these measures they will be reminded of the guidelines and expected to comply. If the attendee chooses not to comply they will be asked to leave or a parent/guardian will be contacted to come and pick up the attendee immediately.

GROUP SIZE AND PHYSICAL DISTANCING

- ❖ A Cohort is defined by AHS as “a small group of people whose members do not always keep 2 meters apart. This is an agreement to maintain physical distancing from those outside the cohort.”
- ❖ Cohort groups will not mix with other cohort groups, and neither cohort will enter the others designated space.
- ❖ The Recommended physical distance is 6 Feet or 2 meters, the equivalent to a hockey stick.
- ❖ The Maximum permitted for group participation or a sport cohort where 2 metres distance is not possible, is fifty (50) people. Each program numbers will vary, please see the designated program specific sections below.
- ❖ A minimum distance of 2 meters or 6 feet will be maintained at all times and whenever possible between coaches, participants, volunteers, staff, and family members unless from the same household.
- ❖ If the minimum distance cannot be maintained or close contact is required for the purposes of performing a transfer, proper and adequate PPE (Personal Protective Equipment) is to be worn by all involved.
- ❖ Unnecessary group transportation, for those not in the same household, is discouraged. DATS and ETS transit is permitted.
- ❖ Spectators are not permitted to be present throughout programming, unless they are family, parents/guardians, volunteers or aides required to assist in participation or are integral to the activity.
- ❖ Please arrive at your program at the expected start time and avoid congregating before, during, and after programming.
- ❖ Unnecessary group transportation (carpooling), for those not in the same household, is discouraged. DATS and ETS transit is permitted.
- ❖ Please respect others space, upon arrival all attendees will be screened using the AHS Screening Checklist. We ask that while participants are being screened others remain in their vehicles or practicing social distancing.
- ❖ Partner and group activities, unless necessary, will be discouraged. If assistance is required it is recommended to be provided by those within the same household or previously identified personal cohort such as a family member, home care worker, or aide.

CLEANING/DISINFECTING/HYGIENE



- ❖ Hand sanitizer, disinfecting materials, and PPE will be available at all programs; however, it is recommended participants bring their own.
- ❖ Hand sanitizer must be a minimum of %60 Ethanol, and should be used frequently by all attendees.
- ❖ Equipment will be cleaned and disinfected before and after each use. Wherever possible equipment will be assigned to an individual.
- ❖ Participants should follow proper respiratory etiquette (such as sneezing or coughing into an elbow or shoulder), no spitting, no clearing of nasal passages, hand hygiene, and physical distancing.
- ❖ Participants must bring their own water and snacks if required and should be labelled with participant's name.
- ❖ Should a social distance of 2 meters cannot be maintained all participant's must wear PPE.
- ❖ If first aid is required, it is recommended to be done by a family member. If required a designated responsible adult with PPE will perform first aid.
- ❖ Washroom use before arriving at the program is encouraged; should use of a washroom be needed while attending the program commonly touched surfaces will be disinfected both before and after use. Washrooms are to be used by one individual at a time.

GENERAL SAFETY

- ❖ All participants will complete the AHS COVID19 self-screening tool prior to entrance into the facility and commencement of our programs. Any participant that is exhibiting any symptoms cannot enter the facility or participate.
- ❖ All participants are encouraged to download the ABTraceTogether App to assist in contact tracing should an outbreak occur.
- ❖ Participants must complete all required waiver in order to participate
- ❖ All attendees to programs will be recorded and kept for 15 days as required by AHS for contract tracing, then safely disposed of.
- ❖ PSA will provide active and updated communications with participants, volunteers, and staff.
- ❖ Any participants showing symptoms, or who develop symptoms during the program will be required to return home and are advised to call 811.
- ❖ If a participant shows symptoms of COVID-19 they will be required to isolate, take an AHS test and receive a negative result prior to returning to programs.
- ❖ Participants are encouraged to carry their own hand sanitizer with them.
- ❖ Participants will be encouraged to refrain from touching their eyes, nose, mouth and face with their hands.
- ❖ No sharing of towels, clothing, or other personal items.
- ❖ Participants are to arrive dressed and ready to participate
- ❖ It is strongly recommended that all spectators wear masks, especially in an indoor setting. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.
- ❖ Participants are encouraged to bring their own equipment to our programs. Wherever possible, we will limit the use of shared equipment. In certain cases, participants will be required to bring their own equipment as specified under each program.
- ❖ Programming will be scheduled with enough time between groups to thoroughly clean/disinfect the space and equipment before the next group arrives

- ❖ At this time all activities will be restricted to regional participants so as to adhere to guidelines; it is not recommended that athletes seek opportunities out of province, or out of region.
- ❖ Staff will wear a mask whenever a minimum 2 metres of distance cannot be maintained.
- ❖ Staff will wash or sanitize hands prior to putting on a mask and again upon removal. Staff will also wash hands or use sanitizer both before and after interacting with participants and shared equipment.
- ❖ Masks are only to be worn once, after use masks are to be disposed of appropriately or stored safely and washed prior to reuse.
- ❖ Staff or volunteers exhibiting symptoms will not attend programs, will return to their home and call 811. Staff or volunteers will not return to programs until tested and cleared of COVID-19.

