



SKI JUMPING
CANADA
SAUT À SKI

Ski Jumping Canada

RETURN TO SPORT PROTOCOL - COVID-19

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Introduction

The COVID-19 outbreak continues to evolve and transmit in Canada and around the world. Ski Jumping Canada (SJC) recognizes the importance of maintaining the health and safety of our athletes, coaches, volunteers and contractors. This document has been created to support the development of return-to-sport and outline the required the integration of additional measures, and continual assessment to avoid transmitting the virus in the training and competitive environments within Canada and abroad.

This document can serve as a guide to setting up a return-to-sport plan utilizing the R-SAT risk assessment and mitigation checklist tool. Using these tools, sport organizations can assess the risk in their return to sport plans and protocols in specific sport participation environments. With restrictions beginning to ease it's still important that everyone plays their part in keeping our sport, clubs, coaches and volunteers safe at all times.

The Return-to-Sport Protocol- COVID-19 has been created to help Ski Jumping Canada and its member PTSAs and Clubs return to training as safely as possible. As the COVID-19 situation continues to evolve throughout the country, this Return to Sport document will continue to be a living document that will be adapted and updated as required. In some cases, PTSA may have its own COVID-19 Return to Sport Policy. In this case, the SJC Return to Sport – COVID-19 Protocol will supersede any club policy/protocol. If you have any questions about this policy or COVID19 in general, please contact the SJC team medical lead – Dr. Alain Tremblay (atrembla@ucalgary.ca).

Checklist - Successful Return to Sport

Review & Follow

- Federal/provincial government laws, policies, rules, and guidelines
- Provincial health authority laws, policies, rules, and guidelines
- Local health authority laws, policies, rules, and guidelines
- USA Nordic COVID related policies if joint training with US team to take place

Plan

- Assign someone to monitor local public health authority updates
- Clarify team staff responsibilities specific to training and RTS procedures & protocols
- Participants arrive at the training facility organized and ready to meet guidelines
- Hygiene requirements
- Physical distancing must be maintained according to public health guidelines indoors & outdoors
- Requirements for participants, coaches, staff attending training sessions
- Departure from training venue organized to meet guidelines
- Procedure in place if a participant becomes ill or injured

Meet with Parents/Guardians/Participants Immediate Family Members (club level)

- Overview of what to expect and prepare in advance of training – review safety procedures
- Completion of required Remote Training Waivers/Daily Health Attestation
- Safety put in place to create a safe sport environment for all

Training

- Practice physical distancing
- Practice responsible hygiene
- Follow public health authority guidelines
- Follow member and facility guidelines (indoor/outdoor/ski jump areas)

Training Camps

In addition to following Training Session protocols, Training Camps occurring during the Pandemic will require additional planning by the coaching staff to ensure the maximum reduction of risk. These plans will include details about pre-camp procedures, testing protocol, quarantine requirements, and additional steps to mitigate risk like bubbles of athletes and coaches, and will be reviewed by the HP Director and SJC Board.

Return to Sport

For Return to Sport (RTS), all involved must strictly adhere to the policies and procedures outlined by the provincial and municipal governments and public health authorities that have been established to ensure a safe environment. Key principles include:

1. Individual Health Monitoring
2. Physical Distancing
3. Hygiene
4. Planning and Communication
5. Equipment Cleaning

Individual Health Monitoring

Daily individual health monitoring processes and tracking need to be in place. SJC requires the completion of a daily health check before engaging or participating in any sanctioned, organized SJC training activity or event. Coaches and athletes can complete daily health monitoring attestation by [clicking here](https://forms.gle/6NirgrLWKrDbBNkh7) (https://forms.gle/6NirgrLWKrDbBNkh7).

Paper daily health monitoring attestation documents must be available if participants are unable to complete the online daily health monitoring attestation form. (Appendix A). All stakeholders, athletes, coaches, integrated support team (IST), and staff who interact in person in training or treatment organized and led by SJC, are required to complete a DAILY health screening and attestation document before beginning any activities. Failure to complete or falsification of answers to the attestation document may render any insurance coverage null and void. It is vitally important to remember that all federal, provincial, and territorial governments and health authorities' rules, policies, and guidelines must be followed at all times. These rules, policies, and guidelines are constantly evolving, and it is your responsibility to ensure you are aware of the most up to date details in the province or territory you are in. If physical distancing measures cannot be maintained, a non-medical mask must be worn.

If a team member responds with a positive answer during the declaration process, they are to contact local public health or primary care services for evaluation and testing. The team member should not return to training until the current guidelines for quarantine have been met.

