



Ski Nova Scotia Return to Sport Plan

July 29th, 2020

Table of Contents

Background and Overview	3
Safety Guidelines	4
Hygiene	4
Equipment	4
Expectations	4
Screening	4
Communication	5
Returning to Training	6
Stage 1 – Dryland Training	6
Stage 2 – On-Snow Training	6
Stage 3 – Competition Season	6
Process for Training / Activity / Event Approval	7
Outbreak Action Plan	8
Confidentiality	8
Appendix A – Alpine Canada COVID-19 Return to Skiing Internal Risk Mitigation Resource Document	9
Appendix B - Questions Pertaining to Health	10
Appendix C – Additional Resources	11

Background and Overview

Ski Nova Scotia community,

Ski NS would like to share the requirements that we are currently navigating to ensure that all members of Ski NS are as safe as possible when returning to sport under Covid-19. Ski NS has consulted with the Government of Nova Scotia, Sport Nova Scotia, Alpine Canada Alpin and other stakeholders to confirm the following process:

- Ski NS must create, review and approve its own Return to Sport plan
- Ski NS must submit its Return to Sport plan to Alpine Canada for their review and approval
- Ski NS must submit its Return to Sport plan to Canadian Snowsports Association (Insurance provider) for their review and approval
- Ski NS must submit its Return to Sport plan to the Province of Nova Scotia, Communities Culture and Heritage for their review
- Once these steps have been completed, all Ski NS clubs/members/coaches/volunteers etc must adhere to the approved Ski NS Return to Sport plan at all times

Once Ski NS has completed all of the required steps listed above, the approved Return to Sport plan will be made available to all ski hills, clubs, athletes, coaches and members through the Ski Nova Scotia website – alpinestriovascotia.ca.

If any member of Ski NS has any questions in relation to the Return to Sport plan you can engage with your own alpine ski club or contact Ski NS directly via Andrew Hayes – Ski Nova Scotia Executive Director – 902-425-545x349 or alpinens@sportnovascotia.ca

Safety Guidelines

Hygiene

Participants will be required to:

- Wash their hands before and immediately following participation in alpine activities. With soap and water for 20 seconds or using hand sanitizer if soap and water are unavailable
- Avoid touching their face while skiing.
- Sneeze/cough into your elbow.
- Wear a mask when participating in close proximity to others.
- Do not share water bottles, towels, or other personal items.
- Disinfect equipment immediately following the activity.

Equipment

- Participants will bring a personal bag for their on-snow belongings (snacks, water, extra layers, goggles, etc.). Bags will be left outside in a designated area to allow athletes to access them while remaining distanced.
- Water bottles must be brought filled with water and must not be shared with anyone else. Names must be clearly marked on bottles to ensure there are no mistakes. Lodge access will be permitted if a participant's water has run out.
- Participants will not be permitted to switch gear.
- Participants will be asked to arrive ready to ski, change in your car and leave their gear in their car.

Expectations

- Arrive at the location of the session 15 minutes before the designated time to ensure you have time to get ready. Head to the meeting space 5 min early.
- Leave immediately following the session. No hanging out after sessions.
- Physical distancing of the government's recommendations will be maintained before, during, and after all activities, as per the public health guidelines
- All meetings, (board, parent and athlete, IST, etc.) will take place online when ever possible to comply with all health regulations.
- Carpooling is strongly discouraged

Screening

- Before starting any activity run by a sanctioned Ski NS Club, all participants will be required to answer the questions pertaining to health (Appendix B) and fill out the self declaration form (Appendix C)
- The Ski NS Participant Screening Registry (Appendix D) will be filled out at the time of the entry into the activity

Communication

Ski Nova Scotia will make the Return to Sport plan available to stakeholders via the alpineskinovascotia.ca website. This will ensure that the most up to date information is always available.

Return to Training

Before joining in any activity, athletes, coaches and staff will be asked to self-identify if they believe they might be at risk of having the Covid-19 virus with a series of questions pertaining to their personal health. These questions are outlined in Appendix B of this document and will also require the signed declaration in Appendix C. If they have answered yes to any questions or think that they might have been exposed, they will be asked: to contact 811 and follow their guidelines and will not be permitted to return to training until all 811 steps have been completed and are symptom free for 24 hours and/or have a negative COVID-19 test result.

