



Freestyle BC
Return to Competition COVID-19 Guidelines
Version 2: October 25th, 2020



Introduction:

As of October 25, 2020, there have been 12,554 confirmed COVID-19 cases in British Columbia. While 10,240 of these current cases are reported as being recovered, BC, like the rest of the world, is challenged with the potential resurgence of COVID-19. BC is currently in Phase 3 of its operational restart plan; this includes a gradual return of recreational sport.

Freestyle skiing is an acrobatic sport that is currently governed in BC by Freestyle BC. Freestyle BC is committed to assisting all members, clubs, volunteers and competition organizers navigate through the challenges of the upcoming 2020-2021 ski season. We recognize that COVID-19 is extremely contagious, and is believed to be mainly transmitted through person-to-person contact; therefore, the impacts of COVID-19 have been felt in different ways across the province.

It is expected that all of BC Freestyle's membership will follow local and provincial health guidelines and mandates when hosting or participating in a competition. Compliance and diligence are required from all members when hosting events to limit the likelihood of event cancellation. Currently, freestyle ski teams are training locally throughout the province following the recommendations of Freestyle BC's 'Phase 2- Returns to Sport' protocols. However, 'return to competition' guidelines are needed for freestyle skiing competitions to be re-introduced to the province safely.



Goals of Document:

- Provide rules, direction and regulations for host of provincial and domestic freestyle ski events in British Columbia.
- Minimize the risk and spread of COVID-19 infection rate at Freestyle BC sanctioned events and throughout the province.
- Provide best practice methods for hosts and membership including: directions with social distancing, documentation for clubs/teams to manage pre-screening questionnaires and daily symptom checks.
- Clearly defined regulations with our partners, stakeholders, and hosting resorts are in place to ensure that all necessary steps are taken to limit any potential risk of further spreading COVID-19.



This document will provide guidance to Freestyle BC's membership by addressing the following:

- I. General guidelines for sport recommendations for health safety and standards when dealing with COVID-19.
- II. Organizers/venue considerations.
- III. Participant pre-competition considerations.
- IV. On-course considerations.
- V. Post competition consideration.

I. General for sport

The Centers for Disease Control and Prevention categorizes the risks of youth sport as the following:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

Because freestyle skiing is an individual sport, athletes potentially have less person-to-person contact during ski competitions when compared to team sports. Skiing is typically conducted outdoors, and can account for physical distancing measures and proper sanitization procedures. It is therefore up to event organizers to follow the mandates of the provincial health regulations and implement safety measures to create a competition environment that limits a potential outbreak of COVID-19.



DO NOT COMPETE/TRAVEL TO A COMPETITION VENUE IF YOU:

- Exhibit symptoms of COVID-19. Symptoms may vary and may be present within 2-14 days of exposure of the virus.
 - o This may include: loss of smell/taste, fever, chills, cough, difficulties breathing, fatigue, muscle or body aches, sore throat, congestion, runny nose, nausea, vomiting and diarrhea.

- Have been in proximity to someone with COVID-19 in the last 14 days.
 - o *Participants* should all complete a pre-participation survey that verifies the above, and provides full transparency should there be need for contact tracing.

- Consult a healthcare professional if you are at risk of developing a serious disease.



II. Organizers/Venue Considerations

1. Assign a COVID-19 Coordinator

It is suggested that this position be designated to someone who meets the description below, and the COVID-19 coordinator may also hold another role at the competition.

a. Requirements:

- Freestyle Canada and Freestyle BC volunteer at minimum.
- Medical background preferred.

b. Duties:

- Connect with regional and provincial health jurisdictions on specific rules and regulations concerning COVID-19 protocols. This may include but are not limited to: gathering limits, out of province quarantine regulations (if any) and *emergency/outbreak plans*.
- Connect with venue and resort partners for specific COVID-19 policies and procedures.
This includes but is not limited to: ski patrol, emergency protocols and any on site quarantine spaces.
- Serve as a central contact point for all participant COVID-19 questions and concerns.
- Monitor compliance of prevention procedures, temperature checks and follow ups as needed.
- Maintain a record of contact information for all participants in attendance and health authorities.
- Develop a notification system in the event that a COVID-19 outbreak occurs within 48-hours of the competition.
- Develop a back-up staffing and volunteer plans: this includes cross training in the event staff feel unwell.
- Conduct training (ideally virtual) for all coaches and volunteers on all safety protocols.
- Make the competition COVID-19 strategies available electronically prior to the event.



