



RETURN TO SPORT PROTOCOL – COVID-19

Exposure Control Plan

Last Updated: November 30, 2020

OVERVIEW

As the COVID-19 pandemic continues to evolve in the NWT, we are all affected and facing very unique and challenging times. During these difficult times, NWT Snowboard and the local clubs are committed to the health and well-being of our Snowboard Community.

The Return to Sport Protocol- COVID-19 has been created by Canada Snowboard and adapted by NWT snowboard to help our athletes return to training as safely as possible. As the COVID-19 situation continues to evolve throughout the country this Return to Sport Protocol will continue to be a living document which will be adapted and updated as required.

Please note – NWT SBD's insurance does not cover claims related to Covid-19

PROCESS FOR TRAINING / ACTIVITY / EVENT

Alignment to Local Government/Health Authority Regulations:

NWT Snowboard and each local club MUST align with their local health authority on its specific 'Return to Activity' processes to ensure the activity being performed is in line with the current regulations.

Dependent on the level of a sanctioned activity, Canadian Snowsports Association (CSA) and Canada Snowboard request a written confirmation of approval from your local government and/or health authority.

Complete and Submit WSCC Documentation.

Each club, camp and event are required to complete a WSCC Workplace Risk Assessment, Field Level Risk Assessment, Enhanced Cleaning Checklist and watching the webinar and for all 'general' on and off snowboard activities. All documentation must be submitted to NWT Snowboard for review. A further additional workplace and field Risk Assessment is required for each of the following special sanction activities (one assessment per activity):

- In-Territory Training Camp
- Events/ Competitions
- Dry Land Training

Once satisfied with the request and WSCC documentation NWT Snowboard 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

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.



Member/Participant Consent Form

It is the responsibility of the Club to ensure all participants taking part in the training/activity/event MUST read, understand and sign the Member/Participant Consent Form (See Appendix B).

This form must be completed by all participants at the start of the season, every training camp or event. It is up to the Club to ensure that they keep these Consent Forms safely stored and available on request from NWT Snowboard 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 not exhibiting any COVID-19 related symptoms, at the start of each new training day. A template for coaches/administrators to use for this contact tracing is included (see Appendix A).

Facility Requirements

- Each facility must display clear signs informing participants of the risks associated with Covid-19 and the preventative measures in place (both indoor and outdoor facilities).
- No member should enter the facilities if they, a household member, or close contact are feeling sick or have any symptoms associated with Covid-19. This includes waiting for the results of a Covid-19 test.
- Each facility must have some form of sign-in procedure to allow for tracing in case of a positive case of Covid-19.
- PPE must be provided to all members using the facilities. Including but not restricted to; hand sanitizer, soap and disposable masks.
- Indoor spaces must display signage including; a request to sanitize hands when entering, wear mask at all times while inside and to remain physically distant. Each building on site must have a maximum occupancy limit that has been approved by public health authorities. Each building will have a different capacity based on size to allow the maximum occupancy to be physically distant (6 feet apart)
- Clean and disinfect all high traffic areas and surfaces in any indoor facility at the end of each day/session.

Useful Resources:

- Canada Snowboard COVID-19 Page for useful resources regarding National and Provincial updates around the pandemic.
 - <https://www.canadasnowboard.ca/fr/covid-19-updates/>
- GNWT - Emerging Wisely
 - <https://www.gov.nt.ca/covid-19/en/services/public-health-orders/emerging-wisely>
- GNWT – Covid-19 Information
 - <https://www.gov.nt.ca/covid-19/en/covid-19>
- WSCC – Covid-19 Resources
 - <https://www.wsc.ca/health-safety/covid-19/forms>
- GNWT – Enhanced Cleaning Checklist
 - <https://www.gov.nt.ca/covid-19/en/enhanced-cleaning-checklist-0>
- GNWT - How to Use Bleach Disinfectant
 - <https://www.gov.nt.ca/covid-19/en/how-use-bleach-disinfectant>



GENERAL RISK FACTORS AND CONTROL MEASURES TO CONSIDER

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

- **Covid-19 exposure:**
 - Potential risk of contact with community members that have recently travelled outside of the territory.
 - Any signs or symptoms of Covid-19 must be treated as such and participants will be asked to remain at home until cleared by the health authority.