Physical Distancing

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. RTS must adhere to physical distancing in accordance with the requirements of public health authorities and facility operators. Best practices include:

- Avoid being exposed to COVID-19 by physical distancing (minimum 2 meters). Keep a safe distance at all times. This includes adhering to local ski jump facility guidelines when training or competing.
- Avoid crowded places.

- Avoid greetings with handshakes, hugging, high fives, etc.
- Athletes and staff must respect physical distancing during all aspects of training
- Athletes, coaches, and staff may consider the use of protective masks. Masks should be considered when physical distancing isn't always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using a mask is not enough alone and should be combined with other preventative measures such as frequent hand washing and consistent physical distancing. The mask may become contaminated and hand hygiene should be performed prior to putting on and removing a mask.
- Athletes, coaches and staff may consider the use of eye protection such as glasses or goggles. Eye protection should be considered when physical distancing isn't always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using eye protection is only effective if you do not touch your face or eyes while wearing it. The eyewear may become contaminated and proper hand hygiene should be performed prior to putting on and removing eyewear.

Indoor Facilities

Provide facility access with one entry point and a separate exit point. If both entry and exit points are located at the same place, put in place measures that provide physical distancing of at least two (2) meters.

Coaches and staff must maintain an appropriate distance from each other and facility staff members throughout the entire duration of time spent in the facility. Athletes should arrive in their workout gear, prepared to train, in order to limit the use of shared common spaces such as change rooms and locker rooms.

Athletes should only participate in one training group and should not move between multiple training groups.

Do not arrive any earlier than necessary to participate in the training session.

Physical therapy treatments (which include hands-on services provided by massage therapists physiotherapists, chiropractors, athletic therapists, and strength and conditioning practitioners) are higher risk and such support services are required to follow current municipal, provincial and governmental guidelines.

Other virtual and non-contact means of providing feedback and therapy advice should be considered as alternatives to physical treatment when hands-on services are prohibited due to local health regulations or policies.

Hygiene

In addition to physical distancing, handwashing and cough etiquette adds another layer of protection against the spread of COVID-19. Return to sport plans must implement and monitor appropriate individual personal hygiene practices among staff, coaches, and all participants at home, away from training, and during training. Personal hygiene best practices include:

- Frequent handwashing
- Coughing and sneezing into your sleeve or into a tissue
- Wearing a non-medical mask
- No handshaking, hugging, high-fiving, or other physical contact

Planning and Communication

A comprehensive return to training plan that includes regular communication and education with key stakeholders including athletes, coaches, and others, is key for all returning to sport. All participants must review and sign the SJC COVID-19 Remote Training Waiver before participating in any remote training activity. All COVID-19 informational material including but not limited to procedures, handouts, and behavioural posters must be posted in a clearly visible/accessible manner. Educate and inform coaches, staff, volunteers, and administrators of the various ways liability can be incurred and train them to never admit liability.

In order to facilitate contact tracing in the event of a suspected or confirmed COVID-19 infection in a team member, a log of each group session including location, team member attendance, commuting partners, and time of arrival/departure for each will be maintained for each training group.

Equipment Cleaning

Surfaces touched with hands may be contaminated, however, Coronaviruses can be killed with an appropriate disinfectant product ([click here for a list](#)) when used in accordance with the label directions. Disinfection of all surfaces touched is mandatory, including doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops, electronics, and athletic equipment.

Clean all equipment thoroughly with a disinfectant pre- and post-training session. Remember COVID-19 can last between two (2) hours and nine (9) days on surfaces depending on a number of factors. Simple cleaning and disinfecting measures are likely to inactivate the virus.

Athletes must follow all facility guidelines and may not be allowed to leave equipment or bags at the training facility. Best practice is to thoroughly clean all personal equipment and bags after each training session. Limit the amount of equipment brought to each training session - the coach is required to communicate individual training equipment needs before each training session. Training equipment must be cleaned and disinfected between users. There must be no sharing of equipment without proper disinfection.

Athletes, coaches, and staff are all required to fill their water bottles at home before arriving at the facility. Any nutritional items should also be prepared at home.

Coaches are not permitted to share hand-held equipment with colleagues or others.

Coaches are required to clean this equipment with disinfecting wipes pre- and post-training sessions.

