



RETURN TO SPORT PROTOCOL – COVID-19

Last Updated: September 23, 2020 – Updates in **RED**

OVERVIEW

As the COVID-19 pandemic continues to evolve in Canada, we are all affected and facing very unique and challenging times. During these difficult times, Canada Snowboard and the Provincial/Territorial Snowboard Associations are committed most importantly to the health and well-being of our Snowboard Community.

The ability to meet the government guidelines is not the only consideration to take into account prior to resuming desired Snowboard related activities. We share your desire to get back to shredding, however, we strongly encourage all clubs and organizers to thoroughly understand the guidelines and create their own detailed and robust plans before resuming training.

The Return to Sport Protocol- COVID-19 has been created to help Canada Snowboard and its member PTSAs and Clubs return to training as safely as possible. As the COVID-19 situation continues to evolve throughout the country, and between different Provinces/Territories, this Return to Sport Protocol will continue to be a living document which will be adapted and updated as required.

In some cases, a Canada Snowboard/PTSA member club may have their own COVID-19 Return to Sport Protocol/Policy. In the event of this happening, the Canada Snowboard Return to Sport – COVID-19 Protocol will supersede any club policy/protocol.

PROCESS FOR TRAINING / ACTIVITY / EVENT APPROVAL

- 1. Complete Sanction Request:**
Submit a regular [Canada Snowboard Training / Activity / Event Sanctioning Request through SnowReg](#). When considering applying for a sanction, please familiarise yourself with *Appendix A: Key Factors to Consider Before Applying for Sanction Request*.
- 2. Alignment to Local Government/Health Authority Regulations:**
Before continuing with a sanction request, the PTSA/Club MUST check with their local health authority on its specific 'Return to Activity' processes to ensure the activity in which the sanction is being requested for is in line with the current regulations.
Dependent on the level of sanctioned activity, Canadian Snowsports Association (CSA), Canada Snowboard and/or your PTSA request a written confirmation of approval from your local government and/or health authority.
- 3. Complete and Submit Canada Snowboard Club Risk Assessment and Mitigation Matrix.**
One completed Club Risk Assessment and Mitigation Matrix document is required for all 'general' on and off snow club sanctioning requests. A further additional Risk Assessment and Mitigation Matrix is required for each of the following special sanction activities (one assessment per activity):
 - In-Province/Territory Training Camp
 - Out of Province/Territory/Country Training Camp
 - Trampoline Training
 - Air Bag Training
 - Dry Slope Training
 - Water Ramp Training



- Event Hosting

Instructions are included in the document but also summarised below:

- a. Complete Step 1: Initial Risk Assessment on the 'Risk Assessment' tab. These 6 questions will analyse the overall risk of your activity.
- b. If required complete Step 2: Modified Risk Assessment on the Risk Assessment Tab. These 6 questions will help you re-analyse the overall risk of your activity. Clubs must provide further information on how they are going to mitigate the risk.
- c. If your activity is ranked in the 'Low' or 'Moderate' risk Category (Levels 0 - 4) you will be required to complete the 'Mitigation Checklist' tab.
- d. If your activity is ranked in the 'High' or 'Very High' risk category (Levels 5 or 6) your activity will not be sanctioned and therefore not covered under Canada Snowboard insurance.

4. Complete and Submit Out of Country/Province/Territory Camp Planning Document
ONLY REQUIRED FOR THOSE WHO ARE APPLYING FOR A SANCTION OF AN OUT OF COUNTRY/PROVINCE/TERRITORY CAMP

A completed Out of Country/Province/Territory Camp Planning Document (Appendix E) is required to be completed and for any training which is taking place in which athletes have to travel out of their home Province/Territory to attend. A letter/written confirmation from local authorities of the country/province/territory in which the team/athletes are travelling to is required, confirming that they have access to travel/train.

Complete the Out of Country Tracking Form (Appendix F) to outline the travel of all team members and their confirmed SAIP/Insurance Levels. Show clear intent within the Plan to address the addition/exclusion of adding any athlete/coach to the 'bubble' not departing on the original trip.

5. **PTSA/Canada Snowboard/CSA Review**

Following sign off from your PTSA and Canada Snowboard the sanction request will be sent to Canadian Snowsports Association (CSA) for final approval.

