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# Return to Play

A Guideline for a safe return to training in Freestyle Skiing

**When in doubt...  
Spread out!**



# Overview

## Background

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As of September 2020, there have been 8,304 confirmed COVID-19 cases in British Columbia. While 2,309 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.

# Overview continued...

## Purpose

Freestyle skiing is an acrobatic sport that is currently governed in BC by Freestyle BC. The following document will outline:

**Freestyle BC's Operational Safety Plan throughout COVID-19**

**Freestyle BC's training guidelines during COVID-19**

**A guide and return to play policy to be followed by the membership and clubs within Freestyle BC**

# Overview continued...

## Goals

- Help protect our communities by helping slow the spread of COVID-19.
- Provide guidance and strategies to Freestyle BC's membership.
- Continue to inspire young athletes, develop good citizens and sport during these uncertain times.

# Phases of Return to Sport



The [\*\*BC Government's Restart Plan\*\*](#) identified 4 distinct phases to follow:

## **PHASE II**

Stay close to home, avoid any non-essential travel.  
Return of recreational sport.

## **PHASE III (Current)**

Provincial travel allowed if transmission rates remain low.  
Recreational sport allowed throughout the province.

## **PHASE IV- (To be determined)**

Return to 'normal', inter provincial competitions and travel permitted.

# Membership Acknowledgement

Freestyle BC's liability insurance does not cover claims relating to communicable diseases or pandemics. People are subject to exposure infection in all areas of life, this includes participating in organized sports. All membership will be required to complete a COVID-19 declaration. It is expected that all membership will follow both the general and specific guidelines identified and continue to follow any recommendations set-forth by the Provincial Health Authority and the provincial government. The implementation of the Return to Sport Plan will be monitored and updated as the circumstances in the province may change. In general, these Provincial Guidelines will restrict contact intensity of the membership and implement physical distancing regulations.

# General Requirements

Although Freestyle Skiing is a sport that is typically done outdoors, there are several venue-specific forms of training (trampoline, water ramp, air bag and in the gym/dryland). Regardless of the type of training it is expected that participants adhere to:

**[Provincial Health Officer's Orders and Guidelines](#)**

**[viaSport's Return to Sport Guidelines for BC](#)**

# General Training Protocols

- No member should attend training when displaying symptoms of or having been exposed to COVID-19.
- All members should respect provincial social distancing measures, keeping a minimum of two meters apart at all times.
- There should be no shared equipment with members.
- When applicable, extra precautionary steps including keeping track of temperatures, wearing protective face-wear, using gloves and regular application of hand sanitizers may be required.

# Principles



## The five guiding principles of our return plan:

### Personal Hygiene

- Frequent handwashing
- Cough into your sleeve
- Wear a non-medical mask
- No handshaking

### Stay Home if You Are Sick

- Routine daily screening
- Anyone with any symptoms must stay away from others
- Returning travellers must self-isolate

### Environmental Hygiene

- More frequent cleaning
- Enhance surface sanitation in high touch areas
- Touch-less technology

### Safe Social Interactions

- Meet with small numbers of people
- Maintain distance between you and people
- Size of room, the bigger the better
- Outdoor over indoor

### Physical Modifications

- Spacing within rooms or in transit
- Room design
- Plexiglass barriers
- Movement of people within space

# Venue Specific Training Guidelines

## Trampoline

- A maximum of 10 athletes utilizing a trampoline bed.
- Trampoline to be disinfected after each group use.
- No direct contact between members in the venue, be respectful of social distancing and keep a minimum of two meters between each person.
- No sharing of equipment.
- No sharing food or water bottles.
- Members should wear protective face-masks when in close proximity of others.
- Shared space should be cleaned every hour.



# Venue Specific Training Guidelines

## Water Ramps + Airbags

- A maximum of 12 athletes per group at the water ramp or airbag.
- Any equipment (helmet, skis, boots) to be disinfected after each user.
- No direct contact between members in the venue. Be respectful of social distancing and keep a minimum of two meters between each person.
- No sharing of equipment, food or water bottles.
- Members should wear protective face-masks when in close proximity of others.
- Shared space should be cleaned every hour.



