



PMRC COVID-19 “Return to Sport” Plan

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Version 3.0

This is a working document and will be regularly updated based on changing recommendations from Public Health or as new issues arise. Please review it regularly to ensure you are up to date.

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Background and Overview

This document was developed by the PMRC Covid-19 Committee to provide additional direction for PMRC members over and above the Poley Mountain Resorts protocol where specific issues related to ski racing and race training need to be addressed. We recognize PMRC is an invited guest at Poley Mountain Resorts, and that directives from Poley Mountain Resorts supersede this document when it comes to daily operation of the mountain and lodge. This document applies to all members of PMRC and their immediate parents or guardians, without exception.

The goal of the PMRC Covid-19 Protocol is to minimize the risk of viral transmission as a result of club activities, including training and racing. Members of the club live in various communities (zones) in southern NB and the nature of alpine ski training and racing at Poley Mountain and other hills will result in interactions between PMRC members and non-members. PMRC is concerned about the health and well-being of our members, the members of other race clubs as well as the general public with who we come in contact with during club activities.

Pillars of this document are consistent with recommendations from federal and provincial public health as well as ACA and SkiNB. These pillars include limiting potential exposures and monitoring for symptoms, staying home when ill, physical distancing, proper handwashing, cleaning protocols and the wearing of non-medical masks. Strong adherence to these pillars will hopefully protect club members and those we encounter.

“Bubbles” are not permitted for sports. This is based on public health evidence (current and emerging) associated with transmission of COVID-19 and the risk mitigation measures to protect community and sport-participant health. Current recommendations for who can be in a Steady 10 “bubble” is found at:

<https://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/Promo/covid-19/steady10.jpg>

All aspects of the plan are subject to the most current public health information found at www.gnb.ca/coronavirus

All members of PMRC, including athletes, coaches and parents, are always considered ambassadors for the club, both at Poley Mountain and when traveling to another hill. Athletes may be refused the opportunity to participate in PMRC activities, including training and racing, if either the athlete or parents are not following the PMRC Covid-19 Return to Sport Protocol. **Failure of even individual member families to respect Public Health recommendations could lead to the club not being allowed to train at all.**

If any member of PMRC has any questions in relation to the “COVID-19 Return to Sport” plan you can engage with any PMRC Board member

Safety Guidelines

Hygiene

Athletes 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.
- Use proper respiratory etiquette such as Sneeze/cough into elbow.
- Wear a non-medical mask when participating in close proximity to others. Masks must have two or more layers of washable, breathable fabric such as cotton and cover both the nose and mouth when worn. **Face shields are insufficient and do not replace, or substitute, face masks and should not be used.**
- Not share water bottles, towels, or other personal items.
- Disinfect equipment immediately following the activity.

Equipment

- U10, U12, U14+ athletes will bring a personal bag for their on-snow belongings (snacks, lunch, water, extra layers, goggles, etc.). Bags will be left outside in a designated area to allow athletes to access them while remaining distanced.
- Snow Star athletes (SS) should have snacks in their pockets
- 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 for bathroom use and refilling water bottles
- Athletes will not be permitted to share gear with other athletes
- Athletes will be asked to arrive ready to ski and to leave extra gear in their car.

Expectations

- Arrive at Poley Mountain 15 minutes before the designated time to ensure you have time to get ready. Head to the meeting space 5 min early. If a member is late, it will be the responsibility of the member/family to locate the coach on the hill to “sign in” prior to commencing training.
- 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. Physical distancing of spectators is also required
- All meetings, (board, parent and athlete, IST, etc.) will take place online when ever possible to comply with all health regulations.
- Carpooling when in the yellow phase is permitted according to GNB recommendations. Carpooling in the orange phase is permitted only within household bubble and members of the household’s Steady 10 – everyone in the car must be on each other’s Steady 10 list.

