



Alpine Ontario Alpin
COVID Return to Competition Guidelines
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Introduction

COVID-19 has changed the way we do business, go to school, care for our families and how we recreate and play sport. Alpine Ontario Alpin (AOA) is committed to supporting and guiding the ski race community as we embark on a season with uncertainty and limitations.

The AOA COVID Task Force has been tasked with providing guidance and consideration in the way of this document for divisions and clubs to utilize to accommodate their local needs and restrictions. Terms of Reference can be found [here](#).

As with the [AOA's Return to Sport Guiding Principles](#), the information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Alpine Ontario and its Members make no representation and assume no responsibility in respect of their information concerning COVID-19 as the circumstances are constantly changing, and any information on COVID-19 should be obtained from your Public Health Authority.

COVID-19 Response and Recovery Stages

The MHSTC released a [COVID-19 Response Framework](#) on Nov 22 that following a color coded system which we have linked with AOA's Return to Sport phased approach:

 PREVENT (Standard Measures)	 PROTECT (Strengthened Measures)	 RESTRICT (Intermediate Measures)	 CONTROL (Stringent Measures)	 LOCKDOWN (Maximum Measures)
AOA Phase 2-3 based on region health unit restrictions				AOA Phase 1

For the 2020-21 season, all regions of the province of Ontario will at minimum be in green which will include standards measures such as gathering limits, social distancing, indoor vs outdoor restrictions, restricting travel etc. To find out what the status of your region is currently and the applicable restrictions please [click here](#). Please also see the resource section at the end of this document for a list of AOA clubs and their public health units.

DO not travel to a competition venue if you:

- Are exhibiting any symptoms of [COVID-19 Symptoms](#) which range from mild to severe illness and may appear 2-14 days after exposure to the virus, including: difficulty breathing, chest pain, feeling confused, loss of consciousness, fever, chills, cough, sore throat, difficulty swallowing, runny, stuffy nose (not related to seasonal allergies or other known causes or conditions), lost sense of taste or smell, pink eye, headache that's unusual, digestive issues, muscle aches, extreme tiredness, falling down often and for young children: sluggishness or lack of appetite.
- Have been in close, sustained contact with someone with COVID-19 in the last 14 days.
- Have travelled outside of Canada within the last 14 days.

If you start to show symptoms of COVID-19:

If you begin to show [symptoms of COVID-19](#), you should:

- go to a [COVID-19 assessment centre](#) to get tested
- stay home and [self-isolate](#) unless you are going to the assessment centre
- tell people you were in close physical contact with in the 48 hours before your symptoms began to monitor their health and to self-isolate

In the event of a positive test, that may have exposed those at a competition:

- **You must self-isolate immediately** to protect those around you.
- You will get a call from your local Public Health unit within a few days.
- Coach, official, spectator, athlete or parent/guardian (through team captain) to contact the host venue and inform ROC COVID-19 Coordinator of the positive test, if within 1 week after the conclusion of the competition
- AOA and ROC will then take action to notify all those present at the competition of the positive test result - phone each club present and email all participants directly from SnowReg Contact Tracing data
- All those who may have been exposed to the positive case, are recommended to schedule a COVID-19 test and self-isolate immediately until your test results are received
- Return to training and competition post COVID infection should be recommended by a doctor – see more information from the Canadian Olympic

Committee here: [Return to Health and Performance following COVID-19 infection](#)

Planning Considerations

- In planning all Return to Competition, local public health authorities must be a part of the planning process from day 1. If your club has not been in touch with your regional public health unit, please do so right away to establish a good relationship and communication.
- AOA's Return to Competition Guidelines will specifically identify best practices for the field of play and all requirements within the fences – parking lots, clubhouses, washrooms, lift, lift lines, food and beverage, storage, equipment, etc will be referred to however these details will be defined by your host venue and regional health unit.
- These guidelines are a combination of existing ACA, USSA and other sports Return to Competition documents which are updated constantly.
- Local competitions with participants from the same geographical locations or regions are preferred so that the need for overnight stays and/or air travel is minimized or eliminated.
- Intra-club competitions with athletes that already have close contact with each other are encouraged.
- Field size AOA is currently operating at is 100 athletes plus coaches and volunteers – each regional public health unit will need to define for ROC's based on the region's current color/phase.
- Recommendations to calendar single-day and single-gender competitions. Hosting two races per day is also recommended.
- If a competition needs to be cancelled due to public health restrictions, please communicate with all stakeholders ASAP.