# Venue Specific Training Guidelines

## Snow

- ● A maximum of 50 athletes in one specific snow venue at one time.
- Any equipment (helmet, skis, boots) to be disinfected after each user.
- No direct contact between members in the venue. Be respectful of social distancing and keep a minimum of two meters between each person.
- No sharing of equipment, food or water bottles.
- Members should wear protective face-masks when in close proximity of others.
- Shared space should be cleaned every hour.



# Venue Specific Training Guidelines

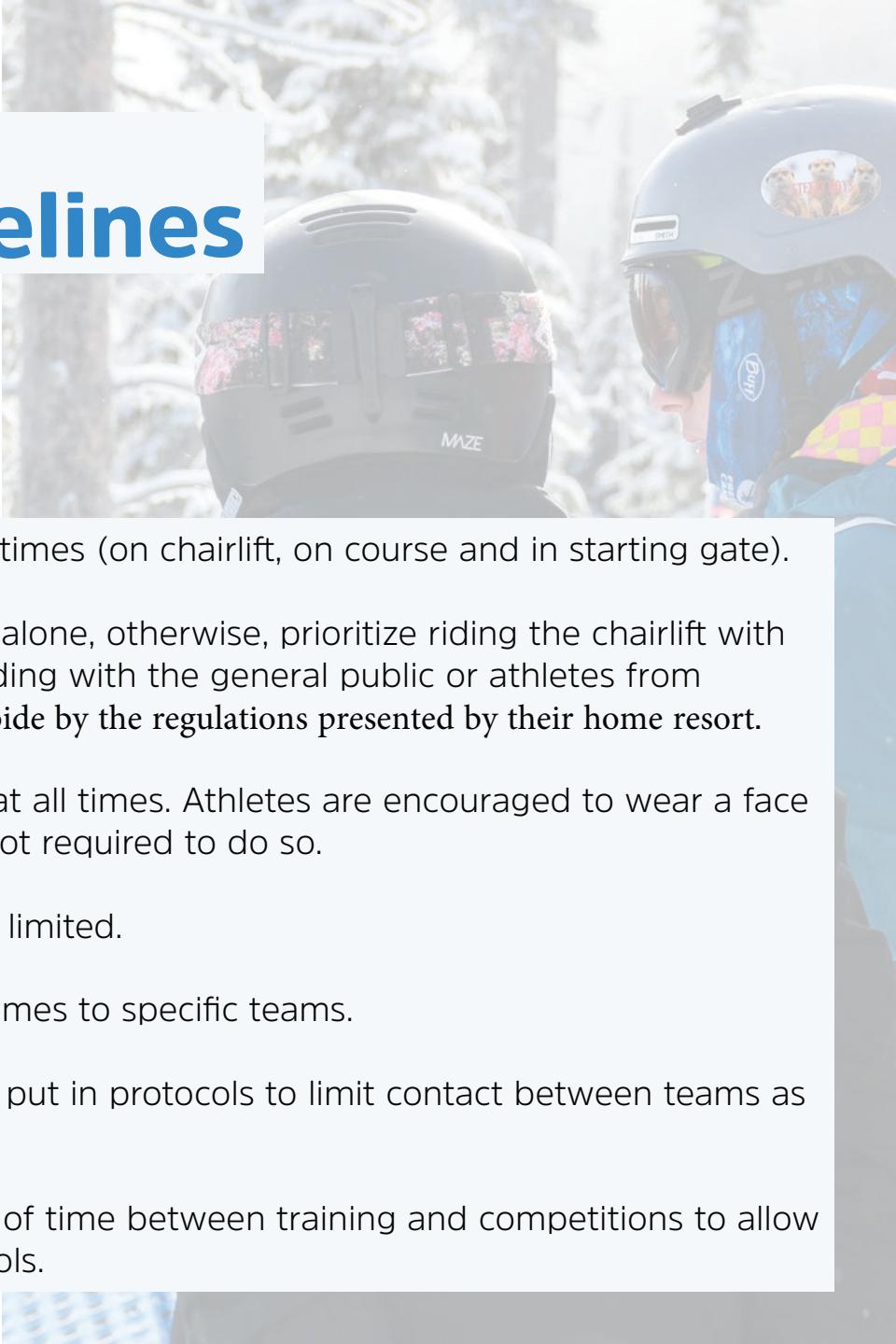
## Dryland

- - A maximum of 12 participants in one training venue.
  - Participants should be placed in small training groups or cohorts to avoid cross contamination.
  - Athletes should continue to focus on individual skills rather than activities that may involve physical or close contact.
  - Any equipment (weights, mats, medicine balls) to be disinfected after each user.
  - No direct contact between each person in the venue, be respectful of social distancing and keep a minimum of two meters between each person.
  - No sharing of equipment, food or water bottles.
  - Members should wear protective face-masks when in close proximity of others.
  - Shared space should be cleaned every hour.

# Competition Specific Guidelines

## On Course Considerations

- - Maintain physical distance at all times (on chairlift, on course and in starting gate).
  - When possible, ride the chairlift alone, otherwise, prioritize riding the chairlift with team-mates and limit chairlift riding with the general public or athletes from other teams. All members shall abide by the regulations presented by their home resort.
  - Face coverings should be worn at all times. Athletes are encouraged to wear a face mask when on course, but are not required to do so.
  - Competition field size should be limited.
  - Assign inspection and practice times to specific teams.
  - Stagger start times per team, or put in protocols to limit contact between teams as much as possible.
  - Consider increasing the amount of time between training and competitions to allow sanitization and cleaning protocols.



# Competition Specific Guidelines

## Post Competition Considerations

- 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.
- Participants should leave the venue immediately after competition. Linger, chatting, and socializing should be avoided at the resort or competition venue.
- 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.