FACILITIES

- ❖ All activities will take place outdoors to mitigate risks, entrance into storage facilities will be limited to staff and volunteers only.
- ❖ Should inclement weather occur participants will find cover in the nearest available covered facility as directed by staff and will be required to wear a face mask while indoors and potentially closer than 6 feet.
- ❖ Please do not arrive more than 20 minutes before the designated start time of your program and ensure the prior group has vacated fully before entering.

RAPID RESPONSE PLAN

- ❖ All programs are to follow social distancing rules, when social distancing cannot be met, all participants, staff, and volunteers are required to be wearing PPE. As such, all confirmed, positive, or suspected cases will take this into consideration.
- ❖ If a participant develops symptoms while at the program, the participant will be isolated from other participants and return home at the earliest possible convenience. If a separate space is not available, symptomatic participants will be a minimum of 9 feet and three metres distanced from other participants.
- ❖ If public transit or DATS was taken to the program it is suggested to use local taxi services to return home with all required PPE to minimize risk.
- ❖ If a participant requires close contact and care, staff or care givers may provide assistance but must wear mandatory PPE including mask and gloves, avoiding all unnecessary contacts.
- ❖ Staff should wash their hands for a minimum of 20 seconds using hot, soapy water, or use hand sanitizer with a minimum of %60 alcohol before donning or doffing a mask. This process must be completed before and after any contact with a symptomatic person.
- ❖ If a staff person develops symptoms at work they are to immediately remove themselves from the space, avoid all close contacts, notify their supervisor, and return home. Depending on staff availability, this may mean that any programs scheduled for that day be suspended.
- ❖ Items used by participants with a suspected or confirmed case of COVID-19 will be immediately disinfected, and is not to be used for a minimum of 48 hours.

❖ **If a participant is symptomatic with cold, influenza-like or COVID-19 symptoms, the following steps should be taken:**

1. The participant should go for COVID-19 testing and self-quarantine until they receive the results
2. If they test negative but continue to have symptoms they should self-quarantine for a minimum of 10 days and all their symptoms are resolved
3. May retest after five days
4. If they test positive for COVID-19, the steps below should be followed.

❖ **If a participant tests positive for COVID-19, the following steps should be taken:**

1. Immediately notify the coach/program manager
2. Suspend training
3. Notify facility
4. Notify anyone the participant may have come in contact with during training

**Please note that PSA will air on the side of caution and if required may suspend any or all programs until deemed safe to resume.

CYCLING

- ❖ Social distancing is required at all times, when a minimum of 2 metres distance cannot be maintained all parties engaged in a transfer including PSA staff, volunteers, and participants will be required to wear PPE
- ❖ All participants must sign all required waivers prior to participating in ABA sanctioned group rides and must be submitted prior to the first ride.
- ❖ In case of crash or injury a PSA staff member or previously designated volunteer will provide first aid. Adequate PPE including gloves and masks will be worn by the designated first aider.
- ❖ Each cohort, to a maximum of 15, will have a designated ride leader who will carry all required first aid and cycling materials.
- ❖ Sanitizer is required, and will be provided at any event where volunteers are required.
- ❖ All riders are required to bring their own food or drink to each session
- ❖ Riders are expected to show up in active wear and ready to participate
- ❖ Helmets are mandatory for each ride and riders are responsible for bringing their own helmet.
- ❖ There will be no loitering or group gathering before, after or during rides.
- ❖ Should anyone under the age of 18 participate, parents/guardians are required to check temperature daily before participating in the activity.
- ❖ The ride leader or a PSA staff is responsible for conducting active symptom screening using the AHS checklist each day upon arrival.
- ❖ Attendance will be limited to only those who are integral to the activity.
- ❖ If mechanical assistance is required, the participant should move a safe distance away wherever possible. If social distance cannot be maintained both parties will be required to wear PPE.
 - Any shared touched points must be sanitized before and after

- ❖ All activities must keep daily records of anyone attends for 15 minutes or longer, including volunteers, visitors or guests. Records must be kept up-to-date and available to facilitate contact tracing in the event of an outbreak.
- ❖ We understand that there may be situations where social distancing cannot take place (passing on a trail) and we ask that you continue to make all participants aware of the risk and the potential that for a brief time that 2m may not be maintained when passing non-group participants.
- ❖ Passing is only permitted when safe to do so and following the minimum 2m social distancing.
- ❖ If more than 1 cohort is required ride start times will be staggered by 30 minutes.
- ❖ Participants should arrive no sooner than 15 minutes prior to the start of the program, and equipment should be fully functioning.
- ❖ Rides will be paced to that of the slowest rider.
- ❖ When taking breaks, be conscious to avoid group bunching, intersections, or spots on the trail where other users can't pass you safely.

