



COVID-19 SUMMARY DOCUMENT

PURPOSE

The Summit Ski Club, COVID-19 Return to sport plan (RTP), outlines the Club's response to help mitigate the risk of transmission within the club by its athletes, coaches and parents.

SCOPE - This procedure applies to all Summit sanctioned events.

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 area guidelines when training on- snow

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. Symptoms have included:

- Cough
- Fever
- Difficulty breathing
- Fatigue
- Loss of smell and taste
- Nausea & vomiting
- Conjunctivitis (Pink-eye)
- Pneumonia in both lungs

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.

Shared Health Manitoba Screening Tool: <https://sharedhealthmb.ca/covid19/screening-tool/>

More information can be found at Manitoba Health <https://www.gov.mb.ca/covid19/index.html>

RESPONSIBILITIES

All club members (Coaches, executive, parents, and athletes) have a responsibility to help maintain a safe environment. All club members shall:

- Not attend any club event if not feeling well or experiencing COVID-19 symptoms.
- Follow the COVID-19 Screening tool <https://sharedhealthmb.ca/covid19/screening-tool/> to be certain you meet the necessary testing criteria as state by MPH and the screening tool has cleared the participant to attend the event.



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- Monitor your health daily
- Adhere to physical distancing procedures according to public health guidelines.
- Notify the club president, Head coach, or Covid Coordinator of a positive covid-19 test (probably or confirmed).
- If a member of the club has come into contact with a positive case, or have been advised to self-isolate and monitor for symptoms by a public health. That member shall not attend any event until cleared by public health, or the 14-day isolation period is over.
- If a member has been tested and the COVID-19 test result is negative, they should stay home until symptoms have resolved for 24 hours and follow public health advice.

Club Covid-19 Mitigation

All club members will be added to Team Snap, by indicating your attendance on Team Snap, you acknowledge, in accordance with the “Summit Member COVID-19 Agreement”, that you will complete the COVID-19 self-screening tool found at <https://sharedhealthmb.ca/covid19/screening-tool/> within 8 hours prior to the event taking place or follow the most up to date COVID-19 Screening Questions put out by MPH. The September 2020 version of these questions are attached to the Summit Covid-19 Agreement.

All club members will be required to wear a non-medical mask (face covering) at all times when inside, or when social distancing is not possible. (1 non-medical mask will be given to all athletes and coaches).

The chief provincial public health officer strongly encourages Manitobans to reduce the number of close contacts outside their household and avoid closed-in or crowded spaces. In addition, they should focus on these fundamentals to help stop the spread of COVID-19:

- Stay home if you are sick. • Wash/sanitize your hands and cover your cough.
- Physically distance when you are with people outside your household.
- If you cannot physically distance, wear a mask to help reduce the risk to others or as required by public health orders.

On Snow Events

Head Coach is in contact with ski resorts to determine COVID-19 operating procedures.



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Tracking

Summit will use Team Snap availability for all attendance and tracking of club events.

All members shall indicate on Team Snap prior to the event their intention to attend.

Club members will not be allowed to participate if they did not indicate on team snap their intent to attend.

Confirmed Positive Test results or exposure notification

Team Snap attendance records will be use for contact tracing and notifications. Member's names and contact information will be shared with Public Health authorities if asked.

The Club will follow all directives given by the Public Health.

Public Health will lead the response, if there is a COVID-19 confirmed case or someone identified as a close contact.

The club will not share names within the club of anyone who tests positive for Covid 19.

SUMMIT MEMBER COVID-19 AGREEMENT

Was developed based on the screening tool currently in place at St. Boniface Hospital and in accordance with MASD, ACA & CSA guidance documents.

Each family is required to fill in all immediate family members' names and sign accordingly acknowledging they have read and understand the contents of the agreement. **Prior to attending an event this signed form must be returned to summitskiclubmb@gmail.com**

NOTE: Please refer to the Covid-19 Return to Sport Plan and Summit Member Covid-19 Agreement for more information. Any questions on COVID-19 RTS documents can be directed to our COVID-19 Coordinator Morgan Whiteway at 204-479-8881. A copy of these documents will also be on placed on Team Snap and our website <http://www.summitskiclub.com/>