# Travel Guidelines

- Provincial travel for sport is allowed as of June 25th, 2020. For the sake of sport and group activities, travel should be slowly introduced. It is recommended:
  - That individuals remain in their regional area when travelling for sport.
  - Inter-provincial and international travel should be avoided when possible.
  - If any individuals choose to train internationally there is a 14-day mandatory quarantine.
- If any individuals choose to travel for training, they should do the following:
  - Check the regions you plan on travelling to and consider the active cases before you go.
  - If sick, stay home.
  - Wash hands often.
  - Practice social distancing and wear a mask.

# High Performance Team Travel Guidelines

- Wear a mask at all times in the airport and wash hands when possible.
- No sharing food in public spaces with people outside of team.
- Refrain from high-fives and handshakes.
- A maximum of 2-athletes per shared room.
- Only have one person per household do community based shopping. Assign the team chaperone when applicable.
- Limit community interaction when doing out of province training and wear masks when doing indoor activities around public.

# Professional Development Guidelines

Learning facilitators and participants of Freestyle BC coaching, judging and officiating courses to follow the Venue Specific Guidelines outlined in this document. In the event that social distancing rules must be broken (e.g. hand spotting portion of an Air 2 course), the Learning Facilitator and Participant must wear the appropriate PPE (mask and gloves).

## Government of Canada PPE (COVID-19) Overview



# Outbreak Emergency Plan

- Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and implementation of enhanced cleaning measure are two of the most important factors in limited the size and length of an outbreak. Teams should do the following when planning for training or an event:
  - Identify the roles and responsibilities of staff and volunteers if an outbreak occurs.
  - If there is a suspected transmission that occurs enhanced cleaning measure should follow.
  - Implement an illness policy and advise infected individuals to:
    - Monitor symptoms daily, call 8-1-1 for health advise or 9-1-1 for an emergency.
  - If there is a suspected medical outbreak please notify your Medical Health Officer or your local health authority.
  - If your organization is contacted by a medical officer in the course of contact tracing, please cooperate with local medical authorities.