KAYAKING

- ❖ Kayaking is run in partnership with St. Albert Canoe & Kayak Club (SACAK), and as such is subject to both PSA's guidelines as well as SACAK
- ❖ Participants should arrive no earlier than 15 prior to the start of the program and be picked up no later than 15 minutes after the program ends.
- ❖ Only one parent/Guardian can accompany a child to drop-off
- ❖ Drop-off zones have been identified and are outlined below:



- ❖ Participants must arrive dressed and ready to participate
- ❖ Contactless temperature scans will be conducted upon check-in at the designated table by staff member
 - If your athlete has a temperature consistent with that of a fever (100°F or higher), the athlete will not be permitted to attend the camp for that day

- ❖ After completing the screening, the athlete will be required to use an alcohol based hand sanitizer that will be available at the drop off location, prior to joining their cohort.
- ❖ Name and phone number of the parent/guardian dropping off/picking up each participant will be required, in order to create a contact tracing list should one need to be provided to Alberta Health Service.
- ❖ Non-essential visitors will not be permitted access to the site including additional parents or siblings.
- ❖ Every athlete will be asked use a fold up or personal chair to sit if needed and to store personal items ie: backpack, water bottles, change of clothes.
- ❖ Within each cohort, coaches will be trained to educate athletes to maintain a distance of 2m between themselves and other.
- ❖ Equipment such as lifejackets and boats will be cleaned and disinfected before and after each group. Facilities will also be disinfected frequently and coaches will ensure proper hand hygiene for athletes prior to getting into and out of equipment. Daily coach briefings will occur at the beginning of the camp to remind campers of the proper protocols, as our goal is to create a safe environment for everyone. The better we educate, the safer everyone is.
- ❖ Staff and athletes will be required to use an alcohol-based hand sanitizer that will be provided on-site.
- ❖ Hand washing with an alcohol based hand sanitizer will be required after using the washroom. ☒ Proper respiratory etiquette is required:
 - Coughing or sneezing into a bent elbow
 - Promptly disposing of used tissues in the trash
 - Avoid touching your face, nose, or mouth with unwashed hands
- ❖ The coaching staff will have available appropriate PPE masks, and will wear these masks when required. It is up to each parent/guardian to discuss with their child whether they will wear a mask during the entirety of the program or only during transfers. If a participant is to be within 2 metres of someone not within the same household, such as in a tandem kayak, both will be required to wear masks.
- ❖ In the case of an emergency ex. lightning storm, where athletes and coaches are required to be within 2m's of each other appropriate PPE masks will be provided to the athletes and they will be required to wear them until it is safe to remove them.
- ❖ A portable washroom will be available on site, in the case that an athlete has to use the washroom. In this instance, a staff member will accompany the athlete to the washroom and wait for them outside.
- ❖ The athlete will be required to wash their hands following Alberta Health Services Guidelines which will be posted.
- ❖ After each use a staff member will disinfect the washroom using a commercial based disinfectant product, paying special attention to door knobs, faucets and other high touch surface areas are cleaned.
- ❖ Washrooms will also receive a thorough cleaning prior to the start of each session and at the end of the day.
- ❖ No snacks will be permitted during the program unless medically required and provided by the participant.
- ❖ Coaches, staff members, athletes, parents and guardians must not attend the camp if they are sick, even if symptoms resemble a mild cold. Current Alberta public health orders also mandate

that individuals remain in isolation for 10 days after symptoms resolve following a positive diagnosis of COVID-19. Symptoms include, but are not limited to the following:

- fever
 - cough
 - shortness of breath
 - sore throat
 - runny nose
 - nasal congestion
 - headache
 - general feeling of being unwell
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- ❖ If an athlete develops symptoms while at the program, the athlete will be isolated away from other athletes and the parent and/or guardian will be notified to come and pick up the athlete immediately.
 - ❖ The athlete will be kept at least 2m away from other athletes and if they require close contact and care, a coach will be designated to care for the child until the parent and/or guardian is able to pick them up. The coach will wear a mask during all interactions with the child and will work to avoid contact with the child's respiratory secretions. The coach will wash their hands before putting on the mask and before touching the athlete.
 - ❖ Should an athlete test positive for COVID-19, we will work with Alberta Health Services to notify other athlete participants as necessary
 - ❖ Cardiff Pond is an entirely outdoor facility; to ensure the safety of all athletes and coaches, we will be monitoring Environment Canada Weather Information and if the expected forecast for the day exceeds a 30% chance of rain and/or wind gusts of 20 km/h or more kayaking will be cancelled for the day.
 - ❖ Participants or parents/guardians will be notified by PSA regarding cancellation by noon the day of. All contact information must be relevant and up to date.