

Return to Sport Plan

'Your Club Name'

Date published

While maintaining compliance with Ontario's Chief Medical Officer of Health and the province of Ontario's Regional Public Health Units (PHUs), our club is following the guidelines set out by our Provincial Sport Organization, Alpine Ontario Alpin, in order to restart operations and return to sport during the COVID-19 pandemic.

Guiding principles from Ontario Provincial Health Authorities.

How to Stay Safe

Ontario's fight against COVID-19 is not over. Everyone must do their part to keep each other, our families and our communities safe. Ontario's successful recovery depends on you. You can help by:

	Staying at home and away from others if you are feeling ill		Washing your hands frequently with soap and water
	Maintaining physical distancing of at least two metres from people outside your immediate household in public		Using an alcohol-based sanitizer if soap and water are not available
	Practising good hygiene (avoiding touching your face and covering your cough or sneeze)		Wearing a face covering in public where physical distancing is a challenge or not possible
	Limiting outings and public gatherings as per emergency orders		Increasing cleaning of frequently touched surfaces
	Minimizing travel and self-isolating for 14 days after all international travel		Working remotely or redesigning spaces and interactions to make them safer
	Getting tested if you are worried you have or have been in contact with someone who has COVID-19		Protecting the most vulnerable

Alpine Ontario Alpin requires all members to read and understand this plan and sign a copy of the attached “SPORT PARTICIPANT COVID-19 AGREEMENT” prior to involvement in any club event.

Our club has appointed **‘Contact Name’** as our primary point of contact regarding this document and our COVID-19 Return to Sport process. Any questions or communications around these matters, including reports of cases of COVID-19 among participants, should be directed to **‘Contact Name’** to ensure our policies are being fully adhered to.

This plan has been approved by our Board of Directors on **‘enter date’**.

1. Process to Open Safely

- 1.1 To ensure a safe opening we will **not allow participation** by the following individuals or groups:
 - a. People who are currently infected with COVID-19.
 - b. Anyone who is under quarantine or who has symptoms of respiratory infection such as fever, sore throat, runny nose, cough, or general disorders
 - c. People who are immunocompromised or believed to be at-risk for COVID-19.
 - d. Non-members of a sanctioned AOA Member Club.
 - e. Members who do not submit a properly signed “Sport Participant COVID-19 Agreement”.
 - f. Members who do not follow the instructions or guidelines provided in this Return to Sport Plan and/or the Sport Participant COVID-19 Agreement.
 - g. Any member or coach who has not completed mandatory home club Covid 19 training
- 1.2 Every club activity will have a designated responsible organizer who will maintain a complete list of participants which will be made available to our club’s COVID-19 RTS primary contact person.
- 1.3 Club facilities have been thoroughly cleaned and new cleaning regimes have been put in place to maintain a high level of sanitization. There may be new signage at the club further explaining these procedures, as well as changes to maximum occupancy, and we ask that all members read and abide by the new rules.
- 1.4 There must be good hygiene practices in connection with the activity, e.g. access to hand sanitizer, routine hand washing and thorough cleaning of sports equipment before and after the activity.
- 1.5 We ask that any person/s participating monitor potential symptoms and use the COVID-19 self-assessment tool found at <https://covid-19.ontario.ca/self-assessment/>
- 1.6 When an activity is being held at a facility (e.g. ski hill operator), our members must also agree to follow the venue’s guidelines.

2. Measures to keep people safe to avoid spread of COVID-19

- 2.1 All types of training activities must be carried out in a way that ensures the Province of Ontario's recommendations on distance between people and group gathering are complied with, i.e. keeping a 2-meter (6 feet) distance between participants at all times.
- 2.2 No sports activity or training shall be carried out if at least 2 meters of distance between individuals cannot be properly maintained.
- 2.3 Participants are recommended to only use their own equipment. Any shared equipment needs to be properly sanitized immediately after each use.
- 2.4 Physical contact is not permitted.
- 2.5 In activities for children and adolescents, an adult who can ensure the activity is carried out in accordance with the requirements and recommendations of public health authorities and special sporting COVID-19 rules must be present.
- 2.6 No common change rooms or showers should be used. Participants are encouraged to arrive ready to participate.
- 2.7 If toilets are to be used, there will be good routines in place for frequent cleaning.
- 2.8 Participants are encouraged to avoid the use of public transport to and from sports activities.
- 2.9 Everyone attending an activity will have easy access to hand washing with soap and water or hand sanitizer.

3. Our Plan in the event that a case or outbreak should occur

- 3.1 If someone shows symptoms of COVID-19 they must immediately let the organizer know and isolate themselves.
- 3.2 We will make decisions to cancel, postpone or modify any activity if one or more cases of potential infection are reported.
- 3.3 We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved
- 3.4 Any person/s showing symptoms must self-isolate as per Ontario Provincial guidelines.

Sport Participant COVID-19 Agreement

Application - all athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at club activities (“Participants”)

All members of the club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response Plan and Return to Sport Protocol:

- I agree to daily symptom screening checks and will let club coaches know if I have experienced any symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms and/or provide documentation that supports a negative COVID-19 test paired with no symptoms for 24 hours.
- I agree to sanitize my hands upon entering and exiting any training facility, with soap or sanitizer.
- I agree to sanitize the equipment I use during my training with approved cleaning products provided by the club (shared and personal equipment).
- I agree to follow social distancing protocols by staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all the club COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in the temporary suspension of my club membership.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Participant Signature:

Date: _____ Signature: _____

Parent / Guardian Signature (If participant is a minor):



**ALPINE
ONTARIO
ALPIN**

Provincial Governing Body for Alpine,
Para-Alpine & Ski Cross Racing

Date: _____

Signature: _____