

Biathlon Saskatchewan Recommendation for a Generally Accepted Good Practice Club COVID-19 Protocol – September 15, 2020

General:

1. A biathlon facility (range, clubhouse, ski trails, spectator areas) shall be considered a single field of play unless that facility has clearly described how the facility is separated into different spaces and notes what spaces are athlete fields of play. A map must be posted and fields of play and spectator spaces marked with pylons.
2. A range must have a minimum of 5.4m separation with closed lanes to be permitted to be separated into multiple fields of play.
3. Multiple groups may be established for practices/races provided those groups remain consistent.
4. Group numbers include athletes, coaches, any parent providing support, and officials. Where multiple groups are training/racing at the same time, they may not intermingle and must maintain 2m distance at all times.
5. Spectators may be a separate group but are not permitted to enter any player space whether occupied at the time or not and are not permitted to intermingle with the athlete group.
6. No athlete group or spectator group may exceed the limits established in the Saskatchewan public health order for gatherings.
7. Athletes should travel to and from practices in family groupings.
8. Park in every second spot to allow for physical distancing before and after practice.
9. Car shuttles for practices are prohibited.
10. "Get in... Train... Get out". Mingling is discouraged.
11. A cleaning log shall be maintained.

Clubhouses

12. Clubhouses are necessary as warm-up spaces for athlete safety in cold weather.
13. Clubhouses may be used by athletes, coaches, parent supports, and officials.
14. Spectators may not enter a clubhouse and are encouraged to return to their vehicle to warm-up. Clubhouses are considered part of the field of play.
15. When more than one athlete group is concurrently training, intermingling of the groups within the clubhouse is not permitted. Where warm-up times can be scheduled, there should be cleaning between athlete groups using the clubhouse. Where warm-up times cannot be scheduled, frequent cleaning should occur and athletes from two separate groups cannot use the clubhouse at the same time unless in an emergency situation.
16. People in the clubhouse must maintain 2m distance unless a part of the same household (not extended household).
17. Clubhouses should mark out 2m spacing identifiers.

Upon arrival and set-up:

18. All athletes, coaches, officials, parents and spectators MUST fill out a self-assessment prior to every practice/race. A coach or other person shall be identified to review the self-assessments are complete and accepted. Athletes shall check in with the identified person when they arrive to confirm they are cleared to practice/race.
19. Don't come to practice if sick.
20. Wash or sanitize hands upon arrival. Facilities shall provide hand wash stations and/or hand sanitizer as needed.
21. Remember to maintain physical distancing of at least 2 meters.

22. Club biathlon mats are NOT available for individual use unless assigned to a single individual and are transported to and from the range each practice by that individual. Please bring your own yoga mats or blankets to practice. (Biathlon mats may be used by the facility to ensure range snow quality provided athlete blankets are used to cover the mat and that all mats are sanitized after use or between sessions.)
23. One coach in each athlete group is responsible for stapling paper and installing it at the targets.
24. Athletes will be assigned to a specific lane and lanes will not be shared. Athletes may be assigned to every lane provided each lane is a minimum of 2.7m to ensure the 2m physical distancing can be maintained. If lanes are less than 2.7m, then athletes will be assigned on every second lane to allow physical distancing.
25. It is recommended that athletes be assigned their own rifle rack. No more than 2 athletes can be assigned to a rifle rack at any time and are encouraged to take turns at the rifle rack reloading or picking up/dropping off their rifle. Rifle racks must be cleaned after use or between sessions.
26. "Get in... Train... Get out". Mingling is discouraged.

During practice/race:

27. Wash or sanitize your hands after any contact with your nose, mouth, etc.
28. Athletes will reset their own targets. Target reset ropes will be cleaned after use or between sessions.
29. Athletes shall not intermingle with spectators or other athlete groups.
30. Athletes shall call out "lane" or "passing on the left/right" when on ski trails to maintain physical distancing on ski trails.
31. Athletes shall follow one way directions on ski trails.
32. A 2m "no ski through" zone shall be identified by pylons behind the mats on the range to maintain physical distancing. Athletes shall only be in this space to enter or exit their lane and should not enter or exit this space more than 1m from either side of their lane assignment.
33. Athletes should not share equipment, food, water bottles, etc.
34. Athletes should take all garbage home.
35. No sunflower seeds, seeded watermelon etc... anything requiring spitting is not allowed.
36. Minimize cheering, whistling etc. High fives and handshakes are not allowed at this time.

After practice:

37. An attendance log of all athletes, coaches, officials, spectators and parents shall be kept identifying their athlete or spectator group.
38. Anything touched will be sanitized after use. This includes door handles, rifle racks, range flag poles, rifle rests, scopes, tripods, etc.
39. Consider...viruses last on glass/hard plastic for 2-5 days, metal for 3-5 days and wood for 4 days. Please wash or sanitize your hands after practice.
40. "Get in... Train... Get out". Mingling is discouraged.