

# COVID-19 Protocol for 2021 Canadian Ski Nationals



CHAMPIONNATS CANADIENS DE SKI

CANADIAN SKI CHAMPIONSHIPS

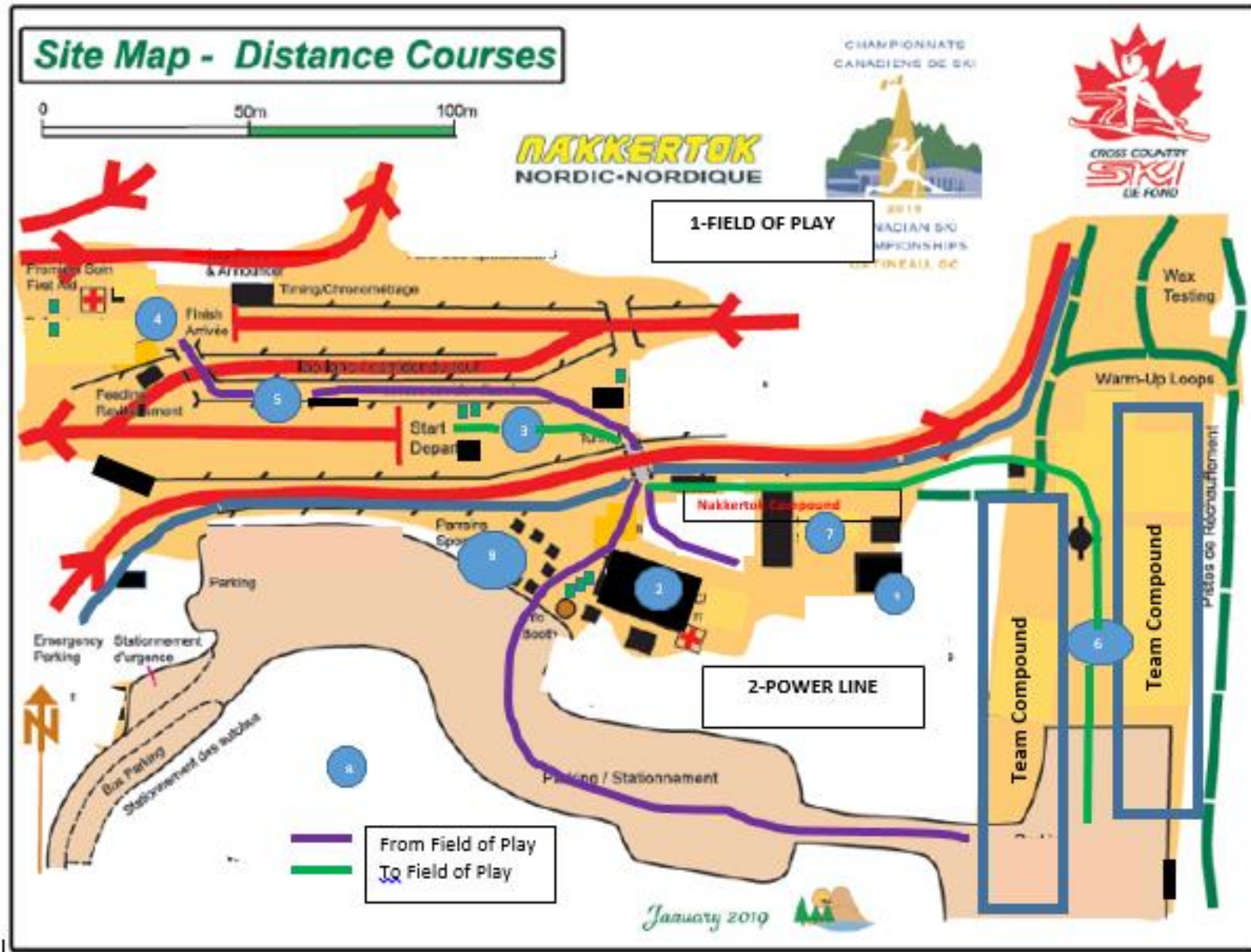
Gatineau, QC



# The plan

- ▶ Was Chief of Event for the Canadian Ski Championships
- ▶ Was working on the protocol and the procedures with the Medical Committee
- ▶ The Medical Committee was composed of two doctors and one pharmacist
- ▶ One doctor liaised with Public Health authorities in Outaouais and the other one with Ottawa authorities. The pharmacist was responsible to order protection equipment and sanitizer
- ▶ Schedule based on having two groups: Challenge categories racing in the morning and Open in the afternoon or the reverse and have the site emptied before the other group comes to race
- ▶ The plan was for a maximum of 250 persons including coaches and officials per plateau (yellow zone!). So, we would be able to welcome all the skiers from the group, volunteers and coaches
- ▶ We planned two plateaux. One was called Field of Play basically stadium, course and timing. The other one was called Power Line, named on the famous hydro line that crosses the site from south to north; basically team compound, warm up trails, race office, event office and parking. Two plateaux separated with solid fences with control access
- ▶ NO SPECTATORS! Good to encourage volunteering! If you want to see races, be a volunteer