General Information about COVID-19

COVID-19 is an infectious disease caused by the most recently discovered coronavirus. Coronaviruses are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold. COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact. Common Symptoms: Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease. Symptoms have included:

- Cough
- Fever
- Difficulty breathing
- Fatigue
- Loss of smell and taste
- Nausea & vomiting
- Conjunctivitis (Pink-eye)
- Pneumonia in both lungs
- In severe cases, the infection can lead to death

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- Have not yet developed symptoms (pre-symptomatic)
- Never develop symptoms (asymptomatic)

While most cases result in mild symptoms, some may progress to more severe disease requiring hospitalization. The time from exposure to onset of symptoms is typically around five (5) days but may range from two (2) to fourteen (14) days, one of the factors making this such a hard disease to monitor and control.

Transmission: COVID-19 is highly transmissible from person-to-person and readily spreads to close contacts of infected individuals. The virus is primarily spread between people during close contact, most often via small droplets produced by coughing, sneezing, and talking. The droplets usually fall to the ground or onto surfaces rather than traveling through air over long distances.

People catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose, or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19. The virus can persist in the air for up to three (3) hours and on a variety of surfaces for up to nine (9) days (plastics and steel showing some of the longest times). A person is most contagious during the first three (3) days after the onset of symptoms, although the spread is possible before symptoms appear (presymptomatic) and can even be spread from people who may not show symptoms (asymptomatic).

The health of all team members is a top priority. A high level of solidarity and personal responsibility are required. If a team member has symptoms, they must report this to the responsible coach and/or medical team immediately! The team member is isolated, and then the rest of the group is isolated until further instructions are provided from the head coach, medical team, and/or local public health authorities.

Prevention: While experts know that these kinds of transmissions are happening among those in close contact or close physical settings, it is not known to what extent. This means it is extremely important to follow the proven preventative measures. Applying simple strategies throughout your day can help to reduce the risk of contracting or spreading the virus. Preventative measures include:

- Stay at home when you are sick
- Wash your hands with soap for at least 20 seconds
- Use hand sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose & mouth with unwashed hands
- Avoid contact with people who are sick
- Clean & disinfect frequently touched objects and surfaces
- Cover your cough or sneeze with a tissue, or into your sleeve
- Avoid crowded places and all unnecessary travel

Masks: In areas where COVID-19 activity is present, the use of non-medical masks or face coverings is recommended in addition to handwashing and cough etiquette as an added layer of protection when physical distancing is difficult to maintain.

Three main types of masks:

1. **N95:** These are tight-fitting masks typically used by health workers and are designed to seal around the nose and mouth and screen out 95 percent of small airborne particles. They are likely to prevent transmission of the aerosolized virus — those suspended as a mist in the air.
2. **Surgical or medical masks:** These are looser fitting, more flexible disposable masks that are considered effective barriers against large droplets released by talking, coughing, or sneezing.
3. **Non-medical cloth masks:** These masks are reusable, washable masks for distribution. These masks are typically porous, and their effectiveness is still a subject of research. They can be used when distancing is difficult to maintain.

When using a mask, the World Health Organization (WHO) recommends:

Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer. Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask. Avoid touching the mask while using it and clean your hands if you do. Replace the mask with a new one as soon as it is damp and don't reuse single-use masks. Remove the mask from behind, discard it immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.

Caution: If a closed bin is unavailable, masks can be placed into a sealed Ziploc bag for proper disposal at a later time. Do not place used masks loosely into packs or pockets as they can cause contamination of all surfaces it contacts.

Board members, coaches, and athletes as well as parents of minor athletes are encouraged to review and keep up to dates with COVID-19 related information on the following sites:

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

<https://covidquestions.ca/>

Vulnerable Populations

While any person can develop severe illness from COVID-19, certain populations are at heightened risk. This includes older individuals (greater than age 65) as well as those with co-existing medical conditions including but not limited to diabetes, cardiac disease, severe asthma and other chronic lung conditions, immunosuppressed state and autoimmune diseases. Individuals who meet such criteria or are in frequent and close contact with others who meet such criteria need to make an informed decision regarding their attendance in training and competitive activities and this additional risk. They should discuss this risk with their health care provider(s).

Potential accommodations for vulnerable athletes and support staff include:

- Delaying a return to sport
- Training scheduled at designated 'lower risk' times (i.e. with no other groups or athletes around)
- Staff/volunteers working off-site where possible
- Maintaining physical distancing (keeping at least 2 meters away from others). Those with concomitant medical conditions need individualized screening and management in consultation with an NSO 'Chief Medical Officer' or primary care physician prior to return to training or competition environments.

