**FREESTYLE COVID-19 RETURN TO SPORT PROTOCOL**

**PREFACE**

Freestyle skiing is an acrobatic sport that is currently governed in Saskatchewan by Freestyle Saskatchewan. The document will outline Freestyle Saskatchewan’s operational safety plan, training guidelines,and return to play during Covid-19.

**PURPOSE**

The purpose of this protocol is to provide Freestyle Saskatchewan’s members with a framework within which they can participate in freestyle training and competition while adhering to the health and safety requirements necessary due to COVID-19.

**DEFINITIONS**

FACILITY: The environment where training or competition is taking place. This can include but is not limited to ski resorts, trampoline clubs, water ramps, airbags, and various fitness facilities. PHYSICAL DISTANCING: Physical distancing means maintaining a distance of at least 2 metres (6 feet) or more between persons.

Please see link for the Re-Open Saskatchewan Plan - including the following guidelines for gyms and fitness facilities and outdoor sports. <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>

**PROTOCOL:**

1. EDUCATION AND MITIGATION OF RISK

1.1 All Freestyle Saskatchewan members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must educate themselves on the most current health and safety guidelines set out by the Saskatchewan Government at the link provided to the Re-Open Saskatchewan Plan above.

1.2 Freestyle Saskatchewan members must NOT engage in training or competition if they are sick or have come into contact with someone who has or is suspected of having COVID-19. If you are showing symptoms of COVID-19 as described by the government of Saskatchewan please take the Saskatchewan Government’s self-assessment tool available [https://www.saskatchewan.ca/COVID19](https://www.saskatchewan.ca/COVID19#utm_campaign=q2_2015&utm_medium=short&utm_source=%2FCOVID19)

1.3 Determine whether participants (coaches and athletes) are considered part of an at-risk group for COVID19, above the age of 65 or have an underlying health condition.

1.4 All Freestyle Saskatchewan members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must assess a facility before booking training or attending a competition. Factors to consider before utilizing the facility are listed below.

* How many groups will be training at the facility?
* What are the facility’s sanitization practices for common touch points?
* What are the protocols for entrances and exits of the facility to accommodate physical distancing?

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* Is the facility providing visual cues - tape or other markings – and/or re-arranging equipment to ensure physical distancing?
* What is the availability of soap and water or alcohol-based hand sanitizer to ensure proper hand washing?

Please see link for detailed information on guidelines for gyms, facilities, and outdoor sports

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>

1.5 If possible, all club meetings must continue to be held virtually, until government restrictions on these meetings are relaxed.

1.6 Current Saskatchewan Government guidelines continue to recommend limited contact with people outside your household. Transportation and accommodations must be arranged with this in mind.

1.7 All persons participating in training must be members of Freestyle Saskatchewan. This includes coaches, volunteers, and athletes.

2, AT THE FACILITY

2.1 Physical Distancing must be practiced at all times. Procedures for ensuring physical distancing are listed below.

* Group size/team gatherings must adhere to the maximum gathering limits per the public health order for outdoor sports.
* For gyms and facilities group fitness classes that involve intense aerobic or physical training (e.g. aerobics, Zumba, spin) pose a higher risk of transmission of the virus due to the intense physical exercise and turbulent air flow from the activity. These types of classes can be offered if four metres of physical distancing can be maintained at all times, with no more than 15 people per class (including the instructor) in a space that allows for increased ventilation and air circulation. Alternatively, they can be offered if two metres of physical distancing can be maintained at all times, with no more than 10 people per class (including the instructor) in a space that allows for increased ventilation and air circulation.
* Physical contact, or less than 6 feet of space between a coach and athlete that would occur under normal training methods is currently prohibited. Coaches MUST consider this when determining an athlete’s training and skill development and adjust the training plan safely and responsibly. For further clarity, all types of spotting are currently prohibited. If an athlete requires spotting, they must not attempt the maneuver.

2.2 Athletes must arrive at the facility in their training attire when possible. change rooms remain Additionally, advise participants to practice good laundry hygiene with their training attire as it may be a source of contamination.

