



Ski NB COVID-19 “Return to Sport” Plan

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Background and Overview

Ski NB community,

In July 2020, the Board of Ski NB assembled a “COVID-19 Return to Sport” committee tasked with developing a plan to assure safety of Members and the public when participating in our sport. Ski NB would like to thank Ski Nova Scotia for sharing their return-to-sport plan with us for our review and use. The first version of Ski NB COVID-19 was finalized in August 2020 with a planned date of revision set for January 8, 2021.

Our plan has met the following requirements:

- Ski NB must create, review and approve its own “COVID-19 Return to Sport” plan
- The approved “COVID-19 Return to Sport” plan will be made available to all ski hills, clubs, athletes, coaches and members through the Ski NB website – <https://www.skinb.ca/>

All Ski NB clubs/members/coaches/volunteers etc. must adhere to the approved Ski NB “COVID-19 Return to Sport” plan at all times.

All aspects of the plan are subject to the most current public health information found at www.gnb.ca/coronavirus

If any member of Ski NB has any questions in relation to the “COVID-19 Return to Sport” plan you can engage with your own alpine ski club or contact Ski NB directly via Andrew McLeod - Executive Director – 506-451-1345 or execdir@skinb.ca

Safety Guidelines

Hygiene

Participants will be required to:

- Wash their hands before and immediately following participation in alpine activities. With soap and water for 20 seconds or using hand sanitizer if soap and water are unavailable
- Avoid touching their face while skiing.
- Sneeze/cough into your elbow.
- Wear a mask when participating in close proximity to others.
- Do not share water bottles, towels, or other personal items.
- Disinfect equipment immediately following the activity.

Equipment

- Participants will bring a personal bag for their on-snow belongings (snacks, water, extra layers, goggles, etc.). Bags will be left outside in a designated area to allow athletes to access them while remaining distanced.
- Water bottles must be brought filled with water and must not be shared with anyone else. Names must be clearly marked on bottles to ensure there are no mistakes. Lodge access will be permitted if a participant's water has run out.
- Participants will not be permitted to switch gear.
- Participants will be asked to arrive ready to ski, change in your car and leave their gear in their car.

Expectations

- Arrive at the location of the session 15 minutes before the designated time to ensure you have time to get ready. Head to the meeting space 5 min early.
- Leave immediately following the session. No hanging out after sessions.
- Physical distancing of the government's recommendations will be maintained before, during, and after all activities, as per the public health guidelines
- All meetings, (board, parent and athlete, IST, etc.) will take place online when ever possible to comply with all health regulations.
- Carpooling is strongly discouraged

Screening

- Before starting any activity run by a sanctioned Ski NB Club, all participants will be required to answer the questions pertaining to health (Appendix B) and fill out the self declaration form (Appendix C)
- The Ski NB Participant Screening Registry will be filled out at the time of the entry into the activity. Depending on public health directives, Members will expect "active" or "passive" screening (Appendix D).

Communication

Ski NB will make the “COVI-19 Return to Sport” plan available to stakeholders via the <https://www.skinb.ca/> website. This will ensure that the most up to date information is always available. Again, given that the health and safety of all citizens is of paramount priority we encourage all to visit the Province’s dedicated COVID-19 website for the most current information: www.gnb.ca/coronavirus

Return to Training

Local clubs must have their own COVID-19 Operational Plan that takes into account local operations. Provincial Organizations are expected to provide high level guidance.

Before joining in any activity, athletes, coaches and staff will be asked to self-identify if they believe they might be at risk of having the Covid-19 virus with a series of questions pertaining to their personal health. These questions are outlined in Appendix B of this document and will also require the signed declaration in Appendix C. If they have answered yes to any questions or think that they might have been exposed, they will be asked: to contact 811 and follow their guidelines. Individuals will not be permitted to return to training until all steps have been completed to the satisfaction of public health officials.

Stage 1 –Dryland Training

Stage 1 will only be open to invited athletes to participate in dryland training or dryland testing. These higher-level athletes are generally U14+ which will allow clubs to both manage group sizing but also ensure that all athletes understand distancing requirements regulated by the provincial government. Stage 1 will start during the off season; this will allow for a gradual reintegration back into sport. Coaches will not only monitor the physical aspects of returning from COVID-19 but they will need to monitor the mental health aspects that might have impacted athletes during any extended breaks from training.