6. **Approval of Request and Keeping Risk Assessment Up to Date**

Once satisfied with the sanction request and Risk Assessment and Mitigation Matrix your PTSA will let you know your request has been approved. It is your club's responsibility to ensure the risk assessment is reviewed and reassessed regularly during the planning phase and updated immediately prior to the transition to the operational phase, especially in light of the rapidly evolving nature of the outbreak. Canada Snowboard / your PTSA has the right to request the most updated version of your Risk Assessment and Mitigation Matrix at any point. Ensure you the most up to date version saved somewhere safe and available for request by Canada Snowboard / your PTSA or public health authorities at any point.

7. **Activity Lead COVID-19 Understanding and Participant Education:**

PTSA/Club Activity Lead and Coaches (and athletes where applicable) must read and understand Appendix B and the appropriate resources listed in Appendix D. Where appropriate they must make the required information available to participants in advance of the activity.

8. **Participant Consent Form**

It is the responsibility of the Club/PTSA submitting the sanction request to ensure all participants taking part in the training/activity/event MUST sign the read, agree to and sign the Consent Form in Appendix B. In the case that a PTSA has their own Consent Form, which has been approved by Canada Snowboard, this may be used instead of Appendix B however the same requirements apply around both the completion and storage of the waivers.

This form must be completed by all participants at the start of every training camp or event. It is up to the Club/PTSA submitting the sanction request to ensure that they keep these Consent Forms safely stored and available on request from Canada Snowboard / your PTSA or public health authorities at any point.



It is up to the coach/administrator leading the camp that they keep a record of all participants taking part in the camp/competition each day and check in with all athletes that they are feeling ok, with no new COVID-19 related symptoms, at the start of each new training day. A template for lead coaches/administrators to use for this contact tracing is included in Appendix C.

DURING AND POST THE SANCTIONED ACTIVITY

Participant experiences symptoms during Sanctioned Activity

1. Remind participants at the beginning of the sanctioned activity that they may leave any time, if they feel unwell, feel that they may have developed symptoms listed on the screening questionnaire, feel that they have been exposed to COVID-19 or feel at risk.
2. If any individual is severely ill, such as experiencing breathing difficulties, loss of consciousness or otherwise, call an ambulance or have the individual seek medical care as appropriate. Additionally, in keeping with routine practices, appropriate personal protective equipment (PPE) should be worn when caring for anyone requiring assistance, please refer to jurisdiction guidance on providing first aid or assistance during the pandemic.
3. Follow jurisdictional Public Health guidelines.
4. Ask the participant to:
 - a. Leave for home
 - b. Complete online self-screening questionnaire at home.
 - c. Use applicable Public Health authority to determine whether to get tested and what steps, if any, to take.
 - d. Report back regarding positive or negative COVID-19 test.
5. Ask all participants to wear masks or face coverings.
6. Advise participants to:
 - a. Wash clothing as soon as they get home.
 - b. Monitor themselves for symptoms.
 - c. Follow jurisdictional Public Health guidance (for example quarantine or self-isolate at home for 14 days).
7. Advise all participants that you will communicate with them.
8. Ensure the training / competition area and all used equipment is cleaned and disinfected following the sanctioned activity.

Contact tracing and managing positive COVID-19 test results, exposure or symptoms

1. Activity Leader must collect and maintain accurate records of attendees, including contact information. Records should include a complete list of all the individuals who attended each day of the sanctioned activity.
2. Follow jurisdictional Health Guidelines for timelines to destroy data collected in the appropriate way.
3. Encourage participants to notify the activity leader if any of the following happen:
 - a. They become ill.
 - b. They experience COVID-19 symptoms.
 - c. They find out that someone with whom they have been in contact prior to the workshop has tested positive for COVID-19.
4. State that confidentiality will be respected.
5. Individual health privacy must be respected. While the activity leader may request that the individual notify, they of a positive COVID-19 test result, they can't mandate that participants notify them.
6. If individuals do not wish to share information, or you are unsure of how to handle the situation, contact your local Public Health Unit for advice on how to proceed.



Contact tracing and managing positive COVID-19 test results, exposure or symptoms

1. Activity Leader should immediately contact their local Public Health Unit upon receiving information that a participant or attendee (including individuals at the venue of the training/activity) has done any of the following:
 - a. Developed symptoms of COVID-19.
 - b. Tested positively for COVID-19 before, during or after the sanctioned activity.
 - c. Found out that someone with whom they were in contact with prior to the sanctioned activity has tested positive for COVID-19.
2. Activity Leader will work with Public Health Unit to supply the list of attendees and contact information.
3. Activity Lead will then follow guidance from their Public Health Unit on how to proceed. This might include contacting participants of the sanctioned activity or the Public Health Unit may do this. The Activity Lead should follow the instructions of the Public Health Unit to make sure that everything is done appropriately and notify their PTSA and Canada Snowboard immediately to let them know of the situation.