Medical Response plan

A designate will be assigned to lead medical activities under this plan. The designate should be a qualified health care professional or alternatively be in close contact with a qualified health care professional. The current medical lead is Dr. Alain Tremblay who can be reached by email at atrembla@ucalgary.ca or phone 403-607-3866.

The medical lead will be advised if any team member fails the daily pre-training checklist, develops COVID-19 like symptoms, is tested for COVID-19 or becomes aware of a close contact with another individual with confirmed or highly suspected COVID-19.

As SJC does not operate specific training facilities, no specific isolation rooms or treatment rooms are described in the event that a team member becomes ill during a training or competition session. Should this occur in a specific training facility (e.g. CSI), the facilities' protocols should be followed. In general, the individual in question should be placed in isolation until able to leave the training session. Personal protection equipment (as a minimum: medical surgical mask, eye protection and gloves) should be used to offer first aid or other care. If concerns exist as to more severe illness (for example shortness of breath, severe dizziness, confusion, or loss of consciousness) EMS (e.g. 911) should be called. Those with mild symptoms will be sent home and referred to 811 (in Alberta) or their primary care provider for further assessment.

COVID-19 testing for individual team members can be requested through 811 or online at <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx> while in Alberta. Local testing contacts will be included in any travel plan prior to approval.

If concerns exist regarding COVID-19 illness or exposure of more than one team member, the medical lead will contact public health authorities to assist in epidemiological tracing and testing, and act as the main contact point between health authorities and the organization. As the National Team members are primarily based in Calgary, specific contacts are Dr. Jia Hu jia.hu@ahs.ca 403-955-6801 or Dr. Nicholas Etches nicholas.etches@ahs.ca 403-955-3369. Local public health contacts will be included in any travel plan prior to approval.

In the event of a highly suspected or confirmed COVID-19 case in a team member, the medical lead may immediately cancel all team training or competition events, and will communicate this to the head coach as SJC Chair and co-chair. Simultaneously a COVID-19 strategic operations team will be implemented and will include the medical lead and SJC officers. A first meeting will be held within 24 hours of activation. Should the event relate to the senior Men's Ski Jumping team, the strategic operations team will coordinate the response with the USA Nordic administration team given the common shared training and competition sessions.

In the event of one or more highly suspected or confirmed case of COVID-19 in team members, the medical lead will advise the NSO – Ski Jumping Canada chair of the situation. If this case occurred during joint training or competition with USA Nordic, this organization will also be advised. If in Alberta, public disclosure will follow current Alberta Health Services reporting of outbreak when 5 or greater cases are found in a single group or location and communication to the public will be through AHS channels. The medical lead and / or strategic operations team members will be available for any media inquiries. The strategic operations team may designate a specific individual to field media requests for information. Confidentiality of individual team members will be maintained at all times although given the very small number of members, full confidentiality can likely not be maintained once AHS discloses such an outbreak.

Contacts:

SJC Medical Lead Ski Jumping Canada: Dr. Alain Tremblay atrembla@ucalgary.ca

USANS Sport Director USA Nordic Sports, Jed Hinkly (435) 640-6950. jed@usanordic.org

Public Disclosure at International Training and Events

Under the FIS guidelines and event protocols All participants are required to fully comply with the respective Policy communicated by the Event Organiser.

REPORTING POLICY IN CASE OF A PARTICIPANT'S ILLNESS The FIS recommended reporting line is as follows. It may require adaptation according to national regulations and available medical coverage:

1. Participant experiences Covid-19 symptoms, or feels otherwise ill with related symptoms
2. Participant (personally or through team captain/medical personnel) to contact local medical care asap (e.g. Covid-19 hotline, as communicated by LOC) & Inform LOC Covid-19 Coordinator (without name to protect identity in line with medical protocols)
3. Follow the instructions given by the local health authority (e.g. hotline) & Isolate the participant asap
4. If requested, the LOC COVID-19 Coordinator to assist with isolation (under strict protection of identity of the participant)
5. Inform LOC COVID-19 Coordinator of the test result (if test done)

Reporting Policy in Case of a Participant's Illness at International Events

If the test result returns **positive** for COVID-19, then:



Further steps to consider in the event of a positive COVID-19 case:

- The FIS together with respective National Ski Association / Participant to issue a communication to the teams (without identity)

- Media communication only at discretion and issued by the respective NSA or participant group

FIS is at our disposal for support and assistance wherever possible. For questions in relation to these Guidelines, please contact the FIS Medical Committee C-19 Support Group at c19support@fisski.com.

