



**FREESTYLE  
BC** 



## REACTIVATION 2021-2022

Start slow Start smart Start together

# »» We're ready to play!



As British Columbia, Canada and the world emerges from the COVID-19 pandemic, we are ready to reactivate our sport! To ensure the wellness of our members and organizations, we are following three principles:

1. Start slow
2. Start smart
3. Start together

For more information, please visit these resources:

[BC's Restart Plan](#)

[viaSport Return to Sport Restart 2.0](#)

[WorkSafeBC Communicable Disease Prevention](#)





# »» Start Smart

## The “Golden Rules for Everybody” Applied to Freestyle Skiing



- Use outdoor venues for summer training when possible
- Consider outdoor warm-ups when the weather permits
- Continue to explore unique opportunities for outdoor dryland training
- Host club social events outdoors when possible



- Verify local public health restrictions before travelling out of province
- Verify Canadian federal and local restrictions before travelling out of country
- Check with local public health before hosting out-of-region skaters for camps and competitions
- Communicate local public health guidance to out-of-region athletes in the event announcement and registration package

# »» Start Smart

## The “Golden Rules for Everybody” Applied to Freestyle Skiing



Consider  
other  
people's  
situation

- Communicate early and often with members and event participants
- Support members' varying level of risk tolerance regarding communicable diseases
- Allow members to wear a mask and/or other personal protective equipment if they choose



Get  
vaccinated

- Proof of vaccination is not required to participate, travel, nor compete
- Masks recommended for indoor dryland and trampoline training for athletes aged 12+ who have not received both immunization shots

# ➤➤ Start Smart

## The “Golden Rules for Everybody” Applied to Freestyle Skiing



Stay home  
if sick

- Implement, communicate and enforce stay at home when sick policy for club events
- Request that members and event participants complete a self-health check as part of standard practice
- Modify team selection policies to allow for illness byes



Clean your  
hands

- Provide education on hand hygiene standard guidelines
- Request hand hygiene is performed before and after using common equipment such as protective pads, weights, etc.
- Provide hand sanitizer in shared spaces such as judges stands, lunch rooms, trampoline centers, etc
- Develop cleaning procedures for shared equipment
- Ensure first aid kits are stocked with PPE

# »» Start Smart

## The “Golden Rules for Everybody” Applied to Freestyle Skiing



- Choose sport event group sizes that allow for adequate spacing; this may require creative competition formats
- Be aware of capacity for events, including spectators
- Use good respiratory etiquette, including coughing into your elbow, no spitting, using electronic whistles etc.
- Implement strategies to keep personal belongings separated, for example athlete bins on the lunchroom and assigned spots in shared spaces
- Allow for adequate spacing in shared spaces such as the start area, finish area, lunch room, judges stand, etc
- Consider practice activities that allow for distance and space between participants when feasible and appropriate

# ➤➤ Start Together



Practicesolid  
governance

- Be aware that the club's Board continues to have fiduciary responsibility and is accountable for the decisions and work of the organization
- Name a club Safety Coordinator, who is responsible for communicable disease prevention, safe sport initiatives, and physical safety
- Be aware that liability protection through the [COVID-19 Related Measures Act](#) has been extended to December 31, 2021



Review  
membership  
options

- Consider offering memberships blocks, part-time options, etc
- Offer discounts such as sibling discounts
- Include grant information such as [KidSport](#) on websites
- Establish payment plans throughout the season
- Create supplementary training options such as dryland, trampoline, etc.

# » Start Together



- Build the club's sense of community through sharing of club activities via social media, recognition of skier accomplishments, club events, social events etc.
- Host try-freestyle days to increase the club's visibility within the community
- Foster relationships with local sport clubs and multisport organizations such as Pacific Sport or Engage SportNorth