

Biathlon Saskatchewan Event Covid Protocol

Updated Nov. 2, 2021

This protocol applies to all Biathlon Saskatchewan sanctioned events such as SWF Cup Races and camps. As per the [Biathlon Saskatchewan Covid Policy](#), clubs shall have their own protocol related to their own practices and events.

DO NOT COME TO THE EVENT IF YOU ARE EXPERIENCING SIGNS OF ILLNESS

(even if you have tested negative for COVID as a courtesy to others from experiencing illness and requiring their own test and possible isolation awaiting results).

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 Saskatchewan Responsibilities

- 2.1. Biathlon Saskatchewan will offer recommendations and tools to help facilitate a safe and successful competitive season. Biathlon Saskatchewan will work alongside local organizers of Biathlon Saskatchewan sanctioned events to decide if these events can proceed as planned, must be adjusted, or cancelled.
- 2.2. A Biathlon Saskatchewan Board Representative and the Provincial Coach will aid Organizing Committees with COVID-19 response and protocol as required.

3. Event Host Responsibilities

- 3.1. Event Host should run events that prioritize safety for all participants while preserving normal biathlon competition as much as possible. Event Host will work with Biathlon Saskatchewan when running a Biathlon Saskatchewan sanctioned event.
- 3.2. Appoint an Event Host COVID-19 lead.
 - 3.2.1. Will liaise with the Biathlon Saskatchewan's COVID-19 Representative and Provincial Coach on COVID-19 related matters.
 - 3.2.2. Responsible for organizing and enforcing all COVID-19 related measures.
 - 3.2.3. Receives information about confirmed and suspected COVID-19 cases.
 - 3.2.4. Creates a pre-event instruction that covers:
 - 3.2.4.1. Respiratory etiquette, hand hygiene, and physical distancing,
 - 3.2.4.2. Specific venue procedures for minimizing the risk of spread and maximizing distancing.
- 3.3. Registration
 - 3.3.1. Athlete race/event registration shall be completed online. No on-site registrations permitted.

- 3.3.2. Non-athlete participants (i.e., coaches, volunteers and spectators) shall register their attendance online (for tracking and numbers management). No on-site registrations permitted.
- 3.3.3. The online registrations shall include a self-declaration of double vaccination or commitment to complete a COVID test no earlier than 48 hours prior to the beginning of the event.
- 3.3.4. The registration form should include an assumption of risk for COVID-19.
- 3.3.5. Event Host must keep a register of participants for tracing in the event of an outbreak.
- 3.3.6. Children who are not eligible for a vaccine yet will not have to self declare as double vaccinated or commit to taking a COVID test. It is recommended that they still take the COVID test.

3.4. Venue Traffic and Access

- 3.4.1. Establish clear instructions on access and exit to the venue (competition office, meeting rooms, changing rooms, toilets, showers) and to competition areas (equipment check, start and finish area, shooting range, course).
- 3.4.2. Indicate the direction of travel in all high use areas.
- 3.4.3. Control access to the premises: ie: schedule, number of people admitted, who is admitted.
- 3.4.4. Make clear arrival/departure procedures (limit time at venue) for all participants.
- 3.4.5. Venue Spaces and Buildings: Limit numbers in indoor spaces and ensure individuals inside wear masks at all times.
- 3.4.6. Separate athletes and coaches, volunteers and spectators with designated areas.
- 3.4.7. Reinforce the notion that athletes and coaches should: Arrive. Train/Compete. Depart.
- 3.4.8. 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).

3.5. Personal Protective Equipment:

- 3.5.1. 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.
- 3.5.2. Ensure volunteers have adequate protective equipment (masks, disinfectant, gloves).
- 3.5.3. Have extra masks/gloves available.

3.6. Disinfection/Sanitization:

- 3.6.1. Make hand sanitizer dispensers available to all users, especially at entrances/exits to building.
- 3.6.2. 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.
- 3.6.3. 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.
- 3.6.4. Avoid sharing objects ie: timing equipment. If this is not possible, implement strict hygiene and cleaning measures.
- 3.6.5. Disinfect infrastructure and equipment regularly: shooting mats, racks, doors, counters, toilets, faucets, stair railings, showers, shared equipment.

3.7. Competition:

- 3.7.1. Establish the schedule of competitions to minimize contact between participants and maximize regular competition activity.

3.8. Start:

- 3.8.1. Maximize the size of the start pen.
- 3.8.2. Consider starts that better maintain physical distancing and reduce volunteer time directly with athletes (duel start, wave start, individual start).

3.9. Finish:

- 3.9.1. Maximize the size of the finish pen.
- 3.9.2. Distribution of one time use masks at the finish or the quick ability for athletes to grab their own mask.
- 3.9.3. Athletes can be directed to drop bib and transponders in a specific place.
- 3.9.4. At the end of the competition, bibs must be laundered.
- 3.9.5. Encourage athletes to leave the finish area quickly (avoid coach-athlete discussions in/around the finish area).

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 greater than 38°C, breathing difficulties, sore throat, chills, headache, nasal congestion, muscle or joint aches and pains, loss of sense of taste or smell, dizziness, nausea, vomiting, diarrhea, or 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 distance.
- 4.4. Bring your own equipment (skis, poles, rifle, ammunition). Do not share.
- 4.5. Keep your personal belongings to a minimum in common areas (water bottle, food, change of clothing, competition equipment, mask). Consider leaving items at your vehicle.
- 4.6. A change of clothing, especially race gloves and buffs/masks, could be a good idea for athletes in between the race and cool-down.
- 4.7. Athletes are encouraged to wash gloves & other race clothing in between races to increase sanitary measures and personal hygiene.
- 4.8. Limit time spent in public washrooms and utilize washrooms at your residence. If you do use the public washroom, practice extremely good hygiene.
- 4.9. Wash hands often with soap and water for 20 seconds and/or use hand sanitizer regularly.
- 4.10. Cough and sneeze into the elbow or use disposable tissue.
- 4.11. Avoid touching your eyes, nose, mouth, & face with unwashed hands.
- 4.12. 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.