

## ANNEX I COVID Protocol

### 1. General

#### 1.1. Definitions

1.1.1. Participants - all people involved in the event including but not limited to coaches, athletes, officials, volunteers, and spectators.

1.1.2. Volunteers - includes Officials.

### 2. Biathlon Alberta Responsibilities

2.1. Biathlon Alberta will offer recommendations and tools to help facilitate a safe and successful competitive season. Biathlon Alberta will work alongside local organizers of Biathlon Alberta sanctioned events to decide if these events can proceed as planned, must be adjusted, or cancelled.

### 3. Organizing Committee (OC) responsibilities

3.1. OC's should run events that prioritize safety for all participants while preserving normal biathlon competition as much as possible for IBU classes. OC's will work with Biathlon Alberta when running a Biathlon Alberta sanctioned event.

#### 3.2. Appoint a COVID-19 lead on the OC

3.2.1. Responsible for organizing and enforcing all COVID-19 related measures.

3.2.2. Receives information about confirmed and suspected COVID-19 cases.

3.2.3. Hosts a virtual, mandatory COVID-19 guideline event overview meeting with all participants. This meeting should cover:

3.2.3.1. Up-to-date information on how COVID-19 spreads,

3.2.3.2. At-risk populations,

3.2.3.3. Respiratory etiquette, hand hygiene, and physical distancing,

3.2.3.4. Specific venue procedures for minimizing the risk of spread and maximizing distancing.

3.2.4. Leads the protocol in the event of a positive test and/or an outbreak.

3.2.5. Completes the Return To Competition Risk Assessment and Mitigation Checklist Tool R CAT II spreadsheet (available from Biathlon Alberta).

#### 3.3. Registration

3.3.1. Athlete registration form should include an assumption of risk for COVID-19 if they have not already signed the assumption of risk through Zone 4.

3.3.2. Non-athlete participants (i.e: coaches and volunteers) should register their attendance (for tracking and numbers management) and complete an assumption of risk.

3.3.3. OC's must keep a register of participants for tracing in the event of an outbreak.

### 3.4. Screening

3.4.1. Have a pre-event online daily screening (declaration of health) for all participants in between registration end and event start.

3.4.2. Establish and monitor a daily screening during the event for all participants (online and/or at venue entrance).

### 3.5. Volunteers

3.5.1. Ask volunteers what roles they are comfortable with to accommodate people's individual risk tolerance.

3.5.2. Minimize volunteer numbers when possible. Limit back-up volunteers (e.g. one team of two people for the penalty loop only).

3.5.3. Utilize coaches in place of volunteers where possible (target reset, range recording, rifle check etc.).

3.5.4. Ensure there is adequate space and comfort for volunteer rest periods. Consider renting heated outdoor tents (see Venue Spaces and Buildings below).

3.5.5. Provide volunteers with specific COVID-19 event training.

### 3.6. Venue Traffic and Access

3.6.1. Establish clear instructions on access and exit to the venue (competition office, waxing cabins, meeting rooms, changing rooms, toilets, showers) and to competition areas (equipment check, start and finish area, shooting range, course).

3.6.2. Indicate the direction of travel in all high use areas.

3.6.3. Control access to the premises: ie: schedule, number of people admitted, who is admitted.

3.6.4. Make clear arrival/departure procedures (limit time at venue) for all participants.

### 3.7. Venue Spaces and Buildings:

3.7.1. Limit numbers in indoor spaces (timing room, competition office, medical room), increase ventilation and ensure individuals inside wear masks at all times.

3.7.2. Separate athletes and coaches, volunteers and spectators with designated areas.

3.7.3. Create a clear plan for how you will manage spectators. If they are not allowed, who will ask them to leave? How will you communicate that spectators are not allowed pre-event.

3.7.4. Space for volunteers to rest in between races (i.e. a heated tent with enough space to physical distance).

- 3.7.5. 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.
- 3.7.6. Reinforce the notion that athletes and coaches should: Arrive. Train/Compete. Depart.
- 3.7.7. Unfortunately, cheering on teammates/friends or waiting to cool down with other training partners is not possible this year.
- 3.7.8. Establish an area for athletes to keep warm/change clothes, where distancing is possible, between zero and their start time (consider personal vehicles or warming tents).