Appendix A: KEY FACTORS TO CONSIDER BEFORE APPLYING FOR A SANCTION REQUEST

1. GENERAL RISK FACTORS TO CONSIDER

There are a number of factors, real or potential, which need to be considered in the return to group training. These factors include:

- Regional Restrictions:
 - Provincial / Territorial activity or group activities restrictions (vary across the nation).
 - In some regions, officials may pose a fine for travel or accessing an area (Quebec roads, BC Parks).
 - If there are members partaking in the activity from multiple Provinces/Territories, the local Government including health department regulations in place from every P/T of where an athlete is travelling from must be adhered to (e.g. if you have athletes travelling from QC to ON for a camp, both the QC and ON requirements must be met). This includes re-entry to home Province.
 - Regional Health Authority determines what activities can happen in their region based on their local threat. These decisions are usually tied to the provincial, phased plans. Refer to Appendix D for specific Provincial/Territorial Updates.
- Travel Restrictions:
 - Potential risk/inconvenience of contact while flying or driving.
 - Border restrictions – closed borders
 - Isolation – the requirement to isolate for 14 days before starting an activity, then for a further 14 days on return home (adding 4 weeks to a camp).
- Risk of spread to Teammates and Communities:
 - There is much to learn about this virus and how it spreads. While we have a basic understanding, there is the risk of asymptomatic transmission. If one person was to develop symptoms at the camp, all camp participants would be in a position where they had to self-isolate (coaches too).
 - Consideration of the potential risk to communities in which the team is travelling to for training.
- Training Facility access
 - With Training Facilities not being considered essential services, sport facilities (gyms, resorts) have been shut by governments and only some are beginning to open with many restrictions in place. As restrictions continue to ease, more will gradually be able to open with strict precautions (distancing, reduced capacity, etc.).
- Accommodation / Food limitations –
 - In many Provinces/Territories, hotels are either closed or being used by essential workers to isolate from their families; many restaurants are providing delivery or pick up services but waits are much longer than usual. This is not a limiting factor but must be considered when planning a camp/travel to an event.
- Social Media Blackout –
 - **If posting on social media, please exercise discretion as it relates to Covid-19. At a minimum, please ensure you are exercising physical distancing in your posts, and wearing masks in areas that masks are mandatory**

2. KEY CONSIDERATIONS FOR TRAININGS AND FACILITY USE:

While you may be healthy and low risk, it is imperative that you continue to follow the best practice guidelines put forth by local public health officials including:

- All applicants must sign the read, agree to and sign the Consent Form in Appendix B.
- PTSA/Club Activity Lead and Coaches (and athletes where applicable) must read and understand the information provided in the appropriate resources listed in Appendix D



- Be aware of how to reduce the spread of the virus. Staying home if you have cold or flu symptoms (fever, coughing, sneezing, runny nose, sore throat, fatigue)
- If a participant has any questions, they should ask their PTSA for clarification.
- Practice “good” physical distancing and hygiene practices
 - 6 feet when walking, further when running or cycling
 - Be conscient of toilet availability and habits (go before you leave)
 - Regular hand washing – at least 20 seconds with soap and water
 - Avoid touching your face
 - Cover coughs and sneezes with your elbow
 - Disinfect frequently touched surfaces
 - No spitting
 - Participants should use gloves during activities where possible as well as a face covering (non-medical mask, Buff, etc.)
 - Do not expect to use washroom facilities at the training facility (go before you leave home)
 - No sharing of water bottles, towels, etc.
 - No hugs, handshakes or high fives
- **Ensure best practice during breaks;**
 - **Work with the venue to schedule breaks (washroom, lunch breaks etc), especially if other groups or people will be present.**
 - **Ensure everyone performs hand hygiene during and after any breaks.**
 - **Follow venue protocols and eat only in designated eating areas.**
 - **Follow jurisdictional guidelines for eating safely during COVID-19.**
 - **If food is provided it should be individually boxed or packaged meals.**
 - **Ensure safe disposal (garbage, recycling etc) practices are enforced.**

There is an infinite number of training activities that a snowboarder could undertake, however below are some basic factors which need to be taken into consideration with some main facilities used by our communities.

