



SNOW VALLEY RACING ASSOCIATION
 PO Box 21100 Edmonton AB T6R 2V4
 www.snowvalleyracing.ca 780.434.3563

Snow Valley Racing Association
 COVID-19 Return to Sport Plan
 November 2020

Introduction

As Alberta public health authorities develop guidelines for sport, physical activity, recreation and gathering in a responsible way, Snow Valley Racing (SVR) has been working to understand the recommendations of our Chief Provincial Health Officer and how they best apply within our world of ski racing. At this point in time regulations and guidelines pertaining to the winter season and specifically ski racing have not been established. The following document will provide an outline and the guidelines for the 2020-2021 winter season, starting November 2020 and running through May 2021, as pertaining to the Snow Valley Racing Association

Snow Valley Racing is aware that the COVID 19 pandemic is ever evolving and changing. SVR staff will continue to monitor and be informed on the situation and follow all current Alberta Provincial Health guidelines and regulations. Changes to this document will be made in accordance with Alberta Provincial Health recommendations. This document is subject to change based on orders from the Chief Medical Officer, the Province of Alberta, the City of Edmonton, Alberta Alpine, or Alpine Canada.

While we do hope things will return to normal in the not to distant future, currently this plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate in Snow Valley Racing programs, you must follow these rules:

- If you do not feel well or are displaying symptoms of COVID 19, you must stay home.
- If you have travelled outside of Canada, you must self-isolate for a minimum of 14 days.
- If you live in a household with someone who has COVID 19 or is showing symptoms of COVID 19, please stay home.
- Wash your hands before participating with soap or sanitizer.
- Bring your own water bottle, hand sanitizer, and equipment.
- Always comply with physical distancing measures.
- Avoid physical contact with others, including shaking hands, high fives, etc.

The five guiding principles of our return plan are as follows.

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces



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Snow Valley Racing Association's Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID 19 while the virus circulates in our communities it is impossible to eliminate the risk. Each family and participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must consider your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Our Program Director, Kyle Buchanan is the primary point of contact regarding this document and our COVID-19 Return to Sport process. Any questions or communications around these matters, including reports of cases of COVID-19 among participants, should be directed to Kyle Buchanan to ensure our policies are being fully adhered to.

The following rules and regulations are to be followed by all Snow Valley Racing Association members, coaches, athletes, and parents.

1. Process to Open Safely

- 1.1 To ensure a safe opening we will not allow participation by the following individuals or groups:
 - a. People who are currently infected with COVID-19.
 - b. Anyone who is under quarantine or who has symptoms of respiratory infection such as fever, sore throat, runny nose, cough, or general disorders
 - c. People who are immunocompromised or believed to be at-risk for COVID-19.
 - d. Non-members of a sanctioned Alberta Alpine Club.
 - e. Members who do not follow the instructions or guidelines provided in this Return to Sport Plan and/or the Sport Participant COVID-19 Agreement.
- 1.2 Every club activity will have a designated responsible organizer who will maintain a complete list of participants which will be made available to our club's COVID-19 RTS primary contact person (Kyle Buchanan).
- 1.3 Club facilities have been thoroughly cleaned and new cleaning regimes have been put in place to maintain a high level of sanitization. There may be new signage at the club further explaining these procedures, as well as changes to maximum occupancy, and we ask that all members read and abide by the new rules.
- 1.4 High risk activities will be avoided. We will be focusing on skill development and fitness during this time.
- 1.5 There must be good hygiene practices in connection with the activity, e.g. access to hand sanitizer, routine hand washing and thorough cleaning of sports equipment before and after the activity.
- 1.6 We ask that any person/s participating monitor potential symptoms and use the Alberta Health Services COVID-19 self-assessment tool found at <https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>.



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- 1.7 When an activity is being held at a facility (e.g. ski resort), our members must also agree to follow the venue's guidelines.

2. Measures to keep members safe and avoid further outbreaks

- 2.1 All types of training activities must be carried out in a way that ensures all Alberta Health Services recommendations on distance between people and group gathering are complied with, i.e. keeping a 2-meter (6 feet) distance between participants at all times.
- 2.2 No sports activity or training involving a group of more than 50 people shall be carried out if at least 2 meters of distance between individuals cannot be properly maintained.
- 2.3 Participants are recommended to only use their own equipment. Any shared equipment needs to be properly sanitized immediately after each use.
- 2.4 Physical contact is not permitted.
- 2.5 In activities for children and adolescents, an adult who can ensure the activity is carried out in accordance with the requirements and recommendations of public health authorities and special sporting COVID-19 rules must be present.
- 2.6 No common change rooms or showers should be used. Participants are encouraged to arrive ready to participate.
- 2.7 If toilets are to be used, there will be good routines in place for frequent cleaning.
- 2.8 Participants are encouraged to avoid the use of public transport to and from sports activities.
- 2.9 Everyone attending an activity will have easy access to hand washing with soap and water or hand sanitizer.

3. Our Plan in the event that a case or outbreak should occur

- 3.1 If someone shows symptoms of COVID-19 they must immediately let the organizer know and isolate themselves.
- 3.2 We will make decisions to cancel, postpone or modify any activity if one or more cases of potential infection are reported.
- 3.3 We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved
- 3.4 Any person/s showing symptoms must self-isolate as per AHS guidelines.



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SPORT PARTICIPANT COVID-19 AGREEMENT

Application - all athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at Snow Valley Racing Association activities (“Participants”).

All members of the club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response Plan and Return to Sport Protocol:

- I agree to daily symptom screening checks and will let club coaches know if I have experienced any symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting any training facility, with soap or sanitizer.
- I agree to sanitize the equipment I use during my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to follow social distancing protocols by staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all the club COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in the temporary suspension of my club membership.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

COVID-19 Outbreak Plan while away

- The Club will create Training Cohorts that will be effective throughout the 2020-2021 season and will be dictated by their Age category. These cohorts will be up to 50 athletes and with a coach-athlete ratio of 1:8
- The Club will continue enforcing the hygiene measures established by Alberta Health, the City of Edmonton, and SVSC. Physical distancing of 2m and wearing masks when close to other individuals outside their cohorts
- The Club will block accommodation with self-cater facilities (air bnb/ houses/ condos) and block hotels as secondary option. Room set up will be 2 athletes per room on single beds.
- The Club will make sure that whichever accommodation is blocked for the trip, it will include a room that will be used for self-isolation in case of a ‘suspected’ case.



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- Parent-volunteers or coaches will ensure athletes are travelling, eating and lodging together
- NO team member may participate in any activity if they are symptomatic
- If an athlete, coach or parent-volunteer reports symptoms of COVID-19 (fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea or diarrhea), they will be immediately isolated to a single room and must wear a mask and attend a medical facility to get a COVID-19 test. The athlete, coach or volunteer will self-quarantine until results are received. The rest of the cohort will continue activities as normal
 - o In the case of an athlete, the Parent Volunteer will be responsible for taking the athlete to a medical facility for testing
 - o Coaches and parent volunteer will immediately clean and sanitized the room where the suspected case occurred to reduce risk of transmission.
 - o Lead Coaches will contact athlete's parents to pick him/her up to be taken home. Parents will contact Lead Coaches with the results of the COVID-19 test.
- If the COVID-19 test comes back negative and the athlete is cleared by their family doctor, the athlete can resume activities with SVR.
- In the case of a Positive test, the whole bubble isolates immediately and Alberta Public Health will make the assessment and contact tracing to determine the quarantine and steps to follow. By following the recommended physical distancing and wearing masks protocols, we can minimize the possibilities of shutting down the whole bubble and/or training cohort