



COVID-19 Return to Competition Guidelines

PREAMBLE

CCSAM is committed to developing guidelines for clubs and members to return to sport safely during the current COVID-19 pandemic and public health crisis. CCSAM's [Safe Return to Sport Protocol](#) is a general guiding document with 4 companion guidelines: Return to Training, Return to Skill Development, Return to Competition and Return to Skiing for Facilities.

Returning to competition in our new environment will be conducted in accordance with Manitoba Public Health guidelines. It is imperative that all involved in returning to competition understand their personal responsibility and accountability to ensure we do so safely. Team staff and volunteer leads must ensure their teams and volunteers are briefed on the following protocols.

At all times [Manitoba Public Health](#) guidelines MUST be followed by athletes, coaches, volunteers, officials and spectators.

It is strongly advisable that all clubs/race organizers develop an event plan tailored to your facility and capacity. This should include an assessment of the capacity and experience of the club/event officials and volunteers to manage an event.

1) Competition cohorts

- a) Each competition cohort (Masters/Senior/U20, U18/U16 for example) runs as one competition/event. Consider alternative competition cohorts as per typical registration numbers to maximize participation in each cohort while adhering to Provincial gathering limits.
- b) Cohort must be maintained throughout the race weekend. Clubs should consider planning travel to maintain competition cohorts.
- c) Time the competition cohorts to allow for clearing of the facility, clean and welcome the next competition cohort to arrive.
- d) Cohorts must be run separately during the day - first cohort is cleared out before the second arrives.

2) **Race Formats** - please note race formats will be reviewed throughout the season. All clubs are encouraged to evaluate their ability to manage the complexities of various traditional and non-traditional formats. Adding wave or limited mass starts may be considered based on a club's capacity.



- a) Individual start
 - i) 30 second or 1 minute intervals with consideration of the ability and experience of your starter and the start team. 15 second interval starts can be considered but not recommended due to potential congestion on course and at the start area.
 - ii) Dual starts are possible with start boxes being set 2m apart.
 - iii) Manual starts are an option to limit officials having to reset the start wand.
 - iv) Consider the use of a late start lane to allow for appropriate distancing to accommodate a late starter. Using a late start lane will require the starter and assistant starter to have a clear procedure for its use established and must be coordinated with the timing crew to ensure actual start time is captured and recorded.
 - b) Sprint qualifier only – no heats.
- 3) **Courses**
- a) Use longer courses where possible minimizing the number of laps to avoid course loading.
 - b) Set double classic tracks to facilitate physical distancing for passing as much as possible.
 - c) Free technique courses should be wide enough to facilitate passing safely.
 - d) Refer to images on last page of this document.
- 4) **Registration**
- a) Online only with no same day registration.
 - b) Include health self assessment questions which all registrants should do prior to attending the event.
 - c) Explore options for producing credentials for site access with site arrival and departure times. [Zone4 instructions for Membership Cards or Registration passes](#)
 - d) Colour code cohort credentials for timed site access including all day passes for officials, volunteers and coaches/wax technicians.
 - e) All team (coaches, waxers) staff needs to be registered.
- 5) **Bib Considerations**
- a) Assign a single bib per weekend and athletes use the same bib both days.
 - b) If the club has two sets of bibs available, assign bibs as per race format and CPL and distribute bibs in one distribution.
 - c) Use paper bibs. [bib supplier](#)



- d) Start lists are produced early and bibs are distributed by team prior to competition day.
- e) Soiled bibs are deposited in collection bin (i.e. laundry basket lined with a large plastic bag) by athlete.
- f) Ensure persons handling used bibs are doing so with full PPE (including gown, mask, face shields and gloves) and follow public health guidelines.

6) **Timing Chips Distribution & Collection Options**

- a) Consider not using chips to mitigate risk repeated touch points.
- b) Alternatively, the use of chips in a safe manner (single use), i.e. using chips which have been untouched for a period of time.
- c) Consider athletes' self serve chip distribution and have a volunteer *observe* correct chip assignment.
- d) Alternative to self serve is a station in the start area where volunteer(s) affix the chip on the athletes' leg *and remove* in the finish area.
- e) Sanitize chips between users.
- f) Ensure anyone handling chips is wearing a mask and gloves.

7) **Start Area**

- a) Ensure placement of ski racks are appropriately spaced for athletes to access safely.
- b) Ensure spacing of start lanes, wands (if using) and late start lane are appropriate spaced.

