

**COVID-19 PROTOCOLS FOR ON SNOW TRAINING - 2021-2022 Season**

Last Changes: November 2<sup>nd</sup> 2021

This document has been developed to support the Sunridge Ski Club in reducing the risk of transmission of COVID-19 among attendees (including coaches, athletes, and parents/volunteers) of on snow activities. The guidance provided outlines public health and infection prevention and control measures, specific to this activity.

This document is meant to be evergreen and can be amended to reflect the current policies and recommendations of Alberta Health Services, Alpine Canada Alpin, and Alberta Alpine.

**Overview:** Under current Chief Medical Officer of Health Orders, operators are required to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;

**COVID-19 Risk Mitigation**

<p><b>Access to club events</b></p>	<ul style="list-style-type: none"> <li>• All members are expected to self monitor and follow all Alberta Health Services Guidelines as per <a href="#">COVID-19 info for Albertans</a></li> <li>• All Members are required to follow AASA COVID-19 Protocols as indicated by Alberta Alpine.</li> <li>• Activities will be led by a Coach(es) who will assume the responsibility to support the adherence to these guidelines.</li> <li>• Participants who are considered “at-risk population” must make their own informed decision on whether to participate. This includes but is not limited to those individuals with severe asthma, diabetes, cardiac disease, chronic lung conditions, and auto-immune diseases.</li> <li>• Any adult exhibiting <a href="#">COVID-19 CORE symptoms</a> such as cough, fever, shortness of breath, runny nose, sore throat, or loss of taste or smell - must isolate at home and cannot participate in club activities nor attend Club facilities.             <ul style="list-style-type: none"> <li>○ Participants are expected to self-monitor and follow provincial health requirements for isolation, testing and reporting.</li> </ul> </li> <li>• Any member under the age of 18 exhibiting <a href="#">COVID-19 CORE symptoms</a> including cough, fever, shortness of breath, or loss of sense of smell or taste, must isolate at home and cannot participate in club activities nor attend Club facilities.             <ul style="list-style-type: none"> <li>○ Participants are expected to self-monitor</li> <li>○ If an under 18 member is a close contact or known to have been exposed in the previous 14 days and develops ANY symptoms, testing is recommended and the member would still need to isolate</li> <li>○ It is not mandatory to report any positive test results to the Sunridge Ski Team, unless recommended by Alberta Health Services as part of the follow-up contact tracing recommendations.</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>○ Prior to the start of any session, Coaches will remind participants that they must not participate if they have any symptoms of COVID-19.</li> <li>● If an under 18 member has only one of the following non-core symptoms: sore throat, runny or stuffy nose, painful swallowing, chills, headache, muscle or joint aches, feeling unwell or fatigue, nausea, vomiting, diarrhea or unexplained loss of appetite, conjunctivitis (pink eye)) they should stay home and monitor for 24 hours. If their symptom is improving, testing is not necessary and they can return to normal activities when symptoms resolve.             <ul style="list-style-type: none"> <li>○ If the child has two or more of the non-core symptoms, or if one of their symptoms gets worse, testing is still recommended and they should stay home until the symptoms go away or they test negative for COVID-19 and symptoms have resolved.</li> </ul> </li> <li>● Participants (Coaches and Athletes) showing any symptoms (with the exception of runny nose due to cold temperatures) will be sent home before the session starts.</li> <li>● Coaches, athletes, and parents should maintain a physical distance of at least two metres at all times when not actively participating in the sport.             <ul style="list-style-type: none"> <li>○ This does not apply to individuals who are from the same household or if and when cohorting is applicable and required by AHS</li> <li>○ Distancing should be reinforced by the Coaches throughout the activity where applicable</li> </ul> </li> <li>● Participants should be discouraged from clustering in groups before or after sessions. (ie. In the parking lot)</li> <li>● Should any non-vaccinated athlete have a parent or sibling of the same household test positive for COVID-19 (i.e. is a close contact of someone who tests positive), the athlete is prohibited from attending any training, and must follow AHS guidelines. They may return to the local training once tested negative or performed a 14 day isolation.             <ul style="list-style-type: none"> <li>○ If the athlete is at a mountain training event, they must not intermingle on OR off snow with any other athlete during this time, regardless of mask or distance.</li> <li>○ A refund of camp fees will be refunded should the athlete cancel prior to being on snow. All travel and other expenses are the responsibility of the athlete's family.</li> </ul> </li> <li>● Should a vaccinated athlete have a parent or sibling of the same household test positive for COVID-19, the athlete must self monitor as per AHS guidelines, and remove themselves from any club activities should symptoms arise.</li> <li>● Participants are responsible for having reviewed and understood this document.</li> </ul>
<b>On Snow Safety</b>	<ul style="list-style-type: none"> <li>● Coaches should promote and facilitate frequent and proper hand hygiene.             <ul style="list-style-type: none"> <li>○ Coaches and Athletes should sanitize their hands using hand sanitizer containing at least 60% alcohol when applicable</li> <li>○ Participants are to bring their own sanitizer product.</li> </ul> </li> <li>● Coaches should also promote good respiratory etiquette (coughing or sneezing into a bent elbow) if participants are grouped.</li> <li>● Cheering, singing and hand shaking and high-fives are high risk activities and should not occur.</li> </ul>

