



**Calabogie Ski Racing Club**  
**Return to Sport - COVID Guidelines**  
**2020-2021 Season**  
**Updated December 9, 2020**

Alpine Ontario Alpin requires all members to read and understand this plan, sign a copy of the "SPORT PARTICIPANT COVID-19 AGREEMENT" and complete a daily COVID-19 Screening and Attestation prior to involvement in any club activity (i.e. dry land training, pre-season camps, training days and races).

Calabogie Ski Racing Club (CSRC) members include athletes, coaches, volunteers and Board Members.

The CSRC has appointed Carol Mothersill as our 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 Carol Mothersill at [csrc.covid@gmail.com](mailto:csrc.covid@gmail.com) or 613-852-2511 to ensure our policies are being fully adhered to. A COVID-19 steering committee has been struck to develop, implement and communicate the CSRC COVID return to sport plan. Membership on the committee includes parents, coaches and board members.

This plan has been approved by our Board of Directors on October 26, 2020.

## **1. Process to Open Safely**

1.1 To ensure a safe opening we will not allow participation by the following individuals:

- Those who have answered "**Yes**" to any of the questions on CSRC Daily Attestation Form.
- Those who are a non-member of a sanctioned AOA member club.
- Those who have not submitted a signed "Sport Participant COVID-19 Agreement".
- Those who do not follow instructions/guidelines provided in the RTS Plan or COVID participation agreement.
- Those who have not completed mandatory CSRC COVID-19 training.

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. Designated organizers will be identified for the following activities:

- Dry-land Training

- Day Camps
- Regular Training Days
- Extra Training Days
- Home and Away Races

1.3 Club facilities will be thoroughly cleaned and new cleaning regimes put in place to maintain a high level of sanitization. Refer to <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>

Cleaning will be conducted on days when club facilities are in use by the members.

- The Race Base and Race Trailer will be cleaned and disinfected daily; frequently touched surfaces are cleaned and disinfected at least twice daily and as needed.
- Any other club storage and timing facilities will be cleaned and disinfected as used.
- Appropriate cleaning products will be used for the appropriate length of time (contact time).
- Cleaners and disinfectants with a drug identification number (DIN) will be used.
- Adequate amount of supplies will be available and accessible.
- Adult members who are cleaning will have adequate training and materials as per Occupational Health and Safety. Appropriate PPE must be worn when utilizing disinfectants.
- Gloves will be accessible for use with each disinfectant (wipes or spray bottle) for surfaces and equipment to be wiped down.
- A schedule and log for cleaning all surfaces and equipment will be maintained.
- Shared items (microwave, water cooler, coffee maker, etc) that are difficult to clean and disinfect will be removed.
- Shared equipment should be cleaned and disinfected after each use.
  - Radios, drills, shovels, bamboos, skidoos, toboggans, etc
  - Race bibs will be laundered and sanitized at the start of the season and after each use.
- New signage at the club explaining cleaning procedures, physical distancing, the requirement for masks as well as occupancy will be displayed. All members are asked to read and abide by the new rules.
- Signs will be installed at all points of entry on club facilities.
- All members will be required to wear a mask indoors.

1.4 Good hygiene practices are necessary in connection with all CSRC activities, e.g., access to hand sanitizer, routine hand washing and thorough cleaning of sports equipment before and after the activity.

- All members will sanitize their hands upon entry and again on exit of all club facilities

- Coaches will clean and disinfect shared equipment after use. This includes but is not limited to gates, drills, shovels, bamboo poles, video recording equipment.
- Where possible, coaches will be provided (on loan) with their own radio and charger for the season. The radio is not to be shared and it is the coaches' responsibility to arrive at training with a fully charged radio and to clean and disinfect the radio daily.
- Volunteers will clean and disinfect any safety equipment used on training or race days.

1.5 All members or any person/s participating in CSRC activities will monitor potential symptoms and use the COVID-19 self-assessment tool found at <https://covid-19.ontario.ca/self-assessment/>

- All members will complete the CSRC daily attestation before arriving at a CSRC activity.

1.6 Our members must also agree to follow the venue guidelines at any activity venue (e.g. ski area operator, accommodations, etc.).

## **2. Measures to keep people safe to avoid spread of COVID-19**

2.1 All types of training activities must be carried out in a way that ensures the Province of Ontario's 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.

- Gathering limits for Renfrew County Public Health as outlined in the Province of Ontario's reopening framework will be followed. (<https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>)
- Age groups will be cohorted.
- Start and end times will be staggered as necessary to avoid athletes and coaches congregating at check-in.
- Occupancy limits will be established and posted for club facilities. Furniture will be arranged to ensure larger walkways and that physical distancing can be maintained.
- The race base will be used as a warming zone for the athletes and coaches only. Groups will follow a schedule for use of the race base. Calabogie Peaks facilities can also be used as warming zones.
- Masks will be required when inside club facilities.
- Members will follow lift recommendations outlined in operations plan of Calabogie Peaks Resort.

2.2 No sports activity or training shall be carried out if at least 2 meters of distance between individuals cannot be properly maintained.

2.3 Members are recommended to only use their own equipment. Any shared equipment needs to be properly sanitized immediately after each use.

- Coaches will be responsible for setting and tear down of courses (training and race day).
- Coaches will be responsible for cleaning and disinfecting equipment on training days
- Volunteers will assist with cleaning and disinfecting equipment on race days

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.

- During the training day, athletes will not be left unsupervised either on the hill or in club facilities. Coaches will be primarily responsible for supervision; however, a volunteer can also provide supervision.

2.6 No common change rooms. Participants must arrive ready to participate.

- All Athletes and coaches will arrive wearing their ski gear and will be prepared to head directly on snow to eliminate the need to congregate in club facilities.
- No large ski bags, equipment or food will be brought into or stored in club facilities.
- No food will be brought into, stored or consumed in club facilities.

2.7 If toilets are to be used, there will be good routines in place for frequent cleaning.

2.9 All members attending an activity will have easy access to hand washing with soap and water or hand sanitizer.

- Hand sanitizer will be provided at every CSRC activity; at the entry of each club facility and at check-in for events.
- All members will sanitize their hands upon entry and again on exit of all club facilities.

### **3. Our Plan in the event of a failed daily screen or if a case should occur**

3.1 If any club member fails the daily screening, they will be unable to attend any club activities that day. They will be advised to contact Public Health for recommendations on self-isolation and testing for Covid-19. The committee will then work with Public health and the member, to ensure safe return to club activities.

3.2 If any member shows symptoms of Covid-19 while attending a club activity, they must immediately inform their coach, the activity organizer, or a member of the Covid committee. The member will then be asked to self isolate until arrangements

can be made to contact their parent and safely organize transport from the club activity, or they are able to safely transport themselves. The member and/or family will be advised to contact Public Health for recommendations on self-isolation and testing for Covid-19. The committee will then work with Public health and the member, to ensure safe return to club activities.

3.3 If any member tests positive for Covid-19, is a household member of someone who has tested positive, or has been advised by a doctor, health care provider, or public health that they've had a high-risk exposure to a Covid-19 positive case they will be unable to attend any club activities. The committee will then work with Public health and the member, to ensure safe return to club activities.

3.4 In the event that a member of the club tests positive for Covid-19, the committee will work with Public Health to make decisions to cancel, postpone or modify any club activity. In addition, the committee will work with Public Health to establish contact tracing and risk to other club members. All relevant information will be promptly communicated to club members who were involved in that activity. If necessary, those members will be advised to contact Public Health for recommendations on self-isolation and testing for Covid-19. The committee will then work with Public health and the member, to ensure safe return to club activities.