### 3.8. Personal Protective Equipment:

- 3.8.1. Require the use of masks for all participants at all times, unless the athlete or coach is on course skiing or at their lane during zero.
- 3.8.2. Ensure volunteers have adequate protective equipment (masks, disinfectant, gloves), especially those with duties that require close contact or are in vulnerable populations (bibs, transponders, starters, rifle check) and they are all trained in COVID-19 event protocols.
- 3.8.3. Have extra masks/gloves available.

### 3.9. Disinfection/Sanitization:

- 3.9.1. Make hand sanitizer dispensers available to all users, especially at entrances/exits to building.
- 3.9.2. Provide access to soap and water or an alcohol-based hand sanitizer (at least 60% alcohol), one time use paper towels and waste baskets in all public washrooms.
- 3.9.3. Remind participants of the importance of hand hygiene, respiratory etiquette and physical distancing especially in areas conducive to contamination: entrances, rooms, toilets, changing rooms, showers, exterior doors.
- 3.9.4. Avoid sharing objects ie: timing equipment. If this is not possible, implement strict hygiene and cleaning measures.
- 3.9.5. Disinfect infrastructure and equipment regularly: shooting mats, racks, fences, doors, counters, toilets, faucets, stair railings, showers, shared equipment.

### 3.10. Competition:

- 3.10.1. Establish the schedule of competitions to minimize contact between participants and maximize regular competition activity.
- 3.10.2. Online/virtual tools:
  - 3.10.2.1. Disseminate information electronically (i.e. WhatsApp for regular/updated information and/or email),
  - 3.10.2.2. Online registration and payment,
  - 3.10.2.3. Online daily health screening,

- 3.10.2.4. Virtual meetings and remote draws,
- 3.10.2.5. Prize/Medal ceremony,
- 3.10.2.6. Digital documents (Start lists, results).
- 3.10.3. Bibs:
  - 3.10.3.1. Prepare bibs in advance and be organized to limit waiting time.
  - 3.10.3.2. Limit pick-up to one coach for each team and/or consider bib distribution outside.
  - 3.10.3.3. Consider extending bib pick-up times.
  - 3.10.3.4. Consider dropping off team bibs to coaches in the range.
- 3.11. Stadium:
  - 3.11.1. Separate entrance and exit location(s) to the stadium.
  - 3.11.2. Clearly communicate the direction of travel.
  - 3.11.3. Use a protocol that will deal safely with athletes' belongings in the start/finish.
- 3.12. Start:
  - 3.12.1. Maximize the size of the start pen.
  - 3.12.2. Consider limiting time in the start pen (i.e. 10min before start).
  - 3.12.3. Set-up start pen to allow for 2 meters of physical distance.
  - 3.12.4. Have athletes wear a mask in the start pen, until they go into a start grid where there are clear positions marked at 2 meters apart.
  - 3.12.5. Have athletes receive transponders with masks or have athletes take their own transponder (with direction from an official/volunteer).
  - 3.12.6. Consider starts that better maintain physical distancing and reduce volunteer time directly with athletes (duel start, wave start, individual start).
  - 3.12.7. Ensure garbage cans are clearly marked.
- 3.13. Finish:
  - 3.13.1. Maximize the size of the finish pen.
  - 3.13.2. Distribution of one time use masks at the finish or the quick ability for athletes to grab their own mask.
  - 3.13.3. Direct traffic away from high volume areas.
  - 3.13.4. Rifle check can be completed by the athlete under the verbal direction of an official (bolt open, spare rounds out).
  - 3.13.5. Athletes can be directed to drop bib and transponders in a specific place.
  - 3.13.6. At the end of the competition, bibs and transponders should be handled with gloves. Transponders should be disinfected after each use. The bibs must be washed with laundry soap and the wash, dry cycle or both should be with the high heat setting after each use.
  - 3.13.7. Have multiple sets of bibs if available.
  - 3.13.8. Have all participants bring their own meals/snacks/drinks.
  - 3.13.9. Encourage athletes to leave the finish area quickly (avoid coach-athlete discussions in/around the finish area). No coaches or support staff are allowed in this area, unless there is an emergency.