Race Day Considerations

- Inspection times should be scheduled at staggered intervals by team/club and must be social distanced at all times
- Start lists should be seeded by team/club and the start order can be reversed for the second run.
- Bibs should be assigned to an athlete for the series or season if possible
- Bibs should be picked up by team captain or posted to a bib board

New AOA Sanctioned Competition Guidelines for the 2020-21 Season

Pre-Competition Protocols

- Host club must assign some redefined ROC positions - COVID-19 Coordinator, Equipment Manager and Start/Finish Area marshals – more details in regard to these positions below in Volunteers
- Race notice must include any and all host venue requirements for visiting athletes and be posted on-line and distributed to all visiting clubs
- All athletes and coaches must complete an on-line COVID-19 Attestation within 24-48 hours prior to the competition - URL will be available on the race notice - failure to comply will result in a DNS
- All team captains will check in with the COVID-19 Coordinator, the day of the competition to confirm who is on property and that all athletes and coaches have completed a daily symptom check - this could be completed by text or email - failure to comply will result in a DNS
- Payment for competition will take place through SnowReg and be open 7 days prior to the competition and up to 5pm the day before the competition
- Team Captains meetings will be virtual and all other meetings should be virtual if possible and if not possible, meetings should take place outside and social distanced
- Face coverings are required by all participants (athletes, coaches, officials, and volunteers) at all times when not socially distanced (less than 2 metres from others), except for training or racing. Competitors may remove their face covering in the start but must put it back on before leaving the finish corral. Non-compliance may result in sanction in accordance with ICR/ACR 223.1.1.

Athletes

- All athletes must complete an on-line COVID-19 Attestation within 24-48 hours prior to the competition they are attending
- Complete a daily symptom check with your team/club the day of the competition
- Participants should have Personal Protective Equipment: face coverings, gloves, hand sanitizer, antibacterial wipes

Volunteers

- People in higher-risk categories, such as older adults and people with underlying health conditions, or those living with or having consistent contact with those populations, should not participate in any capacity or do so in a very limited capacity and with strict controls. Non-essential volunteers should be limited or prohibited. Exceptions may only be made available to key ROC members.

- All volunteers must complete an on-line COVID-19 Attestation within 24-48 hours prior to the competition they are volunteering and on race day, check in with the COVID-19 Coordinator and confirm completion of a daily symptom check
- Volunteers should have Personal Protective Equipment: face coverings, gloves, hand sanitizer, antibacterial wipes

ROC COVID-19 Coordinator is a new position to be added to each ROC to ensure compliance with current public health unit guidelines are adhered to during the competition. Tasks include:

- Assigned to liaise with health officials, monitor and follow up on required participant attestation forms and day of symptom check-in on SnowReg, create a notification system in the event of a positive test, develop backup staffing and volunteer plans.
- Acts as the central contact point for all COVID-19 questions and concerns.
- Work with the ROC and Team Captains to communicate social distancing rules for liftlines, chairlifts, indoor lodge facilities and ensure completion of all athletes, coaches and volunteers COVID-19 Attestation and daily symptom check.
- This individual will work closely with the AOA to develop a COVID-19 mitigation plan to satisfy insurance and sanctioning purposes.
- Information for the COVID-19 Coordinator is made available on the race notice and competition website in the event of a positive test

ROC Equipment Manager will handle the preparation, distribution and sanitization of all shared equipment for the competition (radios, gates, fencing, drills, rakes). Tasks include:

- Specific equipment will be assigned to one person for the duration of the competition/series to limit cross contamination
- Sharing of equipment should be avoided unless sanitization measures are in place to mitigate risk
 - ex) gate judge packages should be set with supplies for the entire duration of the competition and only restocked when necessary
 - Installation, repairs and removal of equipment should be handled in a safe manner utilizing PPE to mitigate risk when possible (i.e., B-net, air fence, gates, etc.)

