



Aiming for Excellence

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Season 2021-22 Summary Participant COVID-19 Information

- Participants will have to agree to a assumption of risk for COVID-19 during race registration. (3.3.1)
- All participants should perform a daily COVID-19 [symptom self-check](#) as per AHS. (3.4.1)
- All participants must either show proof of a negative PCR COVID test no older than 48 hours from the start of the event, or proof of being fully vaccinated. (3.4.2)
- Children who are not eligible for a vaccine yet will not have to show a negative PCR test either but 4.3 applies. (3.4.3)
- 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, and breathing difficulties, loss of taste or smell, severe fatigue. (4.1)
- Participants should wear masks at all times, unless skiing, on the shooting mat or behind a scope and can maintain 2m physical distance. (4.3)
- 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. (4.12)
- Limit social gatherings and potential areas for exposure (i.e. restaurants, grocery stores etc.) in the week prior to travel where possible. (5.1.2.3)
- If carpooling cannot be avoided, develop a protocol and ensure masks are worn at all times. Do not fill the vehicle to maximum capacity.(5.2.2.2.1)
- Single and double rooms only. Best practice is to share a room with family/bubble members. (5.3.1)
- 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. (5.5.2)

These are some of the key rules for all participants that will apply during the 2021-22 season.

You can find the complete Biathlon Alberta COVID-19 rules and regulations in Annex I of the 2021-22 Hosting Policy at <https://biathlon.ca/about/policies/>