- 3.13.10. Ensure garbage cans are clearly marked.
- 3.14. Rifle check:
  - 3.14.1. PPE for volunteers (glasses, mask, gloves).
  - 3.14.2. Consider multiple stations.
  - 3.14.3. Consider rifle check once per weekend or race series only.
  - 3.14.4. Consider extending the time of rifle check and/or use official training day.
  - 3.14.5. Some possible methods:
    - 3.14.5.1. Done by officials with cleaning of rifle touch points,
    - 3.14.5.2. Athletes also wear a mask and hold the rifle. Volunteer holds the trigger weight,
    - 3.14.5.3. Coach checks athletes' rifles with latex gloves (provided) with official supervising.
- 3.15. Range:
  - 3.15.1. Mat cleaning procedure between each athlete in the prone position or;
    - 3.15.1.1. dedicated lane per athlete for zero/racing.
  - 3.15.2. At minimum shooting mats to be disinfected after each athlete prone use.
  - 3.15.3. Consider reducing zero time with less athletes zeroing to increase the number of starts per day (i.e. 1 athlete/lane requires 15min zero, 2 athletes per lane requires 20min zero, 3 athletes per lane requires a 30min zero - clean between each user).
  - 3.15.4. Dedicated volunteer(s) or coach(es) to each target reset rope(s) or boxe(s), or a cleaning procedure between users.
  - 3.15.5. Minimize paper/painting where possible, dedicated person for touching painting and papering equipment.
  - 3.15.6. Consider extra time needed in order to clean (mats, target boxes or ropes, rifle racks) when making a schedule.
  - 3.15.7. One coach per team in range and/or one coach per lane in the coach box.
  - 3.15.8. Maintain 2 meters physical distance. When they can't maintain 2 meters distance (walking to their lane) they must wear a mask.
  - 3.15.9. Adjust rifle-handling procedures for non-IBU classes to allow for 2 meters physical distancing and proper sanitization.
  - 3.15.10. For non-carry categories assign one lane per athlete and have an assigned rifle rack behind that lane.
- 3.16. Wax cabins:
  - 3.16.1. Reduce use when possible.
  - 3.16.2. Limit the number of waxers and wear a mask.
  - 3.16.3. Consider implementing a wax protocol.
  - 3.16.4. Wax skis at accommodation or outside if possible.
  - 3.16.5. Open air wax tents with physical distancing and mask use.
- 3.17. Course:
  - 3.17.1. Skiing remains low risk - can maintain 2 meters physical distance. Can wear buff and glasses as extra precaution (athlete choice).

3.17.2. Communicate early and loudly the intention to pass, pass wide and pass in strategic locations where passing will be easy (this should be done regardless of COVID-19).

#### 4. Participant responsibilities

- 4.1. 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.
- 4.2. Limit time at the venue. Arrive. Train/Compete. Depart.
- 4.3. Participants should wear masks at all times, unless skiing, on the shooting mat or behind a scope and can maintain 2m physical distancing.
- 4.4. A buff can be used as a non-medical mask, so long as it's worn properly (i.e. masks must cover both the mouth, nose, and have two layers). Bring multiple masks as breathing + cold can freeze them.
- 4.5. Bring your own equipment (skis, poles, rifle, ammunition).
- 4.6. Keep your personal belongings to a minimum (water bottle, food, change of clothing, competition equipment, mask).
- 4.7. A change of clothing, especially race gloves and buffs/masks, could be a good idea for athletes in between the race and cool-down.
- 4.8. Athletes are encouraged to wash gloves & other race clothing in between races to increase sanitary measures and personal hygiene.
- 4.9. Limit time spent in public washrooms and utilize washrooms at your residence. If you do use the public washroom, practice extremely good hygiene.
- 4.10. Wash hands often with soap and water for 20 seconds and/or use hand sanitizer regularly.
- 4.11. Cough and sneeze into the elbow or use a disposable tissue.
- 4.12. Avoid touching your eyes, nose, mouth, & face with unwashed hands.
- 4.13. Participants who test positive for COVID-19 should immediately notify the host organizing committee, including positive COVID-19 results up to 14 days after the event.
- 4.14. Consider flu shots. Consult Alberta Health Services.

