

Multi sport disclosure

The guidance on multi-sport participation is not recommended but is also not restricted by the Chief Medical Officer of Health (CMOH). Alberta Alpine is not taking a stand and has only stated the will follow the direction of the CMOH.

All athletes involved in other sports / club cohorts must disclose this to dryland coordinator/coach. Risk factors may be addressed on a case by case basis and will be handled in accordance with Chief Medical Officer of Health direction.

This cross-activity participation will be recorded along with the last date the athlete participated in the corresponding activity preceding each dryland session.

If you have any questions please contact Maria Dworak, Dryland Coordinator @ (780)239-1503.

Child's name	Other sport	Indoor / outdoor	Date last played/attended

Parent's name \_\_\_\_\_, \_\_\_\_\_

Date completed: \_\_\_\_\_