Additional details regarding FIS COVID-19 Prevention Guidelines can be found at:

https://assets.fis-ski.com/image/upload/v1592389756/fis-prod/assets/FIS_Guidelines_for_Event_Organisers_finale.pdf

Returning to Training following a positive COVID-19 test

The decision on when it is appropriate to return to training following a positive COVID-19 test will require medical advice and clearance by the attending physician and in accordance with municipal, provincial and governmental guidelines. If a team member has symptoms or COVID-19 or answered YES to any of the daily health monitoring questions, they are not permitted to enter, participate or undertake operations in the workplace OR participate in any SJC sanctioned events (including, but not limited to SJC led dryland training, SJC permitted travel, on-hill or off-hill activities scheduled by ACA) until a negative COVID-19 test is approved by SJC. If symptoms occur during or after training, the symptoms should be reported immediately to SJCIST, the head coach, and the local public health authorities. Recommendations will vary based on a number of factors and may include further testing in some cases. In general the following process will be followed:

Following suspected or confirmed COVID-19 illness, team members will not return to group activities until 10 days after symptom clearance as well as medical clearance.

Following a close contact with an individual with suspected or confirmed COVID-19 illness, team members will not return to group activities for 14 days after the contact occurred. Note that obtaining a negative COVID-19 test does not remove the 14-day abstinence requirement.

Permission to return to group activities will be confirmed with the medical lead in advance of return.

Self-Isolation Recommendations

If you find yourself ill with symptoms suggestive of COVID-19 or are instructed to self-isolate (quarantine): •

- Remain at home except to get urgent medical care
- Do not go to work, school, training or other public areas
- Cancel all non-urgent appointments
- Do not use public transportation
- If you intend to leave your home to seek urgent medical care, notify your doctor or local health care provider by phone in advance, as testing and safety protocols may be required
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening
- Wear a face mask when around others, particularly when physical distancing cannot be maintained
- Separate from household members, at least 2 meters at all times
- Do not have visitors
- Stay in a well-ventilated room (open windows) and use your own bathroom if possible
- Sanitize common use surfaces frequently

- If close contacts are vulnerable in terms of their health, consider alternative accommodations
- Avoid sharing household items
- Maintain excellent hand hygiene
- Follow any other local health regulations For more information on self-isolation at home [visit Health Canada website](#).

Training Camps

For all SJC operated training sessions athletes and coaches will adhere to pre-participation guidelines unless approval has been obtained. All athletes and staff will adhere to daily Monitoring and Social distancing guidelines. All participants will also comply with any local, regional and national guidelines as well as those required of the venue where training will take place.

Other athletes looking to relocate to train with a resident group (e.g. PTSO or club team) must follow all provincial and municipal regulations related to travel along with any municipal, provincial and governmental guidelines that may be in place.

International Travel

Related to the Certified General Liability insurance policy, while some countries are relaxing COVID-19-related restrictions for Canadian visitors, international travel continues to present significant risks. Members, clubs who wish to travel internationally must carefully research and evaluate risks and have a clear written plan in place before travel. If you are planning international travel please contact SJC to review your plan.

All travel advisories must be reviewed prior to departure and all athletes must adhere and obey all local guidelines. Visit the [Official Global Travel Advisories webpage](#) provided by the Government of Canada for updates on international travel advisories and restrictions. Please note, the content on this page is provided for information only. While the government makes every effort to provide correct information, it is provided on an “as is” basis without any warranty of any kind, express or implied. The Government of Canada does not assume responsibility and will not be liable for any damages in connection with the information provided. If traveling to an international training destination, a full return to sport plan must include and reference the current local guidelines.

It is crucial that the risk assessment is conducted with the responsible local public health authorities and that the necessary personnel with expertise in risk assessment, epidemiology, and infectious disease control measures are included from the initial stages of planning. The national and local public health authorities in the country to be visited will know how to conduct a health risk assessment. There are also [WHO Regional Offices](#) who can be contacted for additional support if needed. It is further advised that the risk assessment is also carried out with input from further relevant partners and experts in specific areas relating to the event, including the NSO, legal counsel, Canadian Snowsports Association, and medical providers as deemed necessary.

Ground Transportation: Traveling in private individual vehicles is preferred over traveling in team vehicles. If traveling in groups, maintain consistent groups throughout the camp.

If there are multiple people in the same vehicle, each person must have their own seat. If there is bench style seating designed for three (3) or more people, only two (2) will be seated with an empty person space in between the occupants, resulting in a maximum of two (2) people per bench seat. Masks will be worn if required within the local public health authority guidelines.

