

FREESTYLE COVID-19 RETURN TO ACTIVITY PROTOCOL

PREFACE

Under the Alberta's Government's adjustments to Covid 19 policy's¹ certain freestyle ski training and competition venues and activities are permissible as of May 24, 2020, providing certain measures are met.

PURPOSE

The purpose of this protocol is to provide Freestyle Alberta's members with a framework within which they can participate in freestyle training and competition while adhering to the health and safety requirements necessary due to COVID-19.

DEFINITIONS

FACILITY: The environment where training or competition is taking place. This can include but is not limited to ski resorts, trampoline clubs, water ramps, airbags, and various fitness facilities.

PHYSICAL DISTANCING: Physical distancing means maintaining a distance of at least 2 metres (6 feet) or more between persons.

Guidance for outdoor recreation: <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-outdoor-recreation.pdf>

PROTOCOL:

1. EDUCATION AND MITIGATION OF RISK

1.1 All FA members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must educate themselves on the most current health and safety guidelines set out by the Alberta Government. They are available [here](#)².

1.2 FA members must **NOT** engage in training or competition if they are sick or have come into contact with someone who has or is suspected of having COVID-19. If you are showing symptoms of COVID-19 as described by the government of Alberta please take the Alberta Government's self-assessment tool [available here](#)³.

1.3 Determine whether participants (coaches and athletes) are considered part of an at-risk group for COVID-19, above the age of 65 or have an underlying health condition.

1.4 All FA members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must assess a facility before booking training or attending a competition. Factors to consider before utilizing the facility are listed below.

- How many groups will be training at the facility?
- What are the facility's sanitization practices for common touch points?
- What are the protocols for entrances and exits of the facility to accommodate physical distancing?
- Is the facility providing visual cues - tape or other markings – and/or re-arranging equipment to ensure physical distancing?
- What is the availability of soap and water or alcohol-based hand sanitizer to ensure proper hand washing?

¹ <https://www.alberta.ca/guidance-on-outdoor-activities.aspx>

² <https://www.alberta.ca/biz-connect.aspx>

³ www.sportcalgary.ca/this-week-in-sport-listings/2020/5/19/covid-19-risk-assessment-tool?mc_cid=7bb574c1f4&mc_eid=f33e4d77a9

1.5 If possible, all club meetings must continue to be held virtually, until government restrictions on these meetings are relaxed.

1.6 Current Alberta Government guidelines continue to recommend avoiding contact with people outside your household. Transportation and accommodations must be arranged with this in mind.

1.7 FA members cannot participate in activities occurring at pools. Pools remain closed under The Act..

1.8 All persons participating in training must be members of FA. This includes coaches, volunteers, and athletes.

2. AT THE FACILITY

2.1 Physical Distancing must be practiced at all times. Procedures for ensuring physical distancing are listed below.

- Limit the number of training participants to ensure physical distancing is possible. Under the current restrictions on gatherings training groups must not exceed 15 participants (including coaches).

Ensure that 2 metres between persons is maintained at all times.
- Organize training with the minimum number of coaches needed to meet sanctioning requirements
- Physical contact, or less than 6 feet of space between a coach and athlete that would occur under normal training methods is currently prohibited. Coaches MUST consider this when determining an athlete's training and skill development and adjust the training plan safely and responsibly. For further clarity, all types of spotting are currently prohibited. If an athlete requires spotting, they must not attempt the maneuver.

2.2 Athletes must arrive at the facility in their training attire when possible. All locker rooms and change rooms remain closed under The Act. Additionally, advise participants to practice good laundry hygiene with their training attire as it may be a source of contamination.

2.3 No sharing of water bottles, towels, equipment, or clothing.

2.4 Ensure that proper hand-washing occurs after utilizing shared equipment such as trampolines, weights, workout machines, handrails etc.

2.5 Arrive at the facility no earlier than necessary. Do not congregate or meet after training or competition is complete. Please leave as soon as possible.

2.6 No spectators are allowed, unless that spectator is the accompanying guardian for a person under the age of 18 years

2.7 In case of injury Coaches must wear gloves and a mask when tending to an injured athlete a mask shall be provided for an injured athlete while being tended too

3. RESPONSE PLANNING

3.1 All FA members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must keep detailed records of those attending their training or competition. In the event that a case of COVID-19 occurs this information will need to be made available to public health officials.

3.2 Designate an individual at training or competition to lead responses to a potential COVID-19 infection and outline a plan for how infected individuals will access the health system.

PROTOCOL ADJUSTMENTS

The COVID-19 pandemic is a rapidly evolving and dynamic situation. These protocols may change without prior notice. Any changes will be published on Freestyle Alberta's policy page, which can be accessed at: <https://freestylealberta.ski/policies/>



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Training During Covid 19

Requirements of all participants

- Read, agree to and sign the Consent Form in Appendix A
- Nobody with any COVID-19 symptoms may participate in the camp
- If a participant has any questions, they should ask a coach or supervisor.

Appendix A: Acknowledgment of Consent

As a participant, I understand that **Freestyle Alberta, Freestyle Canada and Canadian Snowsports Association** has been working closely with local health authorities to reduce the risk of transmission of the COVID-19 virus. Knowing they have taken all possible precautions, there currently no guarantee that I will not somehow be exposed to the virus and I accept this risk.

As a participant I agree to the following:

- I will follow the current guidelines as outlined by the local health authority. These include but are not limited to physical distancing, limiting people in a vehicle, self-monitoring of symptoms, etc.
- I have not traveled outside of Canada in the past month. Note: I understand that if I have been outside of Canada in the past month, I must have undertaken self-isolation for the past 14 days (per the recommendations of the local health authority) Anyone who cannot meet this condition must not participate in the camp.
- I have not knowingly been exposed to someone suspected of having COVID-19. Note: Anyone who cannot meet this condition must not participate in the camp.
- No sharing of water bottles, towels, etc.
- I will personally pack all garbage and waste back to my housing (or an approved receptacle)
- If I suspect I have any symptoms of COVID-19 or I feel unwell, I will immediately declare this to the coaching staff and take isolation precautions (
- I will respect a complete social media blackout – I will not share that I am at a training camp or any of my activities. Any violations will result in my immediate removal from the activity.
- I understand that there are risks of travel and training during a pandemic. While **Freestyle Alberta Freestyle Canada and Canadian Snowsports Association** is taking all possible precautions, I acknowledge I am attending the activity at their own risk.
- If I develop symptoms of COVID-19 I understand I will be responsible for the costs of my isolation, care and extended travel. **Freestyle Alberta** will continue to support/coordinate my logistics and will me support wherever possible.
- I have read and will adhere to the COVID-19 information in this document
- If I feel I have been undertaking risky activities or behaviour I will not participate in the camp
- No athlete can be coerced, forced or sanctioned from not participating
- I understand that every participant is expected to bring the following items for their personal use:
 - Optional Non-medical face mask
 - Portable chair/stool
 - Hand sanitizer and/or disinfectant wipes
 - Personal towel, water bottle
 - Optional: latex gloves (or similar)
 - Recommended: Personal thermometer



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Signed: (Parent must sign if under 18)

Date: _____