



PMRC COVID-19 “Return to Sport” Plan

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Version 4.0

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, monitoring for symptoms, staying home when ill, physical distancing, proper handwashing and cleaning protocols, the wearing of non-medical masks and vaccination. Strong adherence to these pillars will hopefully protect club members and those we encounter.

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 Protocol. **Failure of even individual member families to respect Public Health recommendations could lead to the athlete or the club not being allowed to train or race.**

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

Athlete and Spectator Requirements:

Vaccination

- At a meeting of the Board of Directors of Poley Mountain Resorts, the Board unanimously agreed to the following:
 - All employees and volunteers of Poley Mountain Resorts will need to be double vaccinated prior to employment this coming season
 - All customers 12 and above including skiers, snowboarders, snowshoers, season pass holders and anyone using the Poley facilities (cafeteria, restaurant/bar, retail store, rental/repair shop), who are eligible to be vaccinated must show proof of double vaccination
- These same rules apply to all PMRC members and volunteers. It should be noted that with the recent approval of vaccines for the under 12 age groups, while not currently mandatory, these groups may be affected by these rules as the season progresses on recommendations of government and families should plan accordingly. *PMRC will not be financially responsible for U12 athletes who can no longer participate with the club if a change in vaccination rules by Public Health/GNB is made mid-season.*
 - *Effective Dec 27, the whole province will move to Level 2 of the NB Winter Plan. At this time, athletes age 11 and under cannot participate in organized sport, which unfortunately shuts down all Snow Star training and U10-12 training until this restriction is lifted. At this time, there is no designated end point or reassessment date for this restriction. PMRC will be offering refunds up to a certain date – please see communication from the club regarding this issue as this is subject to change. At this time, it is not clear that the club will once again be able to provide credits towards the 2022-2023 season if the training season is shorter than a typical season.*
- Public Health requires that all participants 12 and above show proof of double vaccination to the club prior to the start of training. This information will be kept in a secure environment as it may be required for race participation at other hills or if requested by Public Health.
- *In Level 2, athletes age 11 and under are encouraged to continue to free ski with their family as recreational skiing and travel to Poley are not currently restricted. We remind athletes that even when free skiing, they are ambassadors of the club and should be respectful of all the covid protocols and skiing etiquette rules put in place by Poley Mountain.*

Hygiene

- 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 in any indoor public space. 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.**
 - *Current recommendations from Health Canada recommend the use of medical grade masks rather than homemade cloth masks in all indoor settings, with the more effective N-95 or KN-95 masks being used in high-risk areas.*
- 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
- Athletes will not be permitted to share gear with other athletes

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.
- 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 whenever possible to comply with all health regulations.
- It is recommended that all athletes arrive at the hill with gear already on. Athletes are encouraged to avoid the lodge for changing due to difficulty with social distancing.

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 on a regular basis, they must be accompanied by a parent/guardian at all times.
- 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 on a regular basis
- 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, unless eating or drinking. 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, allow for turnover and maximize training time.
- 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, weather permitting. This will maximize on ski time and minimize indoor exposures. 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.

Screening

- 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

- Everyone in a household anywhere in the province with a positive case of COVID-19, regardless of their vaccination status, must isolate for 14 days.
 - Household members who are fully vaccinated will be able to leave isolation with a day five negative PCR test. A day 10 PCR test must still be taken to confirm the negative result.
- While not mandatory, it is highly encouraged that all PMRC members and families use the rapid point of care testing (POCT) each day prior to coming to training as an extra layer of protection for club members. If the test is positive, do not come to training, isolate and book a PCR test.
 - If you have any symptoms listed on the GNB website, do not come to training, **even with a negative rapid POCT.** In people with covid symptoms, a negative rapid POCT can occur in individuals with covid infection.

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 as much as possible 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 indoors, except when eating/drinking. Masks should have two or more layers of washable, breathable fabric such as cotton. **In the current environment, medical grade masks are recommended by Health Canada.** 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

Level 1 - Athletes may ride the chair with up to a maximum of 4 athletes, but masks must be worn at all times on the chair, except if everyone on the chair is in the same household. Masks must be worn in the lift line.

Level 2 – (This is subject to change if Poley Mountain changes their rules) – Maximum of two athletes on chair together, wearing masks at all times and sitting at opposite end of chairs. The only exception is if 3-4 athletes are in the same Steady 10, in which case they can ride together. If there are athletes in the same Steady 10, please let the club know so that coaches are aware.

All members must follow any directives from Poley Mountain regarding lift access that is different from the PMRC protocol.

Competition Season

At this time, SkiNB and AAA expect changes to the current race calendar. There may be changes to races that affects dates or how a race is run. Also, in an effort to minimize contact exposures, U10-12 races and U14+ races will not be held at the same hill at the same time.

Travel for races/camps

- As an extra precaution, members and accompanying family should consider serial rapid tests for all individuals prior to travel. While this is not mandatory, it does offer another layer of protection. A single rapid test is only 40-60% effective, but serial tests done 2 days apart x 3 is 90% effective in detecting an asymptomatic covid infection.
- Anyone with symptoms that are consistent with those seen in Covid should contact Public Health for PCR testing prior to travel. **DO NOT travel if you have symptoms of Covid and have not had a negative PCR test – rapid POCT are not reliable in the presence of covid symptoms.**
- 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)
- All athletes are expected to be in a room with an adult. Socializing indoors between athletes/parents is discouraged, and only on an as needed basis. Interactions between members of different families should be with a face covering and physical distancing of 2m minimum. It is recommended that hotel room doors and windows remain open during any socialization to promote maximum ventilation.

- 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.