If public transportation must be used, travel with a protective mask on, and comply with the governmental COVID-19 regulations.

Daily disinfection of any highly touched surfaces in and on the car is required.

Gas Stations: While traveling staff and athletes will use gloves when touching gas pumps, and then use hand sanitizer upon completion.

Washrooms: Athletes and staff will use extreme caution when utilizing public restrooms. Take supplies to disinfect all touch surfaces prior to use and washing hands thoroughly upon completion. Interior door handles should be cleaned prior to handwashing for a “clean exit” if a single room or keep wipe in hand to use on the handle on exit.

Convenience Stops: Athletes and staff should refrain from stopping for food, drinks, etc. while traveling. Pack food and drink ahead of travel.

Rental Cars: Disinfect rental cars thoroughly upon receipt, prior to entering the vehicle for the first time and loading with gear.

Air Transportation: Follow municipal, provincial, and governmental air travel guidelines including wearing a mask as instructed. It's best to book seats that are on planes/routes with lower occupancy rates (less than 50% capacity) and window seats away from foot traffic. Utilize the overhead fan/blower to create turbulent airflow in front of the face.

Travel Preparation: Bring food and an empty water bottle in your carry-on luggage, so you do not need to purchase food or use cabin service on board. Fill a water bottle at a touchless water station. Optional: Bring a change of clothes and a large Ziploc bag to place travel clothes into post-flight in your carry-on luggage.

- **Disinfection Strategy:** Wipe down all surfaces in your seating area with antibacterial wipes and dispose into a sealed Ziploc bag. Use hand sanitizer after completing the wipe down of the area.
- **Landing:** Upon landing, change clothes, and put plane clothes into a large Ziploc/plastic bag. Wash immediately when at final accommodation. Wash your hands for a minimum of 20 seconds (vigorous scrubbing with soap).

Follow local health authority guidelines upon arrival to destination

Accommodation: Always follow and abide by the COVID-19 guidelines for the local hotel industry and protect your social bubble. Do not admit entry to the accommodation to anyone who is not staying at the accommodation. Seek single or double rooms only. All participants must have their own bed and rooms must have their own designated private toilet, shower or bath and sink.

- Before the larger group enters the accommodation the rooms, common areas, equipment, and highly touched surfaces will be thoroughly sanitized frequently.
- Disinfection strategies include sanitizing daily and re-cleaning all rooms and surfaces more frequently based on use and in accordance with municipal, provincial, and governmental guidelines.
- PPE: Placement of additional hand sanitizer, antibacterial wipes, and cleaning supplies in each room/unit.
 - Laundry facilities & washing: All clothing items should only be worn once and then washed. You can wash your clothes as a group. Whoever touches the laundry needs to wash their hands thoroughly before and after

Meals: Meals will be prepared according to municipal, provincial, and governmental COVID-19 guidelines for hotels. Buffet style eating is prohibited, individual orders only, and no family-style meals. Always eat in the same place, and if possible, in the hotel or another pre-determined restaurant. The training group should be separated from other restaurant patrons and seated at a safe physical distance. Snacks and drinks must not be shared between athletes. Wash hands before and after eating and wipe down surface areas ahead of sitting down.

COVID-19 Return to High-Performance Sport Management

Return to Sport will be governed by public health policy and directives. It is worth noting that different Provinces/Territories may permit the resumption of some sporting activities at different times, dependent on local COVID-19 transmission, resources, and other variables influencing local policy. Even within a Province/Territory, there could be geographical variability. Relaxing/increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Resumption of sporting activity may not be linear and should be guided by local, provincial health authorities. An initial resumption of sporting activity is dependent on several factors:

- A sustained decrease in COVID-19 transmission
- Healthcare system capacity
- Community sport clubs/groups and individuals making their own risk assessment guided by their local and provincial health authorities

In considering a resumption of sporting activity, vicarious liability should be addressed by an NSO, PSO, or competitive community club. Vicarious liability is defined as the holding of a person or entity responsible for damages or harm caused by someone else. In the context of mitigating the risk COVID-19 transmissions, a national sport organization or competitive community club may hold liability for the information and mitigation strategies engaged as part of a superior position in a relationship with its employee, athlete, or volunteer.

