

Mission Ridge Training Day Protocols – Parent, Guardian & Participant

Athletes must be symptom-free for 48 hours (or cleared by the Saskatchewan Health Authority) in order to attend all RART in person activities.

Should the athlete experience any of the COVID-19 symptoms listed below, they must:

- 1) Report symptoms to the RART Medical Designate (covid_designate@rart.ca); and
 - 2) Refrain from attending training session(s) until symptom free for a minimum of 48-hours.
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- *Fever*
- *Cough*
- *Headache*
- *Muscle and/or joint aches and pains*
- *Sore throat*
- *Chills*
- *Runny nose*
- *Nasal congestion*
- *Conjunctivitis*
- *Dizziness*
- *Fatigue*
- *Nausea/vomiting*
- *Diarrhea*
- *Loss of appetite (difficulty feeding for children)*
- *Loss of sense of taste or smell*
- *Shortness of breath*
- *Difficulty breathing*

****N.B. Non-Compliance will lead to an expulsion from training and place the entire club's season in jeopardy.****

Athlete Responsibilities:

- **If you are sick stay home.** Coaches, parents and guardians must also stay home if they are experiencing any COVID-19 symptoms. The Saskatchewan Health Authority uses the following [assessment tool](#):
 - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment>
- **Families who have travelled outside of the province must refrain from training for 10 days upon their return.**
- **If you become unwell during training, immediately inform your coach.**
- **Arrive no earlier than 5-10 minutes prior to session start.**
- **Arrive wearing your mask. Masks are mandatory at all times while on Mission Ridge property, including in the parking lot when outside of vehicles, during training, in the lodge or warm-up trailer and on the chairlift.**
- **Social distance of two metres must be maintained at all times. This does not apply to individuals living in the same household.**

- **Athletes will be given assigned indoor warm up spaces. These spaces must be entered and exited through specified doors. Parents and guardians will be informed via Teamsnap/email prior to training regarding assigned indoor space prior to each training day.**
- **QR codes will be displayed outside of each trailer and the clubhouse. Each family must register with Mission Ridge using their cell phone camera and the QR code.**
- **Hand sanitizer must be used when entering and exiting trailers and clubhouse. Masks are mandatory in these spaces.**
- **Athletes are encouraged to put their equipment on inside their vehicles when weather permits. Athletes are permitted to put their equipment on in their assigned indoor space but all gear bags must be stored in their vehicles.**
- **Lunches are not permitted in our indoor spaces.**
- **All athletes will be assigned to a training group cohort for the season and must refrain from interacting with other training group cohorts, with the exception of same household members.**
- **Athletes must ride the chair with members of their assigned training cohort or with members of their same household. Max capacity is 2 people per chair.**
- **Warm-up breaks are at assigned clubhouse/trailer spaces only. Access into the main lodge during lessons is only permitted for use of the washrooms.**
- **Our oldest athletes may be requested to carry gates but all other club training equipment such as drills, cameras, tapes are only to be handled by coaches.**
- **Bring a water bottle.**
- **Practice physical distancing & responsible hygiene.**
- **Have fun!**

Parent/Guardian Responsibilities:

- **Pre-screen your athlete before every session.**
- **The Saskatchewan Health Authority recommends families limit themselves to one organized sport at a time. RART supports this recommendation and asks families to adhere to this advice.**
- **Families who have travelled outside of the province must refrain from training for 10 days upon their return.**
- **Remain accessible via phone should we need to arrange a pick-up for a sick/injured child.**
- **Update attendance in Teamsnap.**
 - **Failure to update athlete availability in Teamsnap will result in your athlete not being allowed to participate.**
 - **One parent/guardian is permitted per family to assist their child at the start and end of training provided they update their availability in Teamsnap prior to training day. Failure to list guardian's information and attendance for each training day on TeamSnap means the guardian will not be permitted in the warm up space.**
- **Clubhouse/trailer spaces must be vacated when not being used for the above mentioned purposes.**
- **QR codes will be displayed outside of each trailer and the clubhouse. Each family must register with Mission Ridge by cell phone using the QR code provided.**
- **Athletes are encouraged to put their equipment on from their vehicles when weather permits.**
- **Ensure your athlete arrives wearing a mask. See mask guidelines below.**
- **We require assistance ensuring proper disinfection between groups of athletes. Colleen Silverthorn will be acting as our Cleaning Coordinator and will solicit parent volunteers**

to assist with cleaning protocols on training days. Protocols and cleaning supplies/ equipment will be provided to volunteers. **Please note, without additional volunteer assistance, we will not be able to offer space isolated from the main lodge.**

- Skiing with your athlete as a family unit before or after your athlete's assigned lesson is encouraged. Please remember access to the clubhouse/trailer spaces is limited to your athlete's assigned lesson.
- Athletes from different households are not permitted to share equipment. Mission Ridge will also have equipment available for rent or purchase.
- Athletes arriving late for lessons must put their equipment on in their vehicles and it is the responsibility of the parent/guardian to wait with their athlete at the chairlift until their coach arrives.
- Athletes must bring their own water bottles.
- Practice physical distancing and responsible hygiene.

