

May 2, 2020

Black Jack Ski Club-Skier Development Program COVID-19 Safety Measures

Due to the Covid-19 outbreak, the skier development program will need to implement safety measures to minimize the potential to spread Covid-19 amongst our athletes and coaches, as well as throughout our community.

The following instructions are meant as a minimum guideline. Black Jack coaches and the Black Jack Board of Directors have the authority to update these measures, as they see fit. We will be adhering to guidelines and recommendations from BC's Provincial Health Officer and the Government of Canada. **All athletes will be expected to follow any written or verbal instructions given to them by their coaches, even if these instructions are not listed below.**

Guidelines

Roller Skiing- All skiing will be done individually even if multiple skiers are present at the venue. If you need to pass someone, use the "track rule". Both parties are responsible to keep a safe distance from one another. This could mean adjusting technique or speed to maintain the 2m distance while passing.

Note: Canada's Sport Medicine Advisory Committee(SMAC) recommends that individual athletes training one behind the other should maintain a distance of at least 10m between them. This is due to droplets remaining suspended in the air and another athlete running/roller skiing into the droplets before the droplets have a chance to fall to the ground. Having both athletes breathing heavily during training increases the chance of this type of transmission occurring. If individuals are side by side, when passing for example, a 2m physical distance must still be maintained.

Running-Athletes may run with another person as long as physical distancing is maintained. (**2m between individuals when side by side, 10m between individuals when in a line**). Again, adjusting speed or stepping off the trail temporarily may be necessary.

Ski Striding- Same instructions as running and coaches will have clearly defined up/down directions for interval sessions.

Road Biking- Done individually. SMAC recommends a physical distance of at least 20m due to the higher speeds involved.

Mountain Biking- Done individually. Again, maintain a 20m physical distance from the rider in front of you.

Gym Workouts- Looking at using a soccer field with everyone at least 2m apart. Online or individual Pilates sessions will also be investigated.

Interval sessions/Time Trials- Staggered start times.

Food, Drink and Equipment- Do NOT share any food, water or gear. Drink belts and clothing should be kept apart and clearly labeled so they can be easily identified by their owner. Any articles left on the ground at the end of practice will NOT be picked up by coaches, parents or other athletes.

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Symptoms of Covid-19

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat and painful swallowing
- Stuffy or runny nose
- Loss of sense of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

***** If you experience any of the above symptoms, you should self-isolate and not participate in any training until a) swab tests for Covid-19 come back negative or b) symptoms have resolved. NO EXCEPTIONS!!**

The team van will not be used until there is an announcement from the BC Government that current physical distancing restrictions are being relaxed. The van will only be used when the Black Jack Board of Directors give their approval for athlete group transportation to resume. Please make arrangements with your immediate family members to travel back and forth for training. DO NOT car pool with athletes outside your immediate family.

Please keep in mind that this is new territory for everyone and suggestions on how to improve training sessions during this time are always welcome. If you have concerns, also feel free to contact your coach to have these addressed.

I agree to follow the above guidelines while training with the BJ Skier Development Program.

Name _____ Signature _____ Date _____

If under 19:

Parent/Guardian Signature _____