Stage 1 –Dryland Training

Stage 1 will only be open to invited athletes to participate in dryland training or dryland testing. These higher-level athletes are generally U14+ which will allow clubs to both manage group sizing but also ensure that all athletes understand distancing requirements regulated by the provincial government. Stage 1 will start during the off season; this will allow for a gradual reintegration back into sport. Coaches will not only monitor the physical aspects of returning from Covid-19 but they will need to monitor the mental health aspects that might have impacted athletes during the extended break.

Athletes will be asked to show up ready to train with their own gear. There will be no change rooms, no sharing of gear and no sharing of food or water. Disinfecting of any personal equipment will need to happen after each training session.

Stage 2 – On-Snow Training

Stage 2 will require collaboration with the ski hills on their own facility specific return to sport protocols around numbers of participants allowed during operating hours.

To eliminate the need to enter the lodge as much as possible, skiers will be asked to arrive ready to participate, change in your car and leave their gear in their car. Athletes will bring a personal bag for their on-snow belongings (snacks, water, extra layers, goggles, etc.), bags will be left outside in a designated area to allow athletes to access them while remaining distanced. There will be no sharing food or water bottles. Personal equipment is to be disinfected daily after use.

Ski NS will be requiring all participants to use nonmedical face coverings. These nonmedical face covering must always be worn on . Once an athlete is skiing, they can pull it down but must pull it back up when they are stopped, in lift lines and on lifts with another person.

Stage 3 – Competition Season

Stage 3 will be the start of our competition season. To help with group sizing and distancing requirements we will consider multiple options from different formats for certain events to time slots for different age groups. Ski NS will be requiring all participants to use face coverings. These face covering must be worn on at all times during practice.

Process for Training / Activity / Event Approval

All activities must be sanctioned by Alpine Canada. During this time there are new additional steps involved in this process including a new risk assessment tool that is required before any sanctioned activity can take place. This process is taken directly from Alpine Canada's Return to Sport protocol. Please ensure that you are following the most up to date version possible. It can be found online here: <https://alpinecanada.org/news/alpine-canada-coronavirus-covid-19-information>

Outbreak Action Plan

Our outbreak action plan will aid in tracking individuals that have contacted Covid-19 and notifying all participants that have come in contact with an infected individual.

Coaches and club reps will be required to keep record of the date of each training session held, along with a listing of all participants (athletes, coaches, volunteers, officials, judges, Etc.) who attended the session.

If a member tests positive all participants that have interacted with that member within a 14-day period will be notified and directed to contact 811 for further instructions. None of those potentially impacted will be cleared to return until 14 days of isolation have passed, or they have a negative Covid-19 test result.