- **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 NWT communities in which participants may travel to and from must be considered.
 - If a participant has any questions, they should ask NWT Snowboard or their local club for clarification.

- **Training Facility access**
 - With Training Facilities not being considered essential services, sport facilities (gyms, indoor facilities) 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.).

- **Social Media**
 - There must be an awareness of any and all social media posts of people training, and any staff present when participating in club training. If an approval for training is given this is a huge privilege and it must be acknowledged that not everyone, including other employment or public sectors is able to do the same at this point so any tweets, email, social media comments, photos of footage of training should be sensitive to showcasing positive covid-19 practices such as social distancing and proper mask use in indoor facilities.

- **Exposure Controls**

Control Measure	Limitations
Physical distancing – min 6 feet	If individuals do not comply you have increased risk of exposure.
Regular hand washing with soap and water	
Avoid touching your face	
Cover coughs and sneezes with your elbow	
Disinfect frequently touched surfaces	
No spitting	
Use gloves and face covering where possible	
Do not expect to use washroom facilities	
No sharing of water bottles, towels, etc.	
No hugs, handshakes or high fives	



- **Staff Training**

- All staff must complete a worker orientation before working, volunteering or coaching at any NWT club
- Orientation must include;
 - Review of the Workplace Risk assessment
 - Review of Return to Sport Protocol/ Exposure Control Plan
 - Each worker must complete a Field Level Risk Assessment each day, or if no changes, signed and initialed every week.
 - The location of all the above-mentioned documentation (accessible by anyone on site)
 - Proper use and disposal of all PPE on site
 - High traffic areas that will require regular cleaning and who is responsible.
 - Discuss appropriate use and hazards of all cleaning chemicals
 - Site tour

DURING AND POST ACTIVITY

Participant experiences symptoms during Activity/Event

1. Remind participants at the beginning of the activity/event 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/event supervisor 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/event supervisor 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 activity/event has tested positive for COVID-19.
2. Activity/event supervisor will work with Public Health Unit to supply the list of attendees and contact information.
3. Activity/event supervisor 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.



EXPOSURE PROCEDURE

Please follow the below procedure in the case where a participant has been infected or fears they have been infected by Covid-19 while engaging in an NWT Snowboard or club activity.

1. Immediately keep the possibly infected participant isolated from any other participants.
2. Contact the OHS representative
 - a. Andrew Goodwin
(867) 688-0086
nwtsnowboard@gmail.com
3. When safe to do, send the possibly infected participant home. Request they self-isolate and wait further instructions from the CPHO.
4. Send the completed contact tracing form to the CPHO and wait further instructions.
5. All investigation documentation must be kept on file (NWT Snowboard Google Drive) for at least 12 months
6. If the investigation confirms that the exposure was caused to poor practices or safety measures NWT Snowboard, in collaboration with the local clubs, must review and adapt the Return to Sport Protocol/ Exposure Control Plan to prevent any further risk.



Appendix A

Contact Tracing Form

Must be completed at all training, camps and events

Date:	
Club:	
Activity Supervisor Name:	
Activity Supervisor Contact Information:	
Activity:	
Dates of Activity:	
Location of Activity:	

- **Have you completed the 'Covid-19 self-declaration form'?**
- **Have you completed a Covid-19 self-assessment today?**
No member should enter the facilities if they, a household member, or close contact are feeling sick or have any symptoms associated with Covid-19. This includes waiting for the results of a Covid-19 test.

All Participants (Athletes, Coaches and Support Staff) Contact information

Participant/Member	Phone	E-mail	Emergency Contact	Emergency Contact Phone



Appendix B

Member/Participant Consent Form

Acknowledgment of Consent for Training

As a participant of this training session, I understand that Canada Snowboard, NWT Snowboard 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 is 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 the Northwest Territories in the past month. Note: I understand that if I have been outside of the Northwest Territories in the past month, I must have completed 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 activity.
- 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
- I will be sensitive to showcasing positive covid-19 practices such as social distancing and proper mask use in indoor facilities.
- I understand that there are risks of travel and training during a pandemic. While Canada Snowboard, NWT Snowboard 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/NWT Snowboard/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)



COVID-19- Self-Declaration Form

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

NAME: _____ EMAIL: _____

DATE: _____ PHONE: _____

ROLE: _____ ACTIVITY: _____

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 territory in the past 14 days? YES NO
5. I understand that there are risks when 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 space until I can safely leave the training/competition site.