Medical Response

- Coaches will maintain 2m physical distance from athletes unless in the case of an accident, they determine it is necessary to be closer to the athlete to provide assistance. If assistance is required, the coach will wear their mask to approach the athlete and ask the athlete to put their mask on if it has fallen off.
- If an athlete develops COVID-19 symptoms during practice they will be isolated outdoors if possible and away from the group until their parents can pick them up. The symptoms will be reported to the RART Medical Designate (covid_designate@rart.ca).
- If the coach develops COVID-19 symptoms during practice, athletes will be sent home immediately. The symptoms are reported to the RART medical designate (covid_designate@rart.ca).
- If anyone in attendance develops COVID-19 symptoms outside of a session, they must contact the RART medical designate (covid_designate@rart.ca) immediately.
- If anyone in attendance tests positive for COVID-19, they must contact the RART medical designate (covid_designate@rart.ca) immediately.
- Confirmed COVID-19 cases linked to a RART training session must be reported to Sask Alpine by the RART medical designate. (For privacy reasons the name(s) will be withheld.)

Training Day Protocols - Coaches

Athletes must be symptom-free for 48 hours (or cleared by the Saskatchewan Health Authority) in order to attend all RART in person activities.

Should the athlete experience the COVID-19 symptoms listed below, they must:

- 1) Report symptoms to the RART Medical Designate (covid_designate@rart.ca); and**
 - 2) Refrain from attending training session(s) until symptom free for a minimum of 48-hours.**
-

- *Fever*
- *Cough*
- *Headache*
- *Muscle and/or joint aches and pains*
- *Sore throat*
- *Chills*
- *Runny nose*
- *Nasal congestion*
- *Conjunctivitis*
- *Dizziness*
- *Fatigue*
- *Nausea/vomiting*
- *Diarrhea*
- *Loss of appetite (difficulty feeding for children)*
- *Loss of sense of taste or smell*
- *Shortness of breath*
- *Difficulty breathing*

****N.B. Non-Compliance with these rules will lead to an expulsion from training and place the entire club's season in jeopardy.****

Coach Responsibilities

- **If you are sick, please stay home.**
- **Should an athlete appear unwell, isolate them from training outdoors if possible, contact their guardian for pick-up and notify RART medical designate (covid_designate@rart.ca).**
- Remind athletes of social distancing requirements and safety during training.
- Limit of 8 athletes per coach.
- Confirm and/or update attendance in **Teamsnap** prior to beginning session.
- QR codes will be displayed outside of each trailer and the clubhouse. Each coach/family must register with Mission Ridge using their cell phone camera and the QR code.
- Only the coach will handle equipment – Drills, camera, tapes, etc. Our oldest athletes can be requested to carry gates.
- Practice physical distancing and responsible hygiene.

Medical Response

- In the case of an injury the coach will use discretion on breaching the 2m social distance barrier to aid an athlete. The coach must be wearing a mask when approaching a downed athlete. The athlete, if possible, will be asked to put their mask on if it has fallen off.
- If an athlete develops COVID-19 symptoms during practice they will be isolated outdoors if possible and away from the group until their parents can pick them up. The symptoms are reported to the RART medical designate (covid_designate@rart.ca).
- If the coach develops COVID-19 symptoms during practice, athletes will be sent home immediately. The symptoms will be reported to the RART medical designate (covid_designate@rart.ca). All of those who were in contact will be asked to self-monitor.
- If anyone in attendance develops COVID-19 symptoms outside of a session, they must contact the RART medical designate (covid_designate@rart.ca) immediately. All of those who were in contact will be asked to self-monitor.
- If anyone in attendance tests positive for COVID-19, they must contact the RART medical designate (covid_designate@rart.ca) immediately. Future training sessions may be put on hold pending direction from the Saskatchewan Health Authority.
- Confirmed Covid-19 cases linked to a RART training session will be reported to Sask Alpine by the RART medical designate. (For privacy reasons the name(s) will be withheld.)

Medical Designate Protocols

Action required should the Athlete experience any of the following symptoms within 48 hours prior to (or during) training:

- *Fever*
- *Cough*
- *Headache*
- *Muscle and/or joint aches and pains*
- *Sore throat*
- *Chills*
- *Runny nose*
- *Nasal congestion*
- *Conjunctivitis*
- *Dizziness*
- *Fatigue*
- *Nausea/vomiting*
- *Diarrhea*
- *Loss of appetite (difficulty feeding for children)*
- *Loss of sense of taste or smell*
- *Shortness of breath*
- *Difficulty breathing*

****N.B. Non-Compliance with these rules will lead to an expulsion from training and place the entire club's season in jeopardy.****

Medical Designate Monitoring Responsibilities:

- Monitor **TeamSnap** attendance prior to every game/event.
- Monitor group shared email frequently.
 - Email login address: <http://email.rart.ca>
 - Username: covid_designate@rart.ca
 - Password: _____
- Monitor federal, provincial and local public health authority updates.
- Should additional clarification or assistance be required with plan development/maintenance contact RART board and Sask Alpine. It is the responsibility of Sask Alpine to communicate with Business Response Team on our behalf.
- Communicate any updates/changes that may impact the Return to Sport plan.