8) **Finish area**

- a) Extend the finish area zone to ensure athletes have a large area to ski through, rest a moment, remove chips and bibs (no collapsing in the finish zone).
- b) Bibs are handled by athlete only and placed in a collection bag for washing and sanitizing.
- c) Chips are handled by athlete OR volunteer(s) only. This must be decided at start (see #6).
- d) Skis are to be removed by athletes only.
- e) Require athletes to move through the finish area with little delay.
- f) Self serve face wipes (paper towels) made available.
- g) Make tissues and containers to dispose of used tissues with lids available in the finish area and facility.
- h) No food or drink recovery - athletes must supply their own recovery drink and access it outside of the finish area.



- i) Consider installing a sanitization station near the finish line.

9) Race office

- a) Re-consider race office activities in an outdoor framework:
 - i) Bib distribution done from a table outdoors.
 - ii) All start lists posted outside and not posted indoors.
- b) Maintain an attendance record of volunteers in race office including name, phone number and time in/time out.
- c) Sanitize common touch areas (photocopier, radios, clipboards, stapler, pens, pencils etc. frequently).
- d) Remove all common touch items such as pens, pencils etc. off publicly accessible tables.
- e) Communicate with coaches/teams electronically rather than having visiting race office in person.

10) Timing & Scoring

- a) Indoor:
 - i) Space timing computers to enable 2m of physical distance if possible. If not possible, consider installing partitions between indoor timers. Non-medical face masks must be worn indoors.
 - ii) Limit access to the timing room to only essential personnel and maintain timing cohort throughout the day and the race weekend when possible.
 - iii) Consider purchasing face shields and PPE for volunteers who may be vulnerable and/or in higher risk event roles.
- b) Outdoor:
 - i) Assign one person per plunger/summit/stopwatch. Disinfect between users if necessary.
 - ii) All volunteers maintain 2m of physical distance. If not possible at all times, volunteers must wear non-medical masks.
 - iii) Consider purchasing eye protection (traditional face shields will fog up outdoors, safety goggles are more practical/functional) and PPE for volunteers who may be vulnerable and/or in higher risk event roles.

11) Team Captains/Coaches Meetings

- a) All meetings should be conducted virtually.
- b) Post minutes of meeting online.



12) Awards

- a) Medals – distribute medals in plastic bags (as they come from distributor) or mail to winners' post-race (can be done per club).
- b) Presentations:
 - i) No medal presentations to eliminate areas of congregation.
 - ii) Virtual podiums/presentations for recognition of athletes if desired.

13) Emergency & Medical

- a) Emergency Action Plan:
 - i) Create a Risk Management Position to liaise with event organization and public health authority.
 - ii) Ensure Emergency Action Plan is updated and communicated to relevant parties.
 - iii) Include a plan of action in the event of a suspected COVID case which would include an isolation room and instructions to medical volunteers.
 - iv) Involve Ski Patrol or Medical team in the plan.

14) Facilities

- a) Chalet - follow facility guidelines (link to facilities guidelines to follow).
- b) Waxing facilities
 - i) Plan traffic flow through wax cabins with an 'In' and 'Out' door.
 - ii) Only wax techs/coaches allowed in wax trailers.
 - iii) All people entering wax cabins/trailers must be wearing appropriate face coverings at all times.
 - iv) Teams must agree to maintain a team attendance record which includes name, date, approximate time in and out for use of indoor waxing facilities.
 - v) As an alternative to indoor space, provide outdoor space and power for teams to set up wax benches etc.
- c) Individual Team tents (if appropriate to event size) - allow space for individual team tents in the parking/facility plan.

15) Communication

- a) Develop a communication plan for coaches, athletes and volunteers which should include:



- i) Anyone participating in the event (athlete, volunteer, official, coach, spectator etc.) should proactively and regularly check their health status and monitor for any symptoms.
- ii) Coaches/athletes/volunteers are aware of their personal responsibility and accountability in understanding their specific instructions (finish areas/recovery/bib & chip distribution, site access, Team Captains meetings, Awards etc.).
- iii) Consider assigning a communication chief to oversee communications for:
 - (1) Athletes
 - (2) Coaches
 - (3) Officials
 - (4) Volunteers
- b) Use multiple media outlets to ensure important messages are received - email, WhatsApp, social media, website.