Snow Stars

- Parents should stay nearby the meeting spot for the group (while physically distancing) until they have been dismissed by the coach
- Athletes must be able to get on/off the chair lift independently and safely. If an athlete is unable to do this, they must be accompanied by a parent/guardian at all times. Coaches will not be responsible for assisting athletes on and off the lift.
- Parents/guardians must provide the coach with a cell phone number where they can be reached at any point during the training time. They may be called to come assist or collect their athlete if:
 - The athlete is hurt or cold
 - The athlete is unable to get on/off the chairlift
 - The athlete is not able to continue with the group for any reason, at the discretion of the coach
- Athletes are expected to stay with their groups at all times, and groups should not mix.
- Parents will be given an approximate meeting time for lunch, and are expected to pick their athletes up promptly for lunch and at the end of the session. Coaches will not be eating with the athletes, and athletes are encouraged to avoid contact outside their family bubble during lunch break. A meeting time and location for the end of lunch will be provided to athletes.

Warming areas

- The Race Hut will be available for **coaches and U14+ athletes only** for warming. There will be a designated area for coaches. While indoors, non-medical masks must be worn at all times. No eating lunches or changing in the race hut – snacks and water are acceptable. Will use main door as entrance. Capacity will be posted on the door. Seating will be designated based on physical distancing of 2m minimum. No changing in the Race Hut. There will be a time limit of 10 minutes for warming to minimize exposure times and allow for turnover.
- The Birds Nest will be used for warming area for U10-12. Capacity and seating plan will be posted on the door. There will be a time limit of 10 minutes for warming to minimize exposure times and allow for turnover. Seating will be designated based on physical distancing of 2m minimum.
- There is a plan for a warming area in the Lodge for Snow Stars that has been coordinated with Poley Mountain Resorts
- Coaches will work with athletes to determine an appropriate schedule for warming based on training conditions for that day.

Meals

- U10+ athletes are asked to pack a backpack for the day which includes water, snacks, lunch, extra masks, hand sanitizer and warm clothes if required. These packs will travel

on the hill with the athlete, as if they were training on a glacier, where returning to the lodge to eat is not an option. Athletes will be encouraged to eat outside during training days. This will maximize on ski time and minimize indoor exposures. On exceptionally cold days, it is expected the lodge will be less busy, and coaches will try to have staggered and shorter lunch times.

- Snow Star athletes will meet their parents for a 30-minute lunch break at approximately 11am. Coaches will not provide athlete supervision during lunch time. It is expected that Snow Star athletes will eat with their family or members of their Steady 20 bubble only if they are eating indoors.

Screening

- Passive screening and active screening are required within an orange zone, while passive screening is required within a yellow zone.
- All athletes and coaches will be expected to complete the Health Check on the Team Snap app/website prior to arriving at the ski hill. Questionnaires are active 8 hours before start time. Coaches will be able to review final status only and athletes with incomplete questionnaires or with an “Not Cleared” status will be not permitted to participate in club related activities for that day
- If Zone 2 is in the orange phase, athletes and coaches from outside of Zone 2 are not permitted to attend training. Zone 2 athletes and coaches are permitted to attend training but **active screening protocols** will be put in place for each athlete and coach.

Individuals who have travelled outside of New Brunswick in the past 14 days who are not exempt from self-isolation **MUST** self-isolate for 14 days from the time of arrival in New Brunswick. More details are available in the GNB Mandatory Order.

If all guidance in this document is being followed, then household members who are not self-isolating may attend their activities. This protocol may change at the determination of Public Health only.

Communication

PMRC will make the “COVID-19 Return to Sport” plan available to stakeholders via the www.poleyracing.ca website. This will ensure that the most up to date information is always available. We will also host a virtual meeting with all members/parents of PMRC to ensure that questions are addressed. Date of this is to be determined. Again, given that the health and safety of all citizens is of paramount priority we encourage all to visit the Province’s dedicated COVID-19 website for the most current information: www.gnb.ca/coronavirus

On-Snow Training

On-snow training will require collaboration with the Poley Mountain Resorts regarding facility-specific “Return to Sport” protocols. Poley Mountain Resorts will govern the numbers of participants allowed during operating hours.