	<ul style="list-style-type: none"> <li>• Where possible, staff and participants should consider extra spacing (beyond the two metre minimum) to help limit the risk of spread to others.</li> <li>• All athletes, coaches and parents are not required to wear a face mask while outside during a sanctioned Sunridge Ski Club activity unless required by the resort the activity is located. Masking when optional is up to the discretion of each athlete, coach and parent.</li> <li>• If a Coach begins to feel unwell during the activity, they are to put on their mask and return to the parking lot to leave the premises. The group will be covered by another coach.</li> <li>• If an Athlete begins to feel unwell during the activity, they are to report to the Coach, and the Coach and Athlete will return to the parking lot for the Athlete to exit the activity. Coach will contact the Parent via cell phone in this case. It will be the parent's responsibility to remove the athlete from the resort as quickly as they can.</li> </ul>
<b>Cohort</b>	<ul style="list-style-type: none"> <li>• Sunridge Ski Team WILL NOT be operating in sport cohorts at this time.</li> <li>• Please note that all chairlift and lift line protocols of the local hill must be followed at all time.</li> </ul>
<b>Clubhouse Access</b>	<ul style="list-style-type: none"> <li>• At this time, access to the Sunridge Ski Team clubhouse will be limited to those 12 and up and will require proof of double vaccination.</li> </ul>
<b>Team Travel</b>	<ul style="list-style-type: none"> <li>• At this time, team travel will only be offered to athletes/coaches/chaperones who can provide proof of double vaccination. Team Travel will follow all of AHS guidelines as posted above and per this document.</li> </ul>
<b>Warm ups and Breaks/Lunch</b>	<ul style="list-style-type: none"> <li>• Local Training             <ul style="list-style-type: none"> <li>○ It is each member's responsibility to familiarize themselves with the <a href="#">Sunridge Ski Area</a> COVID-19 policy posted on their website. This must be followed when attending local training.</li> <li>○ At the publish of this document, Sunridge Ski Area is participating in the Restrictive Exemption Program for the chalet. Please visit <a href="#">FAQs (sunridgeskiarea.com)</a> for more details.</li> <li>○ At the publish of this document – masks are to be worn at Sunridge Ski Area in the chalet, on the deck, in the lift lines, on the chairlifts and in lessons. Please visit <a href="#">FAQs (sunridgeskiarea.com)</a> for more details.</li> <li>○ Athletes will meet at break times at a designated point and can either complete their breaks outdoors, in vehicles, or in the day lodge depending on the policy being applied by the resort.</li> <li>○ Electronics are prohibited during training hours due to the risk of congregation of the athletes during break times. <b>This will be strictly enforced.</b></li> </ul> </li> <li>• Mountain Training:             <ul style="list-style-type: none"> <li>○ It is each member's responsibility to familiarize themselves with the COVID-19 policy and Vaccination Policy of each Mountain Resort they will be traveling to as posted on their website and must be followed when attending mountain training at that resort. This includes if the resort decides to use the Restrictions Exception Program as per the government of Alberta for its lodge or lift use.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ If masks are required by the resort we are visiting, all athletes, coaches and parents must follow the resort regulations.</li> <li>○ Lunch breaks will have a designated drop off/pick up point for each resort. This will be near the vehicles to allow for warming up and lunch to be had in the vehicles.</li> <li>○ Schedules will be confirmed per event as per the trip information sheet sent out by the coordinators.</li> <li>○ Electronics are prohibited during training hours due to the risk of congregation of the athletes during break times. <b>This will be strictly enforced</b></li> </ul>
<b>Cleaning and disinfection</b>	<ul style="list-style-type: none"> <li>● Personal items, such as water bottles, should not be shared or passed between individuals, nor should participants touch each other's equipment.</li> <li>● Participants should be encouraged to bring their own equipment and supplies (e.g. glove heaters, face coverings, and hand sanitizer) and have with them at all times.</li> <li>● Coaches or Volunteers are to sanitize any touch points related to the Clubhouse (ie. Doorknobs, etc)</li> <li>● Garbage may be disposed of in the Clubhouse or use Park garbage cans.</li> </ul>
<b>Reporting</b>	<ul style="list-style-type: none"> <li>● The Sunridge Coronavirus Taskforce for any COVID related issues includes: <ul style="list-style-type: none"> <li>○ Risk Management Director/President(Andrew Gauthier), <a href="mailto:sunridge.pres@gmail.com">sunridge.pres@gmail.com</a></li> <li>○ Program Director (Chris McEwen) <a href="mailto:Sunridge.Alpine@gmail.com">Sunridge.Alpine@gmail.com</a></li> <li>○ Coaching Coordinator (Jeff Parkes) <a href="mailto:Sunridge.Alpine@gmail.com">Sunridge.Alpine@gmail.com</a></li> <li>○ AASA/SUNRI - COVID Coordinator/Liason Mauro Scarsellone</li> </ul> </li> </ul>
<b>Guest Athletes</b>	<ul style="list-style-type: none"> <li>● Guest athletes are permitted if they follow the guidance as per this document and AHS.</li> <li>● Guest athletes must follow all Sunridge Ski Area's COVID-19 policies.</li> </ul>
<b>Activities not covered by this Policy</b>	<ul style="list-style-type: none"> <li>● Note that this document extends to all club sanctioned snow activities as well as the clubhouse</li> <li>● Any activities or contacts outside of those mentioned above are outside the scope of this policy (car pooling, lodge access, parking lots)</li> </ul>
<b>SOCIAL MEDIA</b>	<ul style="list-style-type: none"> <li>● <b>Social Media posts are allowed this year, provided they adhere to the rules as posted in this document (social distancing while not skiing as an example)</b></li> </ul>