NOTE: When you complete the Canada Snowboard Club Risk Assessment and Mitigation Matrix (required for sanctioning of any training/event/activity) you will be made aware of all other safety factors which will need to be considered with your training/activity.

Facilities	Considerations
Classroom Activities	All access subject to local health department guidelines <ul style="list-style-type: none"> • Select and use activities that respect 2-metre physical distancing and avoid crowding. • Discourage activities that could contribute to the spread of COVID-19 in confined indoor spaces (for example: cheering or shouting, singing, sitting or standing close together, gathering, physical contact, failure to wear facial coverings when indicated, ...). • Do not use activities that compromise hygiene practices. • Avoid sharing equipment; if that is not possible, strict sanitization protocols must be implemented in between uses.
Gyms & workout facilities including the CSIs	<ul style="list-style-type: none"> • Access based on regional restrictions and hygiene practices
Resorts areas (on-snow and off-snow)	<ul style="list-style-type: none"> • Reduced capacity on lifts (and at facility) • Larger spacing in line ups; no waiting in groups before a run or at the bottom (distancing) • TBC with each resort on a case by case and Provincial/Territorial basis.
Water ramps	<ul style="list-style-type: none"> • Limited numbers in each session (distancing) • Awareness of everything you touch – use gloves • Pools must be chlorinated
Trampolines	<ul style="list-style-type: none"> • Mats, bed and upper frame must be wiped with disinfectant between users



	<ul style="list-style-type: none">• Access based on regional restrictions and hygiene practices• No hand spotting• Coach must be at least six feet from the athlete during training• Respect physical distancing at all times• If a washroom is used, it should be disinfected before the next user is permitted to use it; the cleaner must use proper PPE including a mask and gloves (go before you travel to training)
Air bags	<ul style="list-style-type: none">• Limited numbers in each session (physical distancing)• Awareness of everything you touch – use gloves• Reduced capacity on lifts (and at facility)• Larger spacing in line ups; no waiting in groups before a run or at the bottom (distancing)• Landing surface wiped with disinfectant between users



Appendix B: Return to Sport COVID-19 Self Declaration

[CLICK HERE FOR ELECTRONIC ACKNOWLEDGMENT](#)

As a participant of this training session, I understand that Canada Snowboard, PTSAs and member Clubs have been working closely with their medical staff as well as the 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. If you have been in contact with someone expected to have COVID-19 please discuss with your coach to evaluate the risk.
- There is no longer the sharing of water bottles, food, equipment, 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 (see relevant information from links provided in Appendix D)
- 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 Canada Snowboard, my PTSA and my Club are 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. Canada Snowboard/PTSA/Club will continue to support/coordinate my logistics and will me support wherever possible.
- I have read and will adhere to the COVID-19 information provided by my club.
- If I feel I have been undertaking risky activities or behaviour I will not participate in the camp.
- I understand that every participant is expected to bring the following items for their personal use:
 - Non-medical face mask
 - Hand sanitizer and/or disinfectant wipes
 - Personal towel, water bottle
 - Optional: latex gloves (or similar)
 - Recommended: Personal thermometer



COVID-19- Self-Declaration Form

(must be completed by athletes, coaches and all those present at the training / event)

NAME: _____ **EMAIL:** _____

DATE: _____ **MOBILE:** _____

ROLE: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT NUMBER: _____

1. Do you have symptoms of COVID-19 such as fever, cough, difficulty breathing (if YES, the participant must return home) YES NO
2. Have you been in close contact with someone who is either currently exhibiting any of the above symptoms or has exhibited any of the above symptoms in the past 14 days? YES NO
3. In the past 14 days have you been in close contact with someone who has a laboratory confirmed or presumptive COVID-19 diagnosis? YES NO
4. Have you been outside the country in the past 14 days? YES NO
5. I understand that there are risks when traveling and training during a Pandemic YES NO

I understand that some planned sanctioned trainings/activities may not be able to go ahead, or be cancelled, if there are changes in health restrictions and guidelines put in place by the Provincial/Territorial and/or Federal Governments regarding health guidelines.

In the event that I start to present any of the symptoms mentioned above once training or the competition has begun, I agree to immediately notify my Coach or a Support Staff and I accept that I will need to go to an isolated a room until I can safely leave the training/competition site.

This questionnaire is confidential. However, I consent to Canada Snowboard/PTSA communicating certain information collected to the appropriate authorities if necessary.