Confidentiality

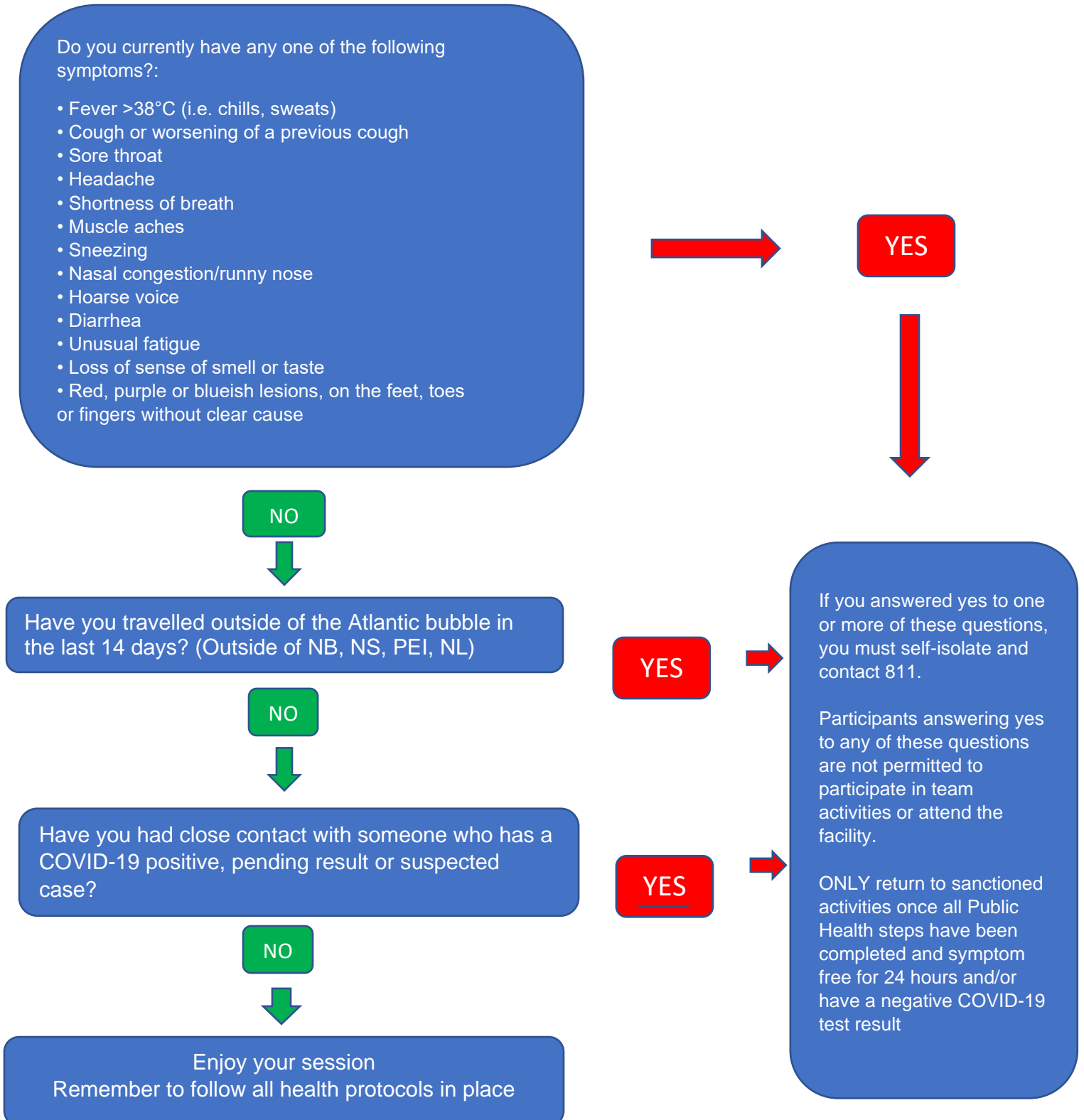
To ensure confidentiality of everyone involved, all documents can be submitted to alpinens@sportnovascotia.ca to be stored securely.

Appendix A – Alpine Canada – Covid-19 Return to Skiing Internal Risk Mitigation Resource Document

COVID-19 Return to Skiing Internal Risk Mitigation Resource Document -
https://alpinecanada.org/uploads/documents/July_1_20_ACA_Return_to_Training_EN.pdf

Appendix B - Questions Pertaining to Health

All participants will be asked the following questions before they participate in any sanctioned activity.



Appendix C – Additional Resources

Self-Assessment Tool

<https://when-to-call-about-covid19.novascotia.ca/en>

Nova Scotia government’s response to COVID-19

<https://novascotia.ca/coronavirus/>

Federal government resources regarding COVID-19

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

COVID-19 awareness resources

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

Government of Canada – Hand hygiene

<https://www.canada.ca/en/public-health/services/healthy-living/hand-hygiene.html>

Disinfectants and hand sanitizers

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>

Non-medical masks and face coverings

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-safely-use-non-medical-mask-face-covering.html>

Nova Scotia government COVID-19 information: Staying Healthy

<https://novascotia.ca/coronavirus/staying-healthy/#social-distancing>

COVID-19 outdoor activities

<https://novascotia.ca/coronavirus/outdoor-activities/#recreational-sports>

Community-based measures to mitigate the spread

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/public-health-measures-mitigate-covid-19.html>