



ALBERTA ALPINE

RETURN TO SPORT GUIDELINES

COVID-19 RETURN TO SPORTS PLAN 2020

These guidelines are intended to help Alberta Alpine member clubs create and implement their COVID-19 Safety Plan

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COVID19 RETURN TO SPORTS PLAN

Introduction

All Alberta Alpine member clubs are required to develop a “COVID-19 Return to Sport Plan” that explicitly presents the measures that will be implemented and maintained over the next phase of the pandemic.

Plans must be following orders and guidance from the Alberta Health Service “AHS” and must be made available to the public either by posting on the wall of the organization’s facility or on its website.

Alberta Alpine has created this document to support member clubs in the development of their “COVID-19 Return to Sport Plan”. This document can be used as a step-by-step tool to create your plan, either by following the bullet points and creating your own plan from scratch.

The document was created in accordance with the AHS Guidance for Sport, Physical Activity and Recreation – Stage 2

As this template is a generic one to get you started, we recommend that clubs carefully review this document and adjust where required to suit your club and add additional important items that may pertain directly to your needs.

COVID-19 Reopening Safety Plans are required to be approved by each AASA member club’s Board of Directors.

FIVE PRINCIPLES FOR EVERY SITUATION

Personal Hygiene

- Frequent Handwashing, Cough into your sleeve, Wear non-medical mask, No handshaking

Stay Home if You Are Sick

- Routine daily screening, anyone with any symptoms must stay away from others, Returning traveller's must self-isolate.

Environmental Hygiene

- More frequent cleaning, Enhance surface sanitation in high touch areas, Touchless technology

Safe Social Interaction

- Meet with small numbers of people, maintain distance between you and people, Size of room: bigger is better, Outdoor over indoor.

Physical Modifications

- Spacing within rooms or in transit, Room Design, Plexiglass barriers, Movement of people within spaces.

To reduce the risk of the virus spreading through droplets in the air, you must implement protocols to protect against your identified risks. Different protocols offer different levels of protection. Wherever possible, use the protocol that offers the highest level of protection. Consider controls from additional levels if the first level is not practicable or does not completely control the risk. You will likely need to incorporate controls from various levels to address the risk at your club.

STRATEGY FOR CREATING YOUR CLUBS

COVID-19 RETURN TO SPORT PLAN

1. Accurate Record Keeping
2. Specify the club staff member or volunteer responsible for having a deeper understanding of the risks of COVID-19 and distributing this information as it pertains to club operations to staff and members.
3. Show how the club will share COVID-19 information with all members, including links to appropriate authoritative sources, i.e. Alberta Health Services, Alberta Government Orders, CWSAA www.alberta.ca/covid19 www.skicanada.org/ski-well-be-well/
4. Implement the “Sport Participant COVID-19 Agreement” for all attendees and determine how the club will be collecting and tracking them.
5. Specify within your RTSP that staff and members who are considered “at risk” should not participate in person at this time.
6. Mitigate Risks
7. State how the club will follow provincial guidelines regarding physical distancing, PPE usage and cohort sizes. When activities are being hosted at a venue (ski areas, gyms, etc.), include that their guidelines must also be followed.

8. Examine every space at your club; what non-essential spaces will no longer be accessible to staff, volunteers and participants? What essential spaces will the club allow to be used and what are the policies governing the use of those spaces, e.g. tuning rooms, kitchens and meeting rooms may be closed entirely. while the parking lot, washrooms, weight rooms and change rooms may have controlled access? How will the club maintain cleanliness and sanitization of accessible spaces?
9. Explain what new measures will be taken by the club to enhance sanitization of club-based activities and how they will be implemented. Specify handwashing guidelines and communal equipment sanitization processes.
10. What, if any, local authorities need to be notified prior to the commencement of activities at your club, ie: working with your local ski resort.
11. Rapid Response Plan
12. Specify your Emergency Action Plan (EAP) for a COVID-19 outbreak or a single case. This should include at least the following points: a. The organizer is responsible for making decisions to cancel, postpone or modify the activity. b. The organizer must communicate the situation to all participants. c. The person/s showing symptoms must self-isolate. d. The person/s with symptoms must self-monitor using the COVID-19 self-assessment tool.

www.alberta.ca/lookup/COVID-19-personal-risk-severity-assessment.aspx

13. Verify that your first aid kit includes masks and gloves, and that anyone administering first-aid understands that they MUST be wearing these items when administering first-aid to a participant.
14. Have your “COVID-19 Return to Sport Plan” approved by your Board of Directors.
15. Make sure that the “COVID-19 Return to Sport Plan” is posted online and/or physically available at the club.