2. Prioritize local and limit overnight stays
 - As outlined above by the *CDC Considerations for Youth Sport Risk Stratification Model*, full competitions between teams in different regions are considered to be the “highest risk”. Therefore, when possible, local competition should be prioritized.
3. Assess current COVID-19 levels in your area/where you are travelling.
4. Inform all competition organizers and participants of the risks, symptoms, transmission routes and mitigation strategies of COVID-19.
5. Prohibit close contact between participants from different clubs and organizations.
6. Limit competition size so physical distancing can be maintained.
7. Limit non-essential visitors and spectators.
8. Online registration only.
9. Clean and disinfect any shared equipment in between user groups.
10. Limit person-to-person exchange of equipment (bibs) or packages. Have protective measurements used when needed (barriers or masks).
11. Older adults or anyone with underlying health conditions should consider not participating until a vaccine is found.



In the event of symptoms or positive tests are reported

1. Do not take public or shared transportation. Immediately separate anyone who tests or is suspected of having COVID-19. Find a safe method of isolating infected individuals and arrange for a private transportation from the venue and ensure that they self-isolate for 14-days.
2. Notify any local and provincial health authorities, staff, participants and family members in the event of an outbreak.
3. Close off any areas used by any sick person, and do not re-open the area until cleaned or disinfected. In indoor spaces wait a minimum of 24-hrs before cleaning a potentially infected area, if 24-hrs is not feasible, wait as long as possible before cleaning surfaces.

III. Pre-competition considerations

1. Symptom checks should be performed daily and should be maintained by competition organizers.
2. If possible, temperatures should be checked and recorded daily, ideally, before they arrive and the venue.
3. If participants record a fever (38°C or higher) or display any other symptoms of illness, then they should not be admitted to the venue.
4. When possible, participants should arrive at the venue changed and ready. Participants should try and avoid unnecessary use of the venue's lodge space, change rooms and bathrooms.
5. Participants should bring their own equipment (water bottles, radios, tools, cameras) and avoid sharing them with others.
6. Clubs should ensure athletes have their own face protection, gloves and sanitizing equipment.
7. All team equipment should be sanitized in between users.



8. All individual equipment should be sanitized before, during and after competition days.
9. When possible, warm-ups should be socially distanced and conducted outside.
10. Waxing and equipment maintenance should be conducted outside or in a well ventilated area.

IV. On Course Considerations

1. Maintain physical distance at all times (on chairlift, on course and in starting gate).
2. When possible, ride the chairlift alone; otherwise, prioritize riding the chairlift with teammates, and limit chairlift riding with the general public or athletes from other teams.
3. Face coverings should be worn at all times. Athletes are encouraged to wear a facemask when on course, but are not required to do so.
4. Competition field size should be limited.
5. Assign inspection and practice times to specific teams.
6. Stagger start times per team, or put in protocols to limit contact between teams as much as possible.
7. Consider increasing the amount of time between training and competitions to allow sanitization and cleaning protocols.
8. Athletes must not linger in finishing areas after competitions.

VI. Post Competition Considerations

1. Awards ceremonies should be modified or conducted virtually to: prohibit spectators, accommodate social distancing and allow for photo opportunities abiding to all provincial and federal health regulations.
2. Participants should leave the venue immediately after competition. Linger, chatting, and socializing should be avoided at the resort or competition venue.
3. If a participant tests positive for COVID-19 within 48-hours from conclusion of the competition, the competition coordinator must be notified and the appropriate protocols will be followed.



Definitions:

Close contact: any individual who was within 2-meters of an infected person for at least 15 minutes starting from two days before illness onset (two days prior to positive specimen collection for asymptomatic patients) until self-isolation.

Outbreak plan: In the event of a COVID-19 outbreak there is a clear and concise plan on how to safely isolate any infected *participants*.

Participants: all competitors, coaches, support staff, judges, officials, volunteers, organizers and venue staff.

Physical distancing: a minimum of 2 meters at rests and 3 meters while exercising.



APPENDIX A: Resort Guidelines provided by the CWSAA - <https://bit.ly/37KwpF9>

APPENDIX B: Pre-Screening Survey (sample provided by viaSport - Return to Sport).

Sample Agreement – please *modify as appropriate where the participant is a minor and a parent or guardian signs the agreement.*

Application: all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to abide by all of my club’s COVID-19 policies and guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Participant signature:

Date: