

RETURN PLAN

STAGE TWO

ALBERTA ALPINE SKI ASSOCIATION
AUGUST 2020



COVID-19



SYMPTOMS

Symptoms are similar to those for influenza or other respiratory illnesses.

Anyone exhibiting the following symptoms is legally required to self-isolate and should be tested for COVID-19.

- **Fever**
- **A new cough or chronic cough that is worsening**
- **Sore throat**
- **Runny nose**

COVID-19



TESTING

Everyone (including those under 18 years of age) in mandatory isolation and in need of COVID-19 testing, or critical care for pre-existing medical conditions or emergency care, should carefully follow the rules in the exemption orders.

- **Pre-arrange your appointment and leaving your isolation area only on the date and at the time of your appointment.**
- **Follow all instructions provided by 811 or health-care providers.**
- **Use private transportation where practical.**
- **Maintain physical distance from others when shared transportation is necessary – travel directly to your appointment with no stops.**
- **Follow instructions provided by 911 if you require emergency care.**

ALBERTA RELAUNCH



APPLICABLE STAGE TWO GUIDELINES

GATHERINGS

- **Outdoor — maximum 200 people**
- **Indoor — maximum 50 people**
- **Sports teams can play/train in region only, up to 50 athletes and coaching staff, without distancing 2M.**
- **Your team is your bubble — teams should have little to no close contact with other bubbles.**
- **Sharing equipment is still considered a high-risk activity.**

ACA GUIDANCE



ALPINE CANADA ALPIN COVID-19 RETURN TO SKIING RESOURCE DOCUMENT

Detailed guidance from Alpine Canada Alpin (ACA) to support your clubs return to high-performance sport management.

- **COVID-19 Return to Skiing Internal Risk Mitigation Resource Document provided [here](#).**

AASA DRYLAND POLICY



ENSURING YOUR RETURN TO ACTIVITY IS SAFE AND INSURED

COACHES: Following the guidance of the Canadian Snowsports Association (CSA), who provide insurance for all ski racing related activities in the Alberta Zone, each club returning to activity **must** submit the following to Alberta Alpine:

- **Dryland Plan — Coaches/Officials leading dryland programming must submit a summary outlining the plan to ensure AHS policies are followed. This information will be held on-file at AASA per CSA request.**
- **Please forward dryland plans to: memberservices@albertaalpine.ca**

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ATHLETES: you **must submit your ACA Membership & Waiver to your club to ensure your insurance is valid during dryland season.**

- **Contact memberservices@albertaalpine.ca with any questions or concerns, or speak to your club administrator.**

PLANNING FOR TRAVEL



HIGH-PERFORMANCE TEAM TRAVEL — LOOKING AHEAD

Resources are available for teams beginning to plan travel for training outside of Canada.

- IATA TravelCentre COVID-19 Travel Regulations Map: Interactive map outlining travel restrictions for entry into a new country, available [here](#).
- The Canada/US border remains closed to non-essential travel.
- Arriving back in Canada **will require isolation**: Province of Alberta travel requirements, available [here](#). Government of Canada travel restrictions, exemptions, and advice, available [here](#).

HELPFUL LINKS

UPDATED TESTING INFORMATION

[COVID-19 Testing Information](#)





KEEP SMILING
SEE YOU SOON

