

# COVID-19 Protocol

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Policy & Procedures

**February 2022**



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## **1. General**

### **1.1 Definitions**

- 1.1.1. Participants - all people involved in the event including but not limited to coaches, athletes, officials, volunteers, and spectators.

## **2. Nordiq Alberta Responsibilities**

- 2.1. Nordiq Alberta will offer recommendations and tools to help facilitate a safe and successful competitive season. Nordiq Alberta will work alongside local organizers of Nordiq Alberta sanctioned events, to decide if these events can proceed as planned, must be adjusted, or canceled.

## **3. Organizing Committee (OC) responsibilities**

- 3.1. OC's should run events that prioritize safety for all participants. OC's will work with Nordiq Alberta when running a Nordiq Alberta sanctioned event.
- 3.2. Appoint a COVID-19 lead on the OC
  - 3.2.1. Responsible for organizing and enforcing all COVID-19 related measures.
  - 3.2.2. Receives information about confirmed and suspected COVID-19 cases.
- 3.3. Registration
  - 3.3.1. Athlete registration should include an assumption of risk for COVID-19 if they have not already signed the assumption of risk through Zone 4.
  - 3.3.2. Non-athlete participants (i.e: coaches and volunteers) should register their attendance (for tracking and numbers management) and complete an assumption of risk.
  - 3.3.3. OC's must keep a register of participants for tracing, in the event of an outbreak.
- 3.4. Screening

- 3.4.1. Have a pre-event online daily screening (declaration of health) for all participants in between registration end and event start.
- 3.4.2. Establish and monitor a daily screening during the event for all participants (online and/or at venue entrance).
- 3.5. Volunteers
  - 3.5.1. Ask volunteers what roles they are comfortable with to accommodate people's individual risk tolerance.
  - 3.5.2. Minimize volunteer numbers when possible.
  - 3.5.3. Ensure there is adequate space and comfort for volunteer rest periods. Consider renting heated outdoor tents (see Venue Spaces and Buildings below).
  - 3.5.4. Provide volunteers with specific COVID-19 event training.
- 3.6. Venue Traffic and Access
  - 3.6.1. Establish clear instructions on access and exit to the venue (competition office, waxing cabins, meeting rooms, changing rooms, toilets, showers) and to competition areas.
  - 3.6.2. Indicate the direction of travel in all high use areas.
  - 3.6.3. Control access to the premises: ie: schedule, number of people admitted, who is admitted.
  - 3.6.4. Make clear arrival/departure procedures (limit time at venue) for all participants.
- 3.7. Venue Spaces and Buildings:
  - 3.7.1. Limit numbers in indoor spaces (timing room, competition office, medical room), increase ventilation and ensure individuals inside wear masks at all times.
  - 3.7.2. Separate athletes and coaches, volunteers and spectators with designated areas.

- 3.7.3. Create a clear plan for how you will manage spectators. If they are not allowed, who will ask them to leave? How will you communicate that spectators are not allowed pre-event?
  - 3.7.4. Space for volunteers to rest in between races (i.e. a heated tent with enough space to physical distance).
  - 3.7.5. Reinforce that athletes and coaches should: Arrive. Train/Compete. Depart.
  - 3.7.6. Establish an area for athletes to keep warm/change clothes, where distancing is possible (consider personal vehicles or warming tents).
- 3.8. Personal Protective Equipment:
- 3.8.1. Require the use of masks for all participants inside at all times and recommend masks for all participants outside at all times, unless the athlete or coach is on course skiing.
  - 3.8.2. Ensure volunteers have adequate protective equipment (masks, disinfectant, gloves), especially those with duties that require close contact or are in vulnerable populations (bibs, transponders, starters) and they are all trained in COVID-19 event protocols.
  - 3.8.3. Have extra masks/gloves available.
- 3.9. Disinfection/Sanitization:
- 3.9.1. Make hand sanitizer dispensers available to all users, especially at entrances/exits to buildings.
  - 3.9.2. Provide access to soap and water or an alcohol-based hand sanitizer (at least 60% alcohol), one time use paper towels and waste baskets in all public washrooms.
  - 3.9.3. Remind participants of the importance of hand hygiene, respiratory etiquette and physical distancing especially in areas conducive to contamination: entrances, rooms, toilets, changing rooms, showers, exterior doors.
  - 3.9.4. Avoid sharing objects ie: timing equipment. If this is not possible, implement strict hygiene and cleaning measures.



### 3.10. Competition:

3.10.1. Establish the schedule of competitions to minimize contact between participants and maximize regular competition activity.