2.3 No sharing of water bottles, towels, equipment, or clothing.

2.4 Ensure that proper hand-washing and disinfection occurs after utilizing shared equipment such as trampolines, weights, workout machines, handrails etc.

2.5 Arrive at the facility no earlier than necessary. Do not congregate or meet after training or competition is complete. Please leave as soon as possible.

2.6 In case of injury Coaches must wear gloves and a mask when tending to an injured athlete a mask shall be provided for an injured athlete while being tended too.

3. RESPONSE PLANNING

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3.1 All Freestyle Saskatchewan members leading, conducting, or organizing training/competition (coaches, club presidents, program directors etc.) must keep detailed records of those attending their

training or competition. In the event that a case of COVID-19 occurs this information will need to be made available to public health officials.

3.2 Designate an individual at training or competition to lead responses to a potential COVID-19 infection and outline a plan for how infected individuals will access the health system by calling 8-1-1.

**PROTOCOL ADJUSTMENTS**

The COVID-19 pandemic is a rapidly evolving and dynamic situation. These protocols may change without prior notice. Any changes will be readily adapted to the return to play protocol.

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**Sport Participant COVID-19 Agreement**

* It is expected that all memberships athletes, coaches and volunteers) read and sign the

 consent Form in Appendix A.

* Membership should read and understand Appendices B and C.
* Membership acknowledges that there is no participation of anyone who displays any

 symptoms of COVID-19.

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

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**Appendix A: Acknowledgment of Consent**

As a participant, I understand that Freestyle Saskatchewan, Freestyle Canada and Canadian Snowsports Association have been working closely with local health authorities to reduce the risk of transmission of the COVID-19 virus. Knowing they have taken all possible precautions, there currently is 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 traveled outside of Canada in the past month. Note: I understand that if I have been outside of Canada in the past month, 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 in the camp.
* I have not knowingly been exposed to someone suspected of having COVID-19 .Note: Anyone who cannot meet this condition must not participate in the camp. • No sharing of water bottles, towels, etc.
* I will personally pack all garbage 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
* I will respect a complete social media blackout – I will not share that I am at a training camp or any of my activities. Any violations will result in my immediate removal from the activity.
* I understand that there are risks of travel and training during a pandemic. While Freestyle Saskatchewan, Freestyle Canada, and Canadian Snowsports Association is taking all possible precautions, I acknowledge I am attending the activity at their own risk. • If I develop symptoms of COVID-19 I understand I will be responsible for the costs of my isolation,care and extended travel.Freestyle Saskatchewan will continue to support/coordinate my logistics and will support me wherever possible. • I have read and will adhere to the COVID-19 information in this document
* If I feel I have been undertaking risky activities or behaviour I will not participate in the camp
* No athlete can be coerced, forced or sanctioned from not participating
* I understand that every participant is expected to bring the following items forth their personal use:
* Optional Non-medical face mask
* Portable chair/stool
* Hand sanitizer and/or disinfectant wipes
* Personal towel, water bottle
* Optional: latex gloves (or similar)
* Recommended: Personal thermometer Signed: (Parent must sign if under 18)

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**Appendix B – Illness Policy**

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://www.saskatchewan.ca/COVID19](https://www.saskatchewan.ca/COVID19#utm_campaign=q2_2015&utm_medium=short&utm_source=%2FCOVID19)

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

• They should remain at home and contact HealthLink Saskatchewan 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 Team 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-19.

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• 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

an infected person or in families who are self-isolating is not permitted to enter any part of the facility.

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**Appendix C - 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.

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 until advised by health professionals

• Use the COVID-19 self-assessment tool at  [https://www.saskatchewan.ca/COVID19](https://www.saskatchewan.ca/COVID19#utm_campaign=q2_2015&utm_medium=short&utm_source=%2FCOVID19)

to determine if any further assessment or testing for COVID-19 is needed.

• Individuals can contact 8-1-1 if further health advice is required and 9-1-1 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.

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\*As we learn more about how COVID-19 procedures and requirements may change. You

will be responsible for complying with those requirements.

Member Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent or Guardian (if under 19):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_