To eliminate the need to enter the lodge as much as possible, it is recommended that 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, lunch, 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.

As required by Poley Mountain Resorts, all members of PMRC are required to wear face coverings (non-medical masks) at all times on the hill, except when eating/drinking or when skiing downhill. Masks should have two or more layers of washable, breathable fabric such as cotton. Neck tubes/gaiters and bandanas are not considered appropriate replacements for masks as the fit and fabrics do not provide adequate protection. **Face shields, when worn alone, are insufficient and do not replace or substitute face masks.**

Lift Access

Yellow Phase - Athletes can pair up with another athlete/coach **in their training group** and will ride the chair with that individual only for the duration of the training session to minimize interpersonal contacts. Whenever possible, an athlete pair should remain intact from training session to training session. In this situation, athletes will sit at opposite ends of the chair and masks are to remain on. Athletes/coaches may load with groups up to four if all individuals in the group are in the same bubble off the hill. Parents are encouraged to follow these same recommendations.

Orange Phase – In Orange, Poley Mtn only allows household bubbles or members of the Steady 10 to share a lift. This will apply to PMRC athletes as well. Families will be asked to provide PMRC with a list of any athletes from other families who are on their Steady 10 list – both families must provide this list before athletes outside of a household bubble will be able to sit together on the lift.

These regulations are subject to change if Poley Mountain changes their rules. Family members of athletes are asked to comply with all posted rules from Poley Mountain regarding lift access.

Competition Season

The competition season is fluid and information from public health changes regularly. Events and formats, as of December 15, 2020 are to meet the approval of the appropriate Regional Officer of Public Health (Department of Health); this is an important change in oversight; previously this was under the Sport and Recreation Branch (Tourism, Culture, Heritage).

Competitions are NOT allowed for regions in orange zone, nor can individuals who reside in an orange zone travel outside that zone for competitions.

Public Health is currently discouraging competitions that require overnight accommodations which is expected to have a significant impact on the competition schedule.

SkiNB has encouraged clubs to plan within-club competitions that are appropriate for the age and experience of athletes. Events that have traditionally hosted athletes from different zones and the Atlantic provinces will be more difficult to plan and to host. It should be understood that many of the traditional AAA races may not occur in the 2021 race season, and those that do occur may do so under different formats than previously used. These decisions will be made jointly by the clubs, SkiNB and their Atlantic partners based on Public Health recommendations at the time.

Travel for races/camps

- SkiNB and the AAA are reviewing the race calendar to minimize overnight stays and inter-provincial travel.
- If your community is in the yellow zone, you should not travel to a community in the orange zone. Only essential travel is recommended in and out of orange zones, and organized sport is not considered essential travel. Individuals who reside in an orange zone but conduct their regular sport activity in a neighboring yellow zone are not permitted to participate in yellow zone activity at this time.
- Carpooling when in the yellow phase is strongly discouraged. Carpooling in the orange phase is not permitted.
- Members/families are asked to plan accordingly to minimize stops en route to avoid potential exposure (ie. Fill up gas, pack snacks, don't stop for Costco run)
- Shared accommodations between families when in the yellow phase is strongly discouraged. Shared accommodations between families in the orange phase is not permitted.
- All athletes are expected to be in a room with an adult. Socializing indoors by athletes/adults is not permitted. If interactions between families are required, it should be with a face covering and physical distancing of 2m minimum (which can be difficult in a hotel room)
- Members/families are encouraged to either bring their own food or order take out and eat in their room, rather than going to a restaurant to minimize contact exposures.
- When visiting other hills for races or training, all members/family are expected to strictly adhere to local Covid protocols without exception, for safety and as ambassadors of PMRC.
- ***SkiNB has discussed removing an athlete from an event if the athlete or family are not following these guidelines.***

Outbreak Action Plan

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

Coaches and club representatives 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.