



RETURN TO SPORT

**A Guideline for a safe return to training in
Snowboarding**





OVERVIEW

BACKGROUND

- As of June 9 2020, there have been 2,659 confirmed cases of COVID-19 in British Columbia.
- While 2,309 of these cases are reported as being recovered, BC, like the rest of the world, is challenged with the potential resurgence of COVID-19.

PHASES OF RETURN TO SPORT

- The [BC Government Restart Plan](#) identifies 4 distinct phases for sports to follow.
- Currently, BC is at Phase II of this restart process.
- This is gradual return of recreational sport.

Before embarking on any potential training plans, please ensure you familiarize yourself with local Return to Sport and Health Authority Guidelines:

- [Provincial Health Officer's Orders and Guidelines](#)
- [viaSport's Return to Sport Guidelines for BC.](#)



PURPOSE and GOALS

DOCUMENT PURPOSE

- BC Snowboard's Operational Safety Plan throughout COVID-19
- BC Snowboard's Training Guidelines during COVID-19
- A guide and Return to Sport Protocol to be followed by the members and clubs of BC Snowboard/Canada Snowboard
- This Protocol will continue to be updated as guidelines and restrictions change

DOCUMENT GOALS

- Help protect our communities by helping slow the spread of COVID-19
- Provide guidance and strategies to BC Snowboard's membership
- Continue to inspire young athletes and grow the sport during these uncertain time



MEMBERSHIPS

MEMBERSHIPS OVERVIEW

- Canada Snowboard/BC Snowboard's liability insurance does not cover claims relating to communicable diseases or pandemics
- Prior to taking place in any Canada Snowboard/BC Snowboard sanctioned training, activity, camp or competition all members will have to complete a COVID-19 self-declaration
- All members must follow all guidelines and recommendations set-forth by the Local and Federal Health Authorities and Government at the time of the activity



SOCIAL MEDIA

SOCIAL MEDIA BAN

- Canadian Snowsports Association (CSA) request that during these uncertain times all members refrain from posting images of training on social media until the pandemic is better understood and controlled
- This ban is due to this information often being misleading, and not providing full details on how, where and why training is taking place and therefore to help avoid misunderstanding, and unnecessary traffic to training facilities during these times



TRAINING PROTOCOL

GENERAL TRAINING PROTOCOL:

- No members should attend training when displaying symptoms of or having been exposed to confirmed, or suspected cases, of COVID-19
- All members should respect provincial/territorial social distancing measures, keeping a minimum of two (2) metres apart at all times
- When applicable, extra precautionary steps, including keeping track of temperatures, wearing protective face-wear, using gloves and regular application of hand sanitizers may be required
- No sharing of equipment, food or water bottles
- Shared spaces should be cleaned every hour



VENUE SPECIFIC TRAINING PROTOCOL

Trampoline Training:

- Maximum of six athletes utilizing a trampoline bed.
- Trampoline to be disinfected after each group use.

Water Ramps + Air Bags:

- Maximum of 12 athletes per group at water ramp or airbag.
- Any equipment (helmets, boots, boards) to be disinfected after each use.

On Snow:

- Maximum of 50 athletes in one specific snow venue at one time.
- Any equipment (helmets, boots, boards) to be disinfected after each use.

Dryland:

- Maximum of 6 athletes in one specific training area at one time.
- Any equipment (weights, mats, medicine balls) to be disinfected after each use.





COMPETITION GUIDELINES

COMPETITION GUIDELINES OVERVIEW

- Snowboarding is a fortunate sport during this pandemic, given it is an outdoor, individual sport, athletes may be less exposed to COVID-19 compared to other sports. Regardless, it is important that members continue to practice social distancing when competitions are able to resume.
- Canada Snowboard/BC Snowboard are working closely with