



It is expected that all memberships (athletes, coaches and volunteers) read and sign the consent Form in Appendix A.

1. Membership should read and understand Appendices B and C
2. Membership acknowledges that there is no participation for anyone who displays any symptoms of COVID

Should you have any questions, please contact a coach, supervisor or director.

Appendix A - Acknowledgement of Consent

1. As a participant, I understand that *Freestyle BC* has been working closely with viaSport, the Provincial Health Authority, WorkSafeBC and Freestyle Canada to reduce the risk of transmission of the COVID-19
2. 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 travelled outside of Canada in the past 14 days. **Note:** I understand that if I have been outside of Canada in the past 14 days, I must have undertaken self-isolation for the past 14 days (per the recommendations of the local health authority). Anyone who cannot meet this condition must not participate.
- I have not knowingly been exposed to someone suspected of having COVID-19. Anyone who cannot meet this condition must not participate in the camp.
- There will be no sharing of personal items, such as water bottles, ski equipment, gloves, towels, etc.
- I will personally pack all personal belongings, 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 (see Appendix B).
- I understand that there are risks of travel and training during a pandemic. While Freestyle BC is taking all possible precautions, I acknowledge I am attending the activity at my own risk.
- Athletes will need to follow the posted times and groups set-up by the team, and ensure they have signed in with the appropriate authority for the day to **ensure contact tracing** is in effect, should an transmission occur.
- If I develop symptoms of COVID-19, I understand I will be responsible for the costs of my isolation, care and extended travel. Freestyle BC will continue to support/coordinate my logistics and will support wherever possible.

Appendix B – COVID 19 Fact Sheets

The Government of B.C. has provided the following information about COVID-19. In the context of freestyle skiing, athletes should continue to follow the golden rules set forth by the provincial government:



COVID-19 is transmitted through tiny droplets of liquid produced by people who have the virus:

- Coughing, sneezing, talking, laughing or touching objects or surfaces the virus has landed on, and then touching your eyes, nose or mouth (towels, kitchen utensils, doorknobs, etc.)
- People who have COVID-19 can spread it to others before they start to feel sick.
- COVID-19 is not airborne, so it doesn't stay in the air long and won't go very far. But if you are too close to someone with COVID-19, you can get sick by breathing in air that contains droplets with the virus.

COVID- 19 Health Risks:

- COVID-19 can cause severe respiratory illness. Because it is a new virus with no treatment or immunity in people, it is critical for people with any symptoms to stay home and self-isolate to keep it from spreading.
- Most people – about 80% – recover without needing special treatment. However, it can cause serious illness in some, and there is a risk of death in severe cases.
- While we are still learning about COVID-19, serious illness appears to develop more often in people who are older or have pre-existing conditions, such as high blood pressure, heart disease, lung disease, cancer or diabetes.



I have read and will adhere to the COVID-19 information in Appendix B and Appendix C

- 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 facemask
 - Portable chair/stool
 - Hand sanitizer and/or disinfectant wipes
 - Personal towel, water bottle
 - Latex gloves (or similar)
 - Personal thermometer

Appendix D – Illness Policy

In this policy, “Team member” includes a coach, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- Team members must review daily updates from their coach, each morning before their training session to attest that they are not feeling any of the COVID 19 symptoms.
- Managers/coaches will monitor team members daily to assess any early warning signs as to the status of their health and to touch base on how they are regarding their safety throughout the workday/practice/activity.
- If Team Members are unsure, please have them use the self- assessment tool <https://bc.thrive.health/covid19/en>

3. If a Team Member is feeling sick with COVID-19 symptoms:

- They should remain at home and contact Health Link BC at 8-1-1.
- If they feel sick and/or are showing symptoms while at training, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19:



- The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.

- Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.

- Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched.

5. If a Member has been tested & is waiting for the results of a COVID-19 Test:

- As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.

- The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.

- Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

- The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately, and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:

- Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID

- Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

- The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Must quarantine or self-Isolate if:

- Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine, and self-isolate.

- Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

- Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

- Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating is not permitted to enter any part of the facility.



Appendix E - Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. Communicate directly with all persons onsite, or nearby the outbreak, and have them self-isolate for 14 days while monitoring for symptoms.
3. Ensure that all infected persons have access to necessary medical attention, and do not have contact with the remaining membership. Program Directors and/or Head Coaches assume the responsibility of modifying, restricting and postponing team activities. These individuals also assume the responsibility of managing the implementation of the overall breakout plan.
4. If staff (including volunteers) or a participant reports, they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce the risk of transmission, notify the facility right away.
5. Implement your illness policy and advise individuals to:
 - Self-isolate.
 - Monitor their symptoms daily, report respiratory illness and not to return to activity for at least ten days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if any further assessment or testing for COVID-19 is needed.
 - Individuals can contact 811 if further health advice is required and 911 if it is an emergency.
6. In the event of a suspected case or outbreak of influenza-like- illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
7. If a medical health officer in the course of contact tracing contacts your organization, you must fully cooperate with the local health authorities.

**As we learn more about how COVID-19 is transmitted procedures and requirements may change. You will be responsible for complying with those requirements. Freestyle BC will provide updates from the Provincial Health Authority and viaSport when applicable, please refer to <https://freestylebc.ski/resources/return-to-sport/>*

Name_____

Date_____

Signature_____