16) Volunteer Management

- a) Registration - Develop a reasonable method of collecting volunteers attending each day to facilitate contact tracing. This could be done through a Zone4 registration or a list each day.
- b) Ensure volunteer attendance is maintained for contact tracing.
- c) Consider full PPE for those volunteers who are at higher risk or in higher risk positions (eye protection, gown, gloves, face shields and masks).
- d) Encourage and prioritize volunteers who are able to commit to the full day, or full race weekend.
- e) Stagger volunteer arrival based on their roles at the event. Encourage them to remain in their vehicles until they are scheduled to report to their station.

17) Coaches/Team Captains

- a) Follow all safety protocols in place.
- b) Communicate to athletes and ensure they understand all safety protocols in place for the event.
- c) Communicate the need for personal commitment to returning to competition safely.
- d) Develop a pre and post race plan for the team to coordinate arrivals, departures, bib pick up, ski pick up/drop off etc.

18) Athletes

- a) Ensure you understand and follow all safety protocols in place.



- b) Make a personal commitment to returning to competition safely.
- c) Wear masks/face coverings outdoors following public health guidelines wherever you are unable to maintain 2m of physical distance.

19) Spectators

- a) Liaise with your local public health authority to determine:
 - i) the relationship between gathering limits and the number of spectators allowed on site during the event.
 - ii) the need for taking attendance in order to facilitate contact tracing.
- b) Consider placing a limit on the number of spectators per registrant.
- c) Spectators must adhere to all local public health guidelines.

Resources:

- [WHO Guidelines for Large Event Gatherings](#)
- [National Return to High Performance Sport Framework](#)
 - Includes links to:
 - Return to Competition Assessment Tool
 - Risk Assessment for Sport
 - Club Risk Assessment and Mitigation Checklist Tool

Important note from Manitoba Public Health

People engage in a number of different types of recreational activities on a regular basis. Public health officials recognize the importance of physical activity in one's everyday life and want to encourage all Manitobans to find the safest ways to remain physically active during this pandemic. However, the risk of spreading COVID19 in those who participate in recreational activities is a valid concern.

Different sports have different levels of risk. For example, playing table tennis with someone where physical distancing can be maintained for the entire game likely represents a lower risk activity. Alternatively, a hockey game with ongoing interactions throughout the game would represent a higher risk activity. Regardless of time, a single interaction of less than two metres/six feet (such as a body check) could potentially lead to the transmission of COVID-19.



Please be advised the definition of a close contact that is used in public health includes:

- 1. close contact (within two metres/six feet) with a confirmed or probable case someone for 15 minutes or more; or*
- 2. has had direct contact with infectious body fluids of a probable or confirmed case regardless of contact time.*

It is important to note that if a person who tested positive for COVID-19 was involved in a recreational activity during their communicable period, public health investigations would include everyone involved in that event. This includes before, during and after the event, and would involve players, coaches, spectators, officials and anyone else who may be at risk.

Following the risk assessment, public health may determine there was zero risk and there would be no need for anyone to self-isolate (quarantine). Or, the risk assessment could determine that all those involved would be at risk and would have to self-isolate (quarantine) for 14 days.

Example

A game is played where physical distancing was practiced before and after the game. However players awaiting their turn to actively participate (sitting on the bench) did not physically distance during the game. A player subsequently becomes COVID-19 positive and it was determined that during the communicable period they participated in the game. Public health may deem all those on the COVID-19 positive player's team, including coaches and affiliated staff, to be close contacts and therefore everyone may have to quarantine.

It's important to note that the use of a mask would not affect the public health investigations. Public health recommends (and sometimes requires) using a mask to help lower the risk of transmission. But because the science is still evolving, it is not yet known if a mask has more benefit for others or the person wearing the mask. In addition, there is no way to know if someone used their mask properly. This means public health can not be certain that wearing a mask has provided sufficient protection to lower the risk assessment. This doesn't take away from the advice to wear masks to lower everyone's risk.

As the risk of COVID-19 can never be zero we must weigh the benefits and risks in participating in recreational activities. Public health officials have made recommendations to mitigate the spread of COVID-19 for those involved in sport. For more information, visit: https://www.gov.mb.ca/asset_library/en/coronavirus/activities-guidelines.pdf



These guidelines have been developed to lower the risk of COVID-19 as much as possible, given the risks that will continue to exist in group physical activities. Following the guidelines is essential to lower everyone's risk of being infected. However, even if all guidelines are followed, there may still be times when public health will consider an exposure to be high enough risk that participants will be required to self-isolate (quarantine).