I have taken note of the sanitary measures in my club and in Province/Territory. I understand that these measures are put in place to protect the health and safety of everyone. Since zero risk does not exist, I also understand that despite the measures put in place, there still remains a risk of contracting COVID-19.

I agree to comply with these measures and all the directives of the Provincial/Territorial and Federal authorities in regard to COVID-19 and I accept the risk of participating in sanctioned activities.



By attending the Canada Snowboard Event / Program _____
(name of events / workshop / program and location), starting _____ ending
_____ (dates of course), you are attesting that you have not answered 'Yes' to
any of the questions above no the day of the workshop and that you acknowledge that Canada
Snowboard's screening process cannot detect asymptomatic individuals.

Signature : _____



Appendix D: Useful Resources:

- Please refer to Canada Snowboard [COVID-19 Page](#) for useful resources regarding National and Provincial updates around the pandemic.



Appendix E: Out of Country/ Province/ Territory Camp Planning Document

Out of Country / Out of Province/ Territory Camp Planning

Camp Name: _____
 Arrival Date: _____
 Departure Date: _____
 Lead Contact: _____ Contact #: _____
 Emergency Contact: _____ Contact #: _____

Requirements of all participants:

- Sign the read, agree to and sign the Consent Form in Appendix B
- Nobody with any COVID-19 symptoms may participate in the camp
- If a participant has any questions, they should ask a PTSA/Canada Snowboard Staff Member

Overview

Location of Sanctioned Activity	
Regional Health Authority and contact information	
Lead Coach	
Other Staff Participating	
Athletes	
Description	
Length of camp	
Sport Science Lead (if applicable)	
Medical Lead/Oversight	

Travel Plan

Description of travel to Destination	
Transfer from hub (airport)	
Self-drive	
On site transportation	

Housing Plan

Property	
Type (hotel, etc.)	
Rooming	
Cleaning	
Facilities included (kitchen, etc.)	
Housing Contact	

Food and Beverage

Facility (self, restaurant)	
Food supply chain (type, distance, plan)	



Cook (self, hired, etc.)	
Food storage	
On-hill nutrition	
Servers	
Food storage	
Cleaning	
Food + Beverage Contact	

Technical Training Plan

Venue (hill, ramp)	
Access (lift, sled plan)	
Staff (drivers)	
Course prep.	
Training plan (i.e. individual instruction)	
Other (chlorine in the pool, etc.)	
Venue Contact	
Restroom	
Other Considerations	

Auxiliary Training Plan (if applicable)

Venue (gym, etc.)	
Access	
Staff (trainers)	
Operation	
Cleaning plan	
Venue Contact	
Training Plan	

Safety Considerations

Please note: Pre-Travel testing of participants is recommended but not required.

General	Total number of participants	
	Risk level of activity	
	Pre-Travel COVID-19 testing (Y/N)	
	Other teams sharing training	
	Outside contacts (cleaning staff)	
	Health checks (daily temp and symptom questionnaire)	
	Isolation plan (if needed – designated coach, etc.)	
	Quarantine plan (if needed)	
Specific	First Aid / Patrol plan	
	Physical distancing considerations	
	Non-medical mask use (type, protocol)	



	Disinfecting / cleaning of items (use of gloves, tow ropes, etc.)	
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Isolation Plan (in case of symptoms arising in a Coach/Athlete/Staff Member)

Isolation Location (Isolation in place until cleared by medical)	
Emergency contact number (911)	
COVID info contact number	
Closest Emergency care centre	
Transportation plan in the event of escalation (driver, PPE, etc.)	
Local resources (medical)	
Food delivery	
Contact protocol	

List of Medial Equipment

	Available	Number
N95 Masks (for emergency)		
Non-medical masks		
Non-Contact Thermometer		
First Aid Kit		
Trash bags		
Disinfectant (concentrated liquid for cleaning surfaces)		
Rags, mops		
Disposable rubber gloves		
Hand sanitizer / wipes		

Other Information (anything else...):

Contact "Pre-tracing"

Each team member's activities and contacts outside of their bubble

NOTE: If the athletes' Province/Territory has contract tracing rules which don't require specific tracing please outline what the contract tracing rules in place are.



Team member	Movement/Activity last 14 days	Contacts	COVID Test Date / Status	Risk level
				Add lines as needed

Team Members Contact information

Member	Phone	E-mail	Emerg Contact	Emerg. Contact number
				Add lines as needed

Please provide your Contingency Medical Plan

Please provide a letter from local authorities confirming you can enter the Country/Province/Territory for training/competition