#### 3.10.2. Online/virtual tools:

3.10.2.1. Disseminate information electronically

3.10.2.2. Online registration and payment

3.10.2.3. Online daily health screening

3.10.2.4. Virtual coaches meeting

3.10.2.5. Prize/Medal ceremony

3.10.2.6. Digital documents (Start lists, results).

#### 3.10.3. Bibs:

3.10.3.1. Prepare bibs in advance and be organized to limit waiting time.

3.10.3.2. Limit pick-up to one coach for each team and/or consider bib distribution outside.

3.10.3.3. Consider extending bib pick-up times.

3.10.3.4. Consider paper bibs.

3.10.3.5. Ensure bibs are not reused prior to proper washing and drying protocol.

### 3.11. Stadium:

3.11.1. Separate entrance and exit location(s) to the stadium.

3.11.2. Clearly communicate the direction of travel.

3.11.3. Use a protocol that will deal safely with athletes' belongings in the start/finish.

3.12. Start:

- 3.12.1. Maximize the size of the start pen.
- 3.12.2. Consider limiting time in the start pen (i.e. 10min before start).
- 3.12.3. Set-up start pen to allow for 2 meters of physical distance.
- 3.12.4. Have athletes wear a mask in the start pen, until they go into a start grid where there are clear positions marked at 2 meters apart.
- 3.12.5. Have athletes receive transponders with masks or have athletes take their own transponder (with direction from an official/volunteer).
- 3.12.6. Consider starts that better maintain physical distancing and reduce volunteer time directly with athletes (duel start, wave start, individual start).
- 3.12.7. Ensure garbage cans are clearly marked.

3.13. Finish:

- 3.13.1. Maximize the size of the finish pen.
- 3.13.2. Distribution of one time use masks at the finish or the quick ability for athletes to grab their own mask.
- 3.13.3. Direct traffic away from high volume areas.
- 3.13.4. Athletes can be directed to drop bib and transponders in a specific place.
- 3.13.5. At the end of the competition, bibs and transponders should be handled with gloves. Transponders should be disinfected after each use. The bibs must be washed with laundry soap and the wash, dry cycle or both should be with the high heat setting after each use.
- 3.13.6. Have multiple sets of bibs if available or one use paper bibs.

- 3.13.7. Have all participants bring their own meals/snacks/drinks.
- 3.13.8. Encourage athletes to leave the finish area quickly (avoid coach-athlete discussions in/around the finish area). No coaches or support staff are allowed in this area, unless there is an emergency.
- 3.13.9. Ensure garbage cans are clearly marked.
- 3.14. Wax cabins:
  - 3.14.1. Reduce use when possible.
  - 3.14.2. Limit the number of waxers and wear a mask.
  - 3.14.3. Consider implementing a wax protocol.
  - 3.14.4. Wax skis at accommodation or outside if possible.
  - 3.14.5. Open air wax tents with physical distancing and mask use.
- 3.15. Course:
  - 3.15.1. Skiing remains low risk - can maintain 2 meters physical distance. Can wear buff and glasses as extra precaution (athlete choice).

#### **4. Participant responsibilities**

- 4.1. In order to participate in an Nordiq Alberta sanctioned event, all participants (coaches, athletes, officials, volunteers) must register on Zone4 and verify that they meet Nordiq Alberta's COVID-19 Protocol requirements.
- 4.2. Participants are reminded that all Nordiq Alberta events do not allow harassment of any sort. Harassment may result in sanctions being applied.
- 4.3. Stay home and arrange for testing if you have been around someone with COVID-19 or if you experience symptoms such as a cough, fever, breathing difficulties, loss of taste or smell, severe fatigue.
- 4.4. Limit time at the venue. Arrive. Train/Compete. Depart.
- 4.5. Participants wear masks at all times while indoors and are encouraged to wear masks while outside.



- 4.6. A buff can be used as a non-medical mask, so long as it's worn properly (i.e. masks must cover both the mouth, nose, and have two layers). Bring multiple masks as breathing + cold can freeze them.
- 4.7. Bring your own equipment.
- 4.8. Keep your personal belongings to a minimum (water bottle, food, change of clothing, competition equipment, mask).
- 4.9. A change of clothing, especially race gloves and buffs/masks, could be a good idea for athletes in between the race and cool-down.
- 4.10. Athletes are encouraged to wash gloves & other race clothing in between races to increase sanitary measures and personal hygiene.
- 4.11. Limit time spent in public washrooms and utilize washrooms at your residence. If you do use the public washroom, practice extremely good hygiene.
- 4.12. Wash hands often with soap and water for 20 seconds and/or use hand sanitizer regularly.
- 4.13. Participants must read and follow the COVID-19 protocols listed on the Race Notice and on the Registration page
- 4.14. Participants who test positive for COVID-19 should immediately notify the host organizing committee, including positive COVID-19 results up to 14 days after the event.

## **5. COVID-19 Specific Competition Guidelines**

- 5.1. Persons allowed at the competition venue
  - 5.1.1. Follow the most current AHS guidelines on the maximum number of persons allowed at the competition venue.