Staging a Return to High Performance

A key feature of a sport-specific return to sport plan is a staged approach to the resumption of sport. The staging is determined by municipal, and provincial/territorial health guidelines and directives. Staging can be managed or developed using one or more of the following parameters: •

- The type and level of organized training that can take place
- Availability and access to a training facility
- Number of athletes or social clustering in the training environment
- The extent of physical distancing required to adhere to public health authority directives

To reduce the risk of the virus spreading through droplets in the air, you must implement protocols to protect against your identified risks. Different protocols offer different levels of protection. Wherever possible, use the protocol that offers the highest level of protection. Consider controls from additional levels if the first level is not practicable or does not completely control the risk. You will likely need to incorporate controls from various levels to address your risk.

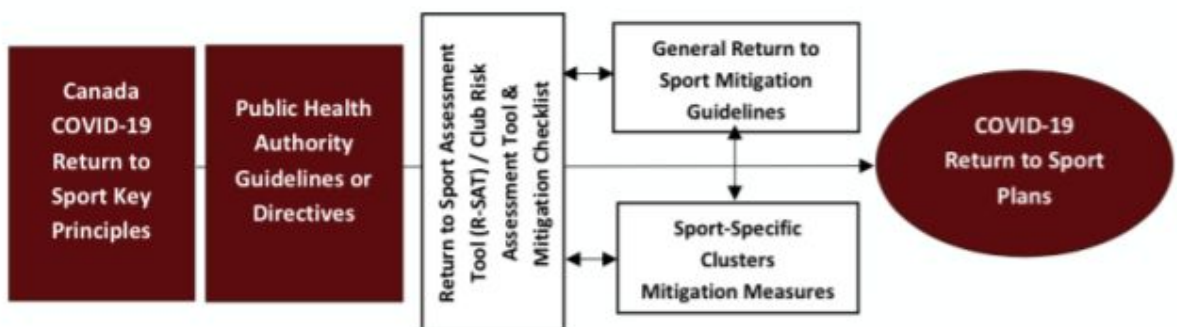
All teams are encouraged to develop plans with a staged approach in mind and adhering to public health authority guidelines or directives. Each stage of return to sport should be checked or validated against a risk assessment using the R-SAT and corresponding risk mitigation strategies.

Utilizing the COVID-19 Return to High-Performance Sport Framework

The COVID-19 National Framework for Return to High-Performance Sport (Figure 1) involves four key components:

- 1. Key Principles:** Outlines Canada’s approach to return to high-performance sport in a progressive, methodical process that respects public health authority guidelines.
- 2. COVID-19 Risk Assessment Tool for Sport (R-SAT) Appendix A:** A functional tool to assess the level of transmission risk in a training environment and the impact of potential mitigation strategies.
- 3. General Return to Sport Guidelines:** Provide general guidelines ratified from WHO Guidelines for Mass Gatherings and support the development of sport-specific risk mitigation strategies.
- 4. Sport-Specific Return to Sport Guidelines:** Guidelines based on sport context and risk environment and focusing on distancing strategies, training group size and composition, and facility and equipment access and adaptation.

Figure 1 – COVID-19 Return to High Performance Sport Framework



The three levels (Levels A, B, C) of sporting activities are based on the risk of transmission in the context of a training or competition environment.

Table 1 - Risk Assessment Levels

Initial Risk Rating (R-SAT)	Negligible	Very Low	Low	Moderate	High	Very High
Level of Mitigation Strategies	<p>Level A Initial Risk Assessment- Under Level A the disease is contained, but there is still a low risk of community transmission.</p> <p>The objective of these guidelines is to minimize the risk of transmission of the virus, and to be able to rapidly track and isolate any cases that may arise.</p>			<p>Level B Initial Risk Assessment- Under Level B the disease is contained, but there is still a moderate risk of community transmission specifically in vulnerable populations.</p> <p>The objective of these guidelines is to minimise the risk of transmission of the virus, and to be able to rapidly track and isolate any cases that may arise.</p>		<p>Level C Initial Risk Assessment- Under Level C the disease is not contained, and there is a high risk of community transmission.</p> <p>Non-essential activities should be restricted, and people should stay at home and only go out for essential services.</p>

This risk assessment is based on the first six (6) questions in the initial R-SAT risk assessment. For each level, permitted activities based on physical distancing, training group composition and skill tasks, and equipment management are provided as recommendations to sport clusters for specific mitigation measures before the resumption of sport.

The framework provides a 'road-map' to develop resources and mitigation measures to inform sport specific plans. It is not meant to replace effective planning but rather provide as much direction and context for effective decision-making.