Privacy Responsibilities:

- Records of attendance must be maintained for one month.
- We must make every reasonable effort not to identify the individual who has been infected or who is suspected of being infected. Rather, the primary goal is to provide potentially exposed individuals with sufficient information to inform them of the situation and we must adhere to SHA guidelines.

Athlete/Coach Presents as Symptomatic

- **Encourage symptomatic athlete/coach to call 811 for screening and or/seek testing.** Remind them that they will be **unable to attend training** until they are symptom-free for 48 hours. Document conversation in the covid_designate@rart.ca email.
- Based on direction from the SHA, if individuals in the training group are considered close contacts, they may be encouraged to self-monitor for 14 days and are still eligible to attend training. Should they experience any symptoms during the 14-day period, they will be required to self-

isolate (and are no longer eligible to attend training until symptoms have subsided for at least 48 hours.)

- **Close contacts are individuals who have spent 15 minutes or more within a two meter distance (even with the masks on).**

Athlete/Coach Receives Positive Diagnosis of COVID-19 Test

- Anticipate public health reaching out for contact tracing purposes – will need to provide attendance information along with contact information. Export data from Teamsnap that captures athlete, coach, and parent/guardian attendance for the SHA.

Returning to Training following a Positive Covid-19 test

The decision on when it is appropriate to return to training following a positive COVID-19 test will require medical advice and clearance by the attending physician and in accordance with municipal, provincial and governmental guidelines.

Medical Response

- In the case of an injury the coach will use discretion on if they need to be within 2m's to aid. If the situation does not allow 2m of distancing, then masks are mandatory for the coach and athlete, if they are able.
- If an athlete develops COVID-19 symptoms during practice they will be isolated outdoors if possible and away from the group until their parents can pick them up. The symptoms will be reported to the RART medical designate. All of those who were in contact will be asked to self-monitor.
- If the coach develops COVID-19 symptoms during practice, athletes will be sent home immediately. The symptoms will be reported to the RART medical designate. All of those who were in contact will be asked to self-monitor.
- If anyone in attendance develops COVID-19 symptoms outside of a session, they must contact the RART Medical Designate immediately. All of those who were in contact will be asked to self-monitor.
- If anyone in attendance tests positive for COVID-19, they must contact the RART medical designate immediately. Future training sessions will be put on hold. All those who were in contact will be informed and should self-isolate for 14 days or until they receive a negative test result.
- Confirmed COVID-19 cases linked to a RART training session will be reported to Sask Alpine. (For privacy reasons the name will be withheld.)

Mask Guidelines

A mask or face covering can be homemade or purchased, and **should**:

- be made of at least 3 layers
 - 2 layers should be tightly woven material fabric, such as cotton or linen
 - the third (middle) layer should be a filter-type fabric, such as non-woven polypropylene fabric
- be large enough to completely and comfortably cover the nose, mouth and chin without gaping
- allow for easy breathing
- fit securely to the head with ties or ear loops
- be comfortable and not require frequent adjustments
- be changed as soon as possible if damp or dirty
- maintain its shape after washing and drying
- Face shields do not replace masks or face coverings.

Neck gaiters (neck warmers)

- Neck gaiters (also known as neck warmers) are **not recommended** because they:
 - aren't well secured to the head or ears and are likely to move or slip out of place
 - are difficult to remove without contaminating yourself
 - If a neck gaiter must be used as a face covering:
 - it should be folded to provide at least 3 layers of fabric and should include a filter or filter fabric added between layers
 - lift it away from your face, especially when taking it off
 - wash your hands or use alcohol based hand sanitizer anytime you need to adjust it, especially when putting it on and taking it off

Masks with exhalation valves

- Masks with exhalation valves or vents are **not recommended**. These masks do not protect others from COVID-19 or limit the spread of the virus. This is because they allow infectious respiratory droplets to spread outside the mask.

For more information, please consult the Public Health Agency of Canada's website:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

Additional Resources:

- **Mask Guidelines:**
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>
- **Saskatchewan Return to Sport Guidelines (including poster/labelling requirements):**
<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/outdoor-sports-and-activities-guidelines>
- **Alpine Canada Guidelines:**
<https://alpinecanada.org/community/criteria-publications>
- **Sask Alpine Guidelines**