Athletes will be asked to show up ready to train with their own gear. There will be no change rooms, no sharing of gear and no sharing of food or water. Disinfecting of any personal equipment will need to happen after each training session.

Stage 2 – On-Snow Training

Stage 2 will require collaboration with the ski hills regarding facility-specific “Return to Sport” protocols. The ski hills will govern the numbers of participants allowed during operating hours.

To eliminate the need to enter the lodge as much as possible, it is recommended that skiers will be asked to arrive ready to participate, change in your car and leave their gear in their car. Athletes will bring a personal bag for their on-snow belongings (snacks, water, extra layers, goggles, etc.), bags will be left outside in a designated area to allow athletes to access them while remaining

distanced. There will be no sharing food or water bottles. Personal equipment is to be disinfected daily after use.

Ski NB will be requiring all participants to use nonmedical masks. Once an athlete is skiing, the mask can be removed but must be replaced when they are stopped, in lift lines or on lifts with another person. Non-medical masks should be at least two layers, satisfying public health recommendations. Neck tubes/gaiters and bandanas are not considered appropriate replacements for masks as the fit and fabrics are inferior. Face shields, when worn alone, are insufficient and do not replace or substitute face masks.

Stage 3 – Competition Season

Stage 3 will be the start of the competition season. The situation is fluid and information from public health changes regularly. Events and formats, as of November 20, 2020 are to meet the approval of the appropriate Regional Officer of Public Health (Department of Health); this is an important change in oversight; previously this was under the Sport and Recreation Branch (Tourism, Culture, Heritage).

Clubs are encouraged to plan within-club competitions that are appropriate for the age and experience of athletes. Events that have traditionally hosted athletes from different zones and the Atlantic provinces will be more difficult to plan and to host. Please see the COVID-19 Frequently Asked Questions (Appendix B) for decision-making assistance e.g. travel between zones (#4), number of participants (#9), day camps (#13), hosting other provinces (#23).

Provincial Organizations are expected to:

- play an active role in identifying where out-of-region activity is necessary and where it can be avoided
- understand that overnight travel carries additional risk
- understand that travel requires additional risk mitigation (e.g. group travel, avoiding spread of virus to other regions, procedures at hotels and dine-in restaurants, etc.)

Process for Training / Activity / Event Approval

The onus is on each organization to understand the restrictions set out by the Province as well as the recommendations and requirements of Public Health and the Guidelines for New Brunswick Workplaces issued by WorkSafe NB.

Separately, activities must be sanctioned by Alpine Canada. Their risk assessment tool is required before any sanctioned activity can be considered. This process is taken directly from Alpine Canada's "COVID-19 Return to Sport" protocol. Please ensure that you are following the most up to date version possible. It can be found online here: <https://alpinecanada.org/news/alpine-canada-coronavirus-covid-19-information>

Outbreak Action Plan

Our outbreak action plan will aid Public Health in tracking individuals that have contacted COVID-19 and notifying all participants that have come in contact with an infected individual.

Coaches and club representatives will be required to keep record of the date of each training session held, along with a listing of all participants (athletes, coaches, volunteers, officials, judges, etc.) who attended the session.

Confidentiality

To ensure confidentiality of everyone involved, all documents can be submitted to execdir@skinb.ca to be stored securely.