Phase 1 - Risk Assessment

1. Become aware of local health authority guidelines and level of transmission for the region of the training environment.
2. Determine initial environment risk level using R-SAT first 6 questions to determine risk level as negligible, very low, low, medium, high, or very high.
3. Consult the risk level (Level A, B, C) mitigation strategies required as you start planning a return to sport.

Phase 2 - Mitigation Strategies

1. Answer the questions for the section of the R-SAT Mitigation Strategies.
2. For each section, use the General Guidelines for Return to Sport and Sport-Specific Guidelines for Sport to develop your strategies.
3. Based on your strategies, and responses to the questions, calculate your overall risk in the training or competition environment using the R-SAT calculator.
4. If you have scored a high or very high score, improve your mitigation strategies, and re-take the R-SAT questions to lower your overall risk score.

Government of Canada Coronavirus disease (COVID-19): Outbreak update
[July 15, 2020 COVID-19 Update from SMAC](#)
[Version français](#)

FIS Update: Status of FIS events in light of the Novel Coronavirus

Following the FIS SJ Committee meeting July 30, 2020 / COVID review/ only 2 FIS Summer Grand Prix 2020 will remain running in CZE (Ladies, 15.08) and POL (Men 22-23.08). Events in KAZ, RUS, AUT and GER were cancelled.

Remaining Summer FIS cup COC 2020 events are planned in 2020:

ROU FIS Cup (W and M 29-30.08), FIS COC (M 5-6.09)

POL FIS COC (M 12-13.09)

GER FIS COC (M 26-27.09) The OC decided to Cancel SGP that attracts a lot of public in substitute to COC - smaller scale event.

KOR and AUT FIS Cup and COC events have been cancelled.

COVID-19 Resource Links

- [Canada-COVID-19 Return to HP Sport Framework EN – May 2020](#)
- [COVID-19 Risk Assessment for Sport – Appendix A •](#)
- [FASKEN Memorandum – Return to Sport All Provinces EN June 2020](#) *Document contains hyperlinks to provincial public health sites - check websites for most up to date guidelines •
- [FASKEN Daily Attestation Sample Waiver for all participants](#)
- SJC Daily Attestation Paper Document Appendix A
- CSA Guidelines for Remote Training – March 27, 2020
- CSA SAIP 2020-21 Review
- CSA Mandatory Out of Country Training Sanction Request •
- [Health Canada Preventing the Transmission and Spread of COVID-19 •](#)
- [Provincial and Territories Self-Isolation Guidelines – June 10, 2020 *](#)

Document current as of June 10, 2020 – check local provincial and territorial guidelines for most up to date guidelines •

- [FIS COVID-19 Resource Hub](#)

Federal and Provincial Contact and Information Details:

Federal (1-833-784-4397)		
Alberta (811)	https://www.alberta.ca/coronavirus-info-for-albertans.aspx%20	https://www.alberta.ca/assets/documents/covid-19-fact-sheet-french.pdf%20
British Columbia (811)	http://www.bccdc.ca/health-info/diseases-conditions/covid-19%20	



Ski Jumping Canada the “Organization”

Daily Attestation

DAILY COVID-19 ATTESTATION AND AGREEMENT

By signing below, the Participant (named below) or the Participant’s Guardian attests that the Participant:

1. Does not knowingly have COVID-19;
2. Is not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or malaise;
3. Has not travelled internationally during the past 14 days;
4. Has not frequented a COVID-19 high-risk area in the Province during the last 14 days;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.
7. Is not in a “high risk group” as defined “This includes older individuals (greater than age 65) as well as those with co-existing medical conditions including but not limited to diabetes, cardiac disease, severe asthma and other chronic lung conditions, immunosuppressed state and autoimmune diseases.

Furthermore, by signing below, the Participant or the Participant’s Guardian agrees that while attending or participating in the Organization's events or attending at the Organization’s facilities, the Participant:

1. Will follow the laws, recommended guidelines, and protocols issued by the Government of the Province in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant’s ability while participating in the Organization's events or attending at the Organization’s facilities;
2. Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
3. Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately:
 - a. inform a representative of the Organization; and
 - b. depart from the event or facility.

FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19

By signing below, the Participant (named below) or the Participant or the Participant’s Guardian attests that the Participant has been diagnosed with COVID-19, but been cleared as non contagious by provincial or local public health authorities and has provided to the Organization, in conjunction

with this COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.

Print Name: _____ **Date of Birth:** _____
the **“Participant”** (mm/dd/yyyy)

Print Name: _____
The **“Guardian”** (if Participant is a minor)

Signature: _____ **Date:** _____
Participant or Guardian for minor (mm/dd/yyyy)