# The site



# Team Compound

Parking 1 vehicle Club 2	Athletes' tent Club 2	Ski Depot club 2	Waxing tent club 2	Waxing club 1	Ski Depot Club 1	Athletes' tent Club 1	Parking 1 vehicle Club 1
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QUEBEC		ONTARIO	
CIRCULATION			
BC/YUKON/NWT	ALBERTA/PRAIRIES	MARITIMES	

# Principles

- ▶ **Self-screening every day before coming to the site and following instructions**
  - ▶ <https://ca.thrive.health/covid19/en>
- ▶ **Self-isolating if symptoms appears while on site**
  - ▶ Specific room in any case
  - ▶ Doctors on site to answer question and refer to health authorities
- ▶ **Washing hands frequently**
  - ▶ Multiple stations on site
  - ▶ After touching a common surface or equipment
  - ▶ Keep personal belongings in a sealed bag
  - ▶ Minimize contacts
  - ▶ No food and liquid provided after the race, bring your own food and liquid
- ▶ **Cleaning equipment and surfaces**
  - ▶ Before and after a single use
  - ▶ Limit circulation inside event premisses to volunteers only
  - ▶ Only one user during the day
- ▶ **Keeping 2m distancing**
  - ▶ Follow the directions, when possible one-way
  - ▶ Marshalls to help to avoid congregation

# Principles (2)

- ▶ **Wearing a mask and/or face shield**
  - ▶ Everywhere and anytime but not while racing
  - ▶ Face shield and maybe protective goggles in case of close and sustained contacts
- ▶ **Respecting bubbles**
  - ▶ Teams are requested to arrange groups that will travel, transport, stay, eat, wax, test, train and warm up together all the time
  - ▶ Always racing with the same group all competitions; Challenge and Open categories separated
  - ▶ Creating bubbles with volunteers too, based on sector and location where the tasks are performed
  - ▶ Organization of bubbles per team first and per regions of the country (Maritimes, Quebec, Ontario, Prairies and Alberta ,and BC and North);
  - ▶ Toilets assigned based on bubbles
- ▶ **Respecting block of time assigned for training and racing**
  - ▶ Volunteers and coaches should come only to perform tasks
  - ▶ Athletes should come to the site to test skis, warm up, race, warm down and then leave
  - ▶ Credentials to control access

# Race Management

## ▶ Timing

- ▶ Station partitioned
- ▶ Only one user during the day. No sharing
- ▶ Clean the devices before and after use
- ▶ Chips can be used. Cleaned every day in a solution of bleach and water. Self pick up and put by athletes

## ▶ Stadium

- ▶ Clothes left on fences respecting the 2m distancing (fences marked to help)
- ▶ Only assigned officials and athletes racing allowed
- ▶ Long stretch before the start line to maintain 2m-distancing
- ▶ Reduce the time to organize the grid for a mass start and giving the start. Should be done in less than 10 minutes
- ▶ Long stretch after finish to keep athletes flowing and 2m-distancing. No collapsing requested!
- ▶ Athletes stop only to remove bib and chip then exit the area.
- ▶ Feed station with self-service only



# Race Management (2)

## ► Course

- No mask when racing
- Corridors in corners and downhills to help distancing
- Easy to keep 2m-distancing on course (Thanks Nordiq Canada!):





# Race Management (3)

- ▶ Course control
  - ▶ No mask necessary while positioned at the station but not cheering without a mask
  - ▶ 2m-distancing required when working with others
  - ▶ Forerunners on course, no mask required
- ▶ Race Secretariat
  - ▶ No notice boards, all information distributed electronically
  - ▶ Registration; NC consent form valid to cover COVID-19 risks; must be signed also when volunteers register
  - ▶ Lycra bibs can be used. Have a clean set for the next day. There are specialized laundromats with COVID-19. So you need multiple sets if you have to contract for cleaning bibs. Paper bibs more risky; help form others necessary to instal them (in the back) is one of the risk encountered
  - ▶ Bibs distributed as usual before the race but outside. Volunteers are inside and open tent but team representatives stand outside
  - ▶ Virtual TCM. Might become the norm in normal conditions!
  - ▶ Athletes self pick up the award and position on the podium for photo and video posted on social networks. Money awards by etransfer.

# Material

- ▶ Face shields for race office, bib and chips distribution, jury, timing (inside), feed station, starter, finish area, venue cleaning
- ▶ 3,000 masks; 2 per volunteer working 8 hours or so
- ▶ Gloves for bibs and chips distribution, finish area, feeding station, venue cleaning
- ▶ Gowns at finish area
- ▶ Eye-protector glasses
- ▶ Over 100 hand sanitizer stations
- ▶ Sanitization solution and towels in each building
- ▶ Specific signs for circulation, where to stand, to remind to wash hands, keep 2-m distancing, wear mask and other restrictions, limit access, etc.
- ▶ Toilets allocated to different bubbles
- ▶ More pop-up tents to be used as lounges for athletes and volunteers, allocated to specific teams and specific groups of volunteers

# Resources

- ▶ Centre de la santé et des services sociaux de l'Outaouais
- ▶ Health Ottawa
- ▶ Health Canada
- ▶ Ministère de la Santé du Québec
- ▶ Nordiq Canada
- ▶ Canadian Snowsports Association
- ▶ Ski de fond Québec
- ▶ International Ski Federation
- ▶ Cross-Country Ski Ontario
- ▶ Canadian Ski Patrol - Gatineau Chapter