

Team and Athlete Considerations for Participation in Biathlon Competition 2020-2021

BIATHLON CANADA COVID-19 RETURN TO COMPETITION

IMPORTANT: *The information included in this guide is current for the time of publishing and is aligned with the current recommendations from national and international bodies, including the World Health Organization (WHO) and Public Health Canada. However, recommendations will change quickly depending on local, provincial, national and global COVID-19 situation reports. Local resources should also be consulted for up to date information. This information is accepted on the condition that error or omissions shall not be made the basis of any claim, demand or cause of action.*

*Where anything in this guide conflicts with applicable law and recommendations from local public health authorities, members must comply with applicable law and that public health advice and adapt their approach. Consult your insurance company to determine if COVID-19, and other contagious diseases, are included with your policy. As a reminder, under Biathlon Canada's insurance, COVID-19 and other contagious diseases **are not** included in our policy.*

As new information is made available, efforts will be made to update and revise this document, and to circulate revisions to members. The information and recommendations outlined within this guide should be used to develop individual plans that evaluate the unique risks that each training environment presents. This document is to supplement and not replace the information outlined by public health authorities. Individuals, in consultation with a medical professional, are also required to assess and evaluate their own personal risks.

In the event of ambiguity or conflict between this guide and federal, provincial or local directives, the directives will prevail.

Restrictions may differ across Canada, keep updated and follow your health authority directives. [COVID-19 page - Government of Canada](#)

Biathlon Canada's [COVID-19 page](#) will be updated when required.

This document outlines considerations for teams and/or individuals who are planning on competing in domestic competitions in the 2020-2021 biathlon season. All

teams/individuals must consult local, regional, and national COVID-19 directives prior to travel/competition.

Health Screening

Biathlon Canada recommends that teams conduct a daily health screening. This process involves a self-declaration that the individual and/or family member(s)/roommate(s) are not experiencing any symptoms associated with COVID-19. A coach, volunteer, or administrator must monitor the responses to the screening form every day.

Travel Procedures

Pre-Travel

- Athlete/support staff should not travel if they show any symptoms of COVID-19 or if they have been exposed to someone who has COVID-19 within a 14 day period prior to departure.
- Daily health screening is recommended for 7 days prior to travel.
- Limit social gatherings and potential areas for exposure (i.e. restaurants, grocery stores etc.) in the week prior to travel where possible.
- Check the local quarantine regulations and disease prevalence at your destination prior to departure.
- Speak with your (team) doctor prior to travel to ensure travelling to competitions is safe for you and to ensure underlying co-morbidities and disabilities are documented.
- Create a procedure in the event a team member becomes symptomatic.

Flying

- Utilize direct flights when possible.
- Wear a mask at all times and physical distance as much as possible (in the airport and during the flight).
- Bring your own food/drink.
- Clean personal seating area (seat, tv, tray) with alcohol wipes when you first sit down. Do not use the seatback table or entertainment system unless necessary and wash it with a wipe before use (consider downloading movies/shows to your

phone prior to departure through Netflix or other in order to limit use of the entertainment system).

- Do not use the magazine pockets or magazines.
- Bring hand sanitizer for travel and apply regularly, especially each time you sit down, anytime you use the washroom (limit use) and before meals. Use hand sanitizer when you leave the plane and airport.
- Practice rigorous cough hygiene at all times.
- Choose a window seat if possible as this minimizes contacts with others.
- Wipe down luggage including hand luggage once retrieved and exiting airport and any public transport such as taxi or bus.

Driving

- If renting a car, pre-clean high touch points.
- Travel with family/bubble (avoid carpooling)
 - If carpooling cannot be avoided, develop a protocol and ensure masks are worn at all times. Do not fill the vehicle to maximum capacity.
- Avoid excessive stops & limit eating out.
- Bring hand sanitizer for travel and apply regularly.

While at Competition

Commuting to competition venues

- Best practice is to stay in your family/bubble and not give rides to those outside your bubble. If this is not possible then wear a mask during commuting and apply hand sanitizer before one gets into the vehicle and after they get out of the vehicle.
- Organize transportation to limit athletes and coaches waiting for extended periods for others to finish competing/training.
Arrive. Train/Compete. Depart.
- Avoid public transportation if possible.

Accommodation

- Single and double rooms only. Best practice is to share a room with family/bubble members.
- Teams should strongly consider booking at least one extra room in case someone needs to be isolated.

- Provide a place to isolate at the event that someone comes down with a suspected COVID-19 case. Then contact the local health authority for next steps.
- Ask the hotel what their COVID protocols are and how often they clean high-touch surfaces.
- Ensure hand sanitizer, soap and single use paper towels are abundant and available in the rooms, bathrooms, and common areas.
- Best practice is to avoid sharing common areas with other teams.
- Provide and use sanitizers for high touch areas, disinfect regularly.
- Ensure there are laundry facilities or the ability to wash clothes on-site.
- Frequently wash clothes, especially ski gloves & sports gear.
- If staying in a hotel, keep separate from others guests, avoid elevators, gyms, pool facilities, and common areas.

Food

- No buffet style meals. Group meal cooks should take precautions such as regular hand washing & mask wearing during cooking.
- Teams should have separate dining rooms and kitchens from other teams and hotel guests.
- Have one individual complete shopping activities (e.g. food, sanitary products) for the team.

Competition Venue

- Stay home and arrange for testing if you have been around someone with COVID-19 or if you experience symptoms such as a cough, fever, breathing difficulties, loss of taste or smell, severe fatigue.
- Participants who test positive for COVID-19 should immediately notify their coach and the host organizing committee, including positive COVID-19 results up to 14 days after the event.
- Bring all your own equipment/gear (skis, poles, rifle, ammunition, bags) do not share.
- Keep your personal belongings to a minimum (water bottle, food, change of clothing, competition equipment, mask).
- Teams should limit time at the venue. *Arrive. Train/Compete. Depart.*
- Teams (athletes, coaches, parents, etc.) should wear masks at all times, unless skiing, on the shooting mat or behind a scope and can maintain 2m physical distancing.
- Masks/mouth-nose face covering need to be either high quality manufactured masks, surgical masks or of higher standard (FFP2 etc.) without valves.

Buffs/scarves etc. are not considered as masks. This means that EVERY event participant (including athletes) must wear a mask when not physically exercising.

- Bring multiple masks and wash them regularly.
- A change of clothing, especially race gloves and masks is recommended for athletes in between the race and cool-down.
- Athletes are encouraged to wash gloves & other race clothing in between races to increase sanitary measures and personal hygiene.
- Limit time spent in public washrooms and utilize washrooms at your residence when possible. If you do use the public washroom, practice extremely good hygiene.
- Wash hands often with soap and water for 20 seconds and/or use hand sanitizer regularly.
- Cough and sneeze into the elbow or use a disposable tissue.
- Avoid touching your eyes, nose, mouth, & face with unwashed hands.
- Consider flu shots. [Consult Health Canada](#).