Start/Finish Area Marshalls (previously Assistant Start Referee and Finish Referee) will ensure the start/finish area remains safe for all participants and follows the start/finish protocols.

Coaches

- People in higher-risk categories, such as older adults and people with underlying health conditions, or those living with or having consistent contact with those populations, should not participate in any capacity or do so in a very limited capacity and with strict controls.
- All coaches must complete an on-line COVID-19 Attestation within 24-48 hours prior to the competition they are attending
- Complete a daily symptom check with your team/club athletes and coaches the day of the competition and team captains will submit confirmation of team daily symptom check completed to ROC COVID-19 Coordinator
- Coaches should have Personal Protective Equipment: face coverings, gloves, hand sanitizer, antibacterial wipes
- Coaches will be expected to contribute to gate judging and course maintenance as there will be fewer than normal volunteers permitted between the fences. Each race notice must stipulate the host venue's needs and assignments.

Spectators

- Non-essential visitors and spectators should be limited or prohibited. If permitted, limit to 50% capacity, which is determined by all spectators being able to maintain 2 meter distancing
- If permitted by the host venue, spectators must complete COVID-19 Attestation with the host venue - these details will be shared on the race notice
- Spectators should have Personal Protective Equipment: face coverings, gloves, hand sanitizer, antibacterial wipes

Arrival

Each ROC to specify on the race notice arrival procedures for each club, where to park, expectations in regard to bag storage, team check in location, bib and lift ticket pick up, parent/spectator restrictions and access (or no access) to clubhouse to dress (or come fully dressed ready to warm up).

Inspection

Inspection should be scheduled at intervals by team or seed at the discretion of the ROC. 2 meters of social distancing to be observed during inspection.

Start/Finish

Start area

- The start area marshal should be placed at the entrance to manage numbers
- Proper signage should be visible when needed

- Yelling and cheering should be eliminated
- Considerations for start area spacing (volunteers, coaches, athletes, tuning, warming tents, etc.)
- 15 athletes allowed in the corral for start area
 - Must clear the area before the next wave of athletes are allowed in
 - 1 coach permitted per team in the start area and absolutely no spectators allowed within fenced areas
- Start Referee and Jury must set up according to distancing guidelines (no indoor start hurts this year – all outdoor and open air)
- Finish Huts will only have limited people in the hut and will be physically distanced for their safety and protection (All equipment will be cleaned and sanitized after each use)

Finish area

- The finish area marshal should be placed in the finish to control numbers in the area
- Lingering in finishing areas should be prohibited; athletes should exit the finish corral upon completion of inspection/competition
- Physical scoreboards are permitted but gatherings around the scoreboard are limited to the number of people who can maintain two meters distance
- Race results should be used online when possible.
- Proper signage should be visible when needed
- Bibs should only be returned on the final day of competition during a multi-day series

Tear Down

- ROC should allocate tear down based on cohort groups to minimize interactions
- Clearly identified drop off zones for equipment should be identified
 - Clear entrance/exit

Awards

- In-person awards ceremonies are permitted. Athlete must be 2 metres apart or masked on the podium, athletes will pick up medals from the podium/ROC and spectators are limited to the number of people who can maintain two metres distancing

Further Resources

[AOA COVID Update Webpage](#)

[AOA Member Club listed with Public Health Units](#)

[Return to Health and Performance following COVID-19 Infection](#)