



FREESTYLE BC
MARCH 13, 2020
COVID-19 (CORONAVIRUS)

TO ALL MEMBERS, FRIENDS AND FAMILY OF FREESTYLE BC,

Without question, this is an unprecedented period of difficulty for the sports world. The health and safety of all participants in sport, including players, coaches, staff, officials, fans, family, volunteers and the general public, is of the utmost importance to Freestyle BC.

After much consultation with our medical advisors, Freestyle Canada, and public health officials, the Freestyle BC Board of Directors has made the difficult decision to **cancel all events**, effective Friday, March 13, 2020.

We recognize the tremendous effort that has been put forth all year by individuals across the province as we build towards the peak of our competition season. Although it is difficult to process the competition season ending abruptly, we feel this is the best course of action in order to do our part in keeping our country safe.

With regards to regular club activities and training we encourage each club to use their own due diligence on a case-by-case scenario. Please review the appendices below for additional resources to help inform your decisions moving forward for the balance of this season.

Sincerely,

A handwritten signature in blue ink that reads "Josh Dueck".

Josh Dueck
Executive Director
Mobile (250) 306-7061
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Appendices

ADVISORY ON CORONAVIRUS (COVID-19)

March 13, 2020

This message is meant to inform, provide resources, and support Freestyle BC Members, amidst the COVID-19 pandemic. Information has been obtained from global public health authorities including the World Health Organization, the Government of Canada, the Public Health Agency of Canada, and the Centre for Disease Control. We have been in regular communication the Canadian Olympic Committee and the Canadian Paralympic Committee to ensure we are up to date on the latest measures being taken to protect athletes and our communities.

We echo our sport partners in encouraging you to stay focused on what you can control, use your masterful ability to stay focused on your goals amidst challenges and pitfalls, and consult your teammates, coach, NSO, PSO and support systems should you require further information.

Please be mindful that our young athletes are the best carriers of the virus, as their symptoms are often low. The risk we run is transmission without knowing and the real hazard we face is, as seen in Italy, an overloading of the medical system, which will affect our entire nation.

We remind all members that this is a serious and fluid situation that can change day-by-day, based on new information and direction from health authorities. We will work to keep you informed and will advise as to any further updates on the situation.

COVID-19 SYMPTOMS:

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. Most common symptoms include:



- Fever
- Dry cough
- Difficulty breathing
- Pneumonia in both lungs
- Some may experience aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

PROTECTIVE MEASURES:

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Avoid crowded areas, day-lodges, gondolas, etc.
- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based hand sanitizer if soap is not available.
- Cough or sneeze into your arm
- Avoid skin to skin contact (refrain from shaking hands)
- Avoid touching your eyes, nose, or mouth with unwashed hands

IF YOU ARE FEELING SICK:

As the symptoms present as the common cold or flu, If you have any of the common symptoms you should contact your doctor for further instructions.

For more information on the COVID-19 virus and what to do, you can check out the sites listed below:

- [Public Health Agency of Canada](#)
- [BC Centre for Disease Control](#)
- [Canadian Sport Institute Pacific](#)
- [HealthLinkBC](#)
- [Vancouver Coastal Health](#)
- [World Health Organization \(WHO\)](#)