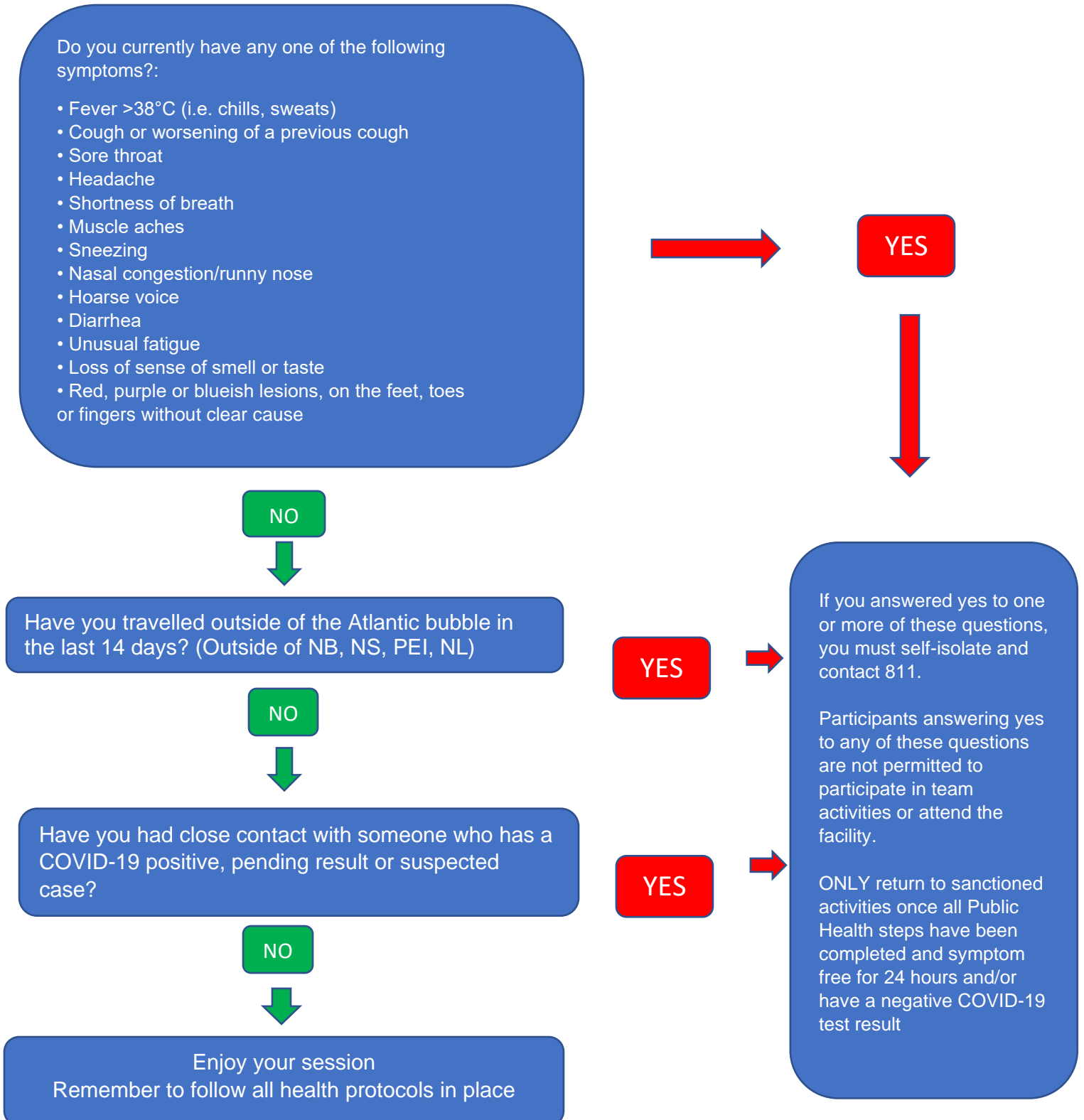
Appendix A – Alpine Canada – Covid-19 Return to Skiing Internal Risk Mitigation Resource Document

COVID-19 Return to Skiing Internal Risk Mitigation Resource Document -
https://alpinecanada.org/uploads/documents/July_1_20_ACA_Return_to_Training_EN.pdf

Appendix B – Government of New Brunswick. Tourism, Heritage and Culture- Sport and Recreation Branch COVID-19 Frequently Asked Questions

Appendix B - Questions Pertaining to Health

All participants will be asked the following questions before they participate in any sanctioned activity.



Appendix C – Additional Resources

Self-Assessment Tool

https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus.html

New Brunswick government's response to COVID-19

<https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>

Federal government resources regarding COVID-19

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

COVID-19 awareness resources

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

Government of Canada – Hand hygiene

<https://www.canada.ca/en/public-health/services/healthy-living/hand-hygiene.html>

Disinfectants and hand sanitizers

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>

Non-medical masks and face coverings

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-safely-use-non-medical-mask-face-covering.html>

New Brunswick government COVID-19 FAQ

<https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html#faq>

Community-based measures to mitigate the spread

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/public-health-measures-mitigate-covid-19.html>