#### 5. Team considerations

##### 5.1. Health Screening

- 5.1.1. Biathlon Alberta 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.

##### 5.2. Travel Procedures

###### 5.2.1. Pre-Travel

- 5.2.1.1. 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.
- 5.2.1.2. Daily health screening is recommended for 7 days prior to travel.
- 5.2.1.3. Limit social gatherings and potential areas for exposure (i.e. restaurants, grocery stores etc.) in the week prior to travel where possible.
- 5.2.1.4. Check the local quarantine regulations and disease prevalence at your destination prior to departure.
- 5.2.1.5. Speak with your doctor prior to travel to ensure travelling to competitions is safe for you and to ensure underlying co-morbidities and disabilities are documented.
- 5.2.1.6. Create a procedure in the event a team member becomes symptomatic.

#### 5.2.2. Driving

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

#### 5.2.3. Commuting to competition venues

- 5.2.4. 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.
- 5.2.5. Organize transportation to limit athletes and coaches waiting for extended periods for others to finish competing/training. Arrive. Train/Compete. Depart.
- 5.2.6. Avoid public transportation if possible.

### 5.3. Accommodation

- 5.3.1. Single and double rooms only. Best practice is to share a room with family/bubble members.
- 5.3.2. Teams should strongly consider booking at least one extra room in case someone needs to be isolated.
- 5.3.3. 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.
- 5.3.4. Ask the hotel what their COVID protocols are and how often they clean high-touch surfaces.

- 5.3.5. Ensure hand sanitizer, soap and single use paper towels are abundant and available in the rooms, bathrooms, and common areas.
- 5.3.6. Best practice is to avoid sharing common areas with other teams.
- 5.3.7. Provide and use sanitizers for high touch areas, disinfect regularly.
- 5.3.8. Ensure there are laundry facilities or the ability to wash clothes on-site.
- 5.3.9. Frequently wash clothes, especially ski gloves & sports gear.
- 5.3.10. If staying in a hotel, keep separate from others guests, avoid elevators, gyms, pool facilities, and common areas.

#### 5.4. Food

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

#### 5.5. Competition Venue

- 5.5.1. 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.
- 5.5.2. 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.
- 5.5.3. Bring all your own equipment/gear (skis, poles, rifle, ammunition, bags) do not share.
- 5.5.4. Keep your personal belongings to a minimum (water bottle, food, change of clothing, competition equipment, mask).
- 5.5.5. Teams should limit time at the venue. Arrive. Train/Compete. Depart.
- 5.5.6. 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.
- 5.5.7. A buff can be used as a non-medical mask, so long as it's worn properly (i.e. masks must cover both the mouth, nose and have two layers). Bring multiple masks and wash them regularly.
- 5.5.8. A change of clothing, especially race gloves and buffs/masks is recommended for athletes in between the race and cool-down.
- 5.5.9. Athletes are encouraged to wash gloves & other race clothing in between races to increase sanitary measures and personal hygiene.

### 6. COVID-19 Specific Competition Guidelines

#### 6.1. Persons allowed at the competition venue

- 6.1.1. Follow AHS guidelines on the maximum number of persons allowed at the competition venue.
- 6.1.2. Consider doing the following to help manage the number of persons on site:
  - 6.1.2.1. No spectators
  - 6.1.2.2. Limit the number of athletes per race to the number of range lanes available.
  - 6.1.2.3. Limit coaching staff to 1 coach per 2 athletes.
  - 6.1.2.4. Limit volunteers/officials to bare minimum (e.g. only one team on penalty loop, coaches provide backup for range)

## 6.2. Allowed competitions

- 6.2.1. To aid in social distancing, competitions that require mass starts are banned during the COVID-19 period. Pursuits are also banned.
- 6.2.2. Allowed competitions are:
  - 6.2.2.1. individual
  - 6.2.2.2. short individual
  - 6.2.2.3. sprint
  - 6.2.2.4. covid sprint
- 6.2.3. OCs are strongly recommended to avoid any competition where rifle sharing will be involved.

## 6.3. Covid sprint

- 6.3.1. In order to maximize participation with limits on persons on site, a temporary competition, the covid sprint is added.
- 6.3.2. The covid sprint uses the rules for the qualification portion of the super sprint.