This questionnaire is confidential. However, I consent to Canada Snowboard/NWT Snowboard 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 this NWT Snowboard Event/Activity you are attesting that you have not answered 'Yes' to any of the questions above on the day of the Event/Activity and that you acknowledge that Canada Snowboard's screening process cannot detect asymptomatic individuals.

Signature: _____



Appendix C
Workplace Orientation Form

(must be completed by all staff, workers and volunteers on site)

NAME: _____ **EMAIL:** _____

DATE: _____ **PHONE:** _____

ROLE: _____ **SITE:** _____

SUPERVISOR NAME: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT NUMBER: _____

6. Have you read, reviewed and understood the Workplace Risk Assessment for this site? YES NO
7. Have you read, reviewed and understood the Return to Sport Protocol/ Exposure Control Plan? YES NO
8. Do you commit to completing or updating your daily Field Level Risk Assessment? YES NO
9. Have you been made aware of the location of all the documentation listed above? YES NO
10. Have you been trained on the proper use and disposal of all Available PPE and cleaning supplies on site? YES NO
11. Have you completed a site tour? YES NO
12. I understand that there are risks when working during a Pandemic? YES NO

WORKER NAME

WORKER SIGNATURE

DATE (dd/mm/yyyy)

SUPERVISOR NAME

SUPERVISOR SIGNATURE

DATE (dd/mm/yyyy)



Appendix D

GNWT Emerging Wisely – Phase 2

<p>Golf & ski clubs without Clubhouse</p>	<p>Outdoor spaces</p>	<p>Physical Distancing: Larger volume of participants based on ability to physically distance within household groups Engineered Controls: Physical barriers, touch-free payment Administrative Controls: High-risk employees reassigned, Exclude sick/self-isolation/those who have travelled out of territory travelers in the past 14 days, No communal food or beverages, minimum staff onsite, No seated clubhouse PPE: Face Covering NMM -public and for staff based on risk when unable to physically distance safely IPAC: Bring your own equipment or Disinfection of shared equipment after each use, Hand hygiene / hand sanitizer</p>	<p>WSCC Guidance -WSCC Workplace Risk Assessment -WSCC Field Level Risk Assessment -WSCC Webinar Enhanced Cleaning Checklist</p>
<p>Golf & ski clubs with Clubhouse</p>	<p>Outdoor spaces</p>	<p>Physical Distancing: Larger volume of participants based on ability to physically distance within household groups Engineered Controls: Physical barriers, Touch-free payment Administrative Controls: High-risk employees assessed. Exclude sick/self-isolation/those who have travelled out of territory travelers in the past 14 days, no communal food or beverages, minimum staff onsite. Indoor clubhouse permitted with restrictions; serving drinks on patio; food no communal self-serve, pick-up & go only. PPE: Face Covering NMM for public and for staff based on risk when unable to physically distance safely IPAC: Bring your own equipment or Disinfection of shared equipment after each use, Hand hygiene / hand sanitizer</p>	<p>WSCC Guidance -WSCC Workplace Risk Assessment -WSCC Field Level Risk Assessment -WSCC Webinar - Enhanced Cleaning Checklist - Application to Vary from Public Health Order</p>

<https://www.gov.nt.ca/covid-19/en/emerging-wisely-sortable-risk-assessment>



This document was reviewed by Canada Snowboard, WSCC, NWT Snowboard Board of directors and the NWT Snowboard's Sports Director

This document will be reviewed every 2 years, the next review will be conducted in November 2022

A handwritten signature in black ink, appearing to read "Andrew Goodwin". The signature is fluid and cursive, written over a light gray grid background.

Andrew Goodwin
OHS Representative
Sports director

November 16, 2020

Stay Safe and Have fun!