Prior to participating in any on-snow activities, please consult: [COVID-19 ALBERTA HEALTH DAILY CHECKLIST \(FOR ADULTS 18 YEARS AND OLDER\)](#) and [COVID-19 ALBERTA HEALTH DAILY CHECKLIST \(FOR CHILDREN UNDER 18\)](#) and follow the current guidance related to monitoring of symptoms, isolation, and testing.

<b>Core Symptoms</b>  <b>If you have any of these core symptoms, you need to isolate for at least 10 days from the start of your symptoms or until they are gone, whichever is longer, or until you test negative for COVID-19.</b>	
<b>Adults over 18</b> <ul style="list-style-type: none"> <li>cough</li> <li>fever</li> <li>shortness of breath</li> <li>runny nose</li> <li>sore throat</li> <li>loss of sense of taste or smell</li> </ul>	<b>Children under 18</b> <ul style="list-style-type: none"> <li>cough</li> <li>fever</li> <li>shortness of breath</li> <li>loss of sense of taste or smell</li> </ul>
<b>Other Symptoms</b>	
<b>Adults over 18</b> <b>Any symptom: Stay home and limit contact with others until symptoms are gone. Testing is recommended.</b>	<b>Children under 18</b> <b>1 symptom: Stay home for 24 hours, get tested if symptoms don't improve.</b> <b>2+ symptoms: Get tested and stay home until well or test is negative.</b>
<ul style="list-style-type: none"> <li>Stuffy nose</li> <li>Painful swallowing</li> <li>Chills</li> <li>Headache</li> <li>Muscle or joint aches</li> <li>Feeling unwell or fatigue</li> <li>Nausea, vomiting, diarrhea or unexplained loss of appetite</li> <li>Conjunctivitis, also known as pink eye</li> </ul>	<ul style="list-style-type: none"> <li>Sore throat</li> <li>Runny or stuffy nose</li> <li>Painful swallowing</li> <li>Chills</li> <li>Headache</li> <li>Muscle or joint aches</li> <li>Feeling unwell or fatigue</li> <li>Nausea, vomiting, diarrhea or unexplained loss of appetite</li> <li>Conjunctivitis, also known as pink eye</li> </ul>



October 29, 2021

To: AASA Membership

Re: Covid19 Protocols for the 2021- 2022 Season

Dear Members,

Alberta Alpine Ski Association (AASA) knows how important sport and the ability to enjoy our recreational outdoor sport is to all our membership. The Covid19 pandemic has been devastating to our communities, both locally and globally, with restrictions that have changed all sectors of life. Outdoor sports are one of the few activities we could enjoy last season.

Now that vaccines are readily available it has allowed us to have a little bit more of a “normal” life, but all the protocols from last year will still play an important role to having a safe and fun season this year.

AASA strongly recommends that everyone who is eligible, to get their double dose of the vaccination. It is very important that all coaches, officials, and volunteers are vaccinated not only to protect the community but also to ensure their jobs can be done.

AASA requires all members to follow the AHS Covid19 current protocols, along with the Covid19 protocols that both your local ski resort as well, any ski resorts that you plan to visit this season have in place. Ski resorts may have enhanced protocols that go beyond what AHS has put in place, and these should be followed.

Order 44 (Restrictions) - <https://open.alberta.ca/publications/cmoh-order-44-2021>

Order 45 (REP) - <https://open.alberta.ca/publications/cmoh-order-45-2021>

REP Guidance - <https://open.alberta.ca/publications/covid-19-information-requirements-for-restrictions-exemption-program>

#### **Covid19 Protocols for Alberta Alpine sanctioned races.**

For all **U14, U16 and FIS** Alberta Alpine sanctioned races, all participants (coaches, officials, athletes, volunteers, and spectators inside the fence) must be fully vaccinated or show proof in written or printed copy that indicates the individual has tested negative for Covid19 on a Health Canada approved rapid PCR or lab-based PCR test approved by Health Canada or the lab accreditation body of jurisdiction to attend the event.

#### **Alberta Alpine Ski Association**

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Web: [www.albertaalpine.ca](http://www.albertaalpine.ca)

Participants must have received at least 2 doses of a Government of Canada -accepted Covid19 vaccine or mix of 2 accepted vaccines or at least 1 dose of the Janssen/Johnson & Johnson's vaccine. The second dose of vaccine must have been given 14 full days prior to the event/race.

Each ROC will manage this program and AASA strongly suggests that each ROC has a Covid19 Officer assigned to the race. There is no need to hold any personal information of any of the participants. The Alberta Government Covid19 scan app will verify if the participant is fully vaccinated.

For **U12 and younger** Alberta Alpine sanctioned races. All coaches, officials, volunteers, and spectators must be fully vaccinated or proof in written or printed copy that indicates the individual has tested negative for Covid19 on a Health Canada approved rapid PCR or lab-based PCR test approved by Health Canada or the lab accreditation body of jurisdiction to attend the event.

All U12 and younger athletes will follow all AHS protocols at all race events inside the fence, this would include but only be social distancing, masks, and cohorts. Outside the fence U12 and younger athletes must follow the ski resort protocols.

Accepted Covid19 Vaccines in Canada.

- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
- Moderna (Spikevax, mRNA-1273)
- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
- Janssen/Johnson & Johnson (Ad26.COV2.S)

The Covid19 pandemic has shown us all that it is always changing, and protocols will need to change with it.

We all want to have a safe and successful race season this year. Thank you to everyone who is making this season look like it will be a great one.

If you have any questions, please give me a call.

*Patrick Gillespie*

Patrick Gillespie

President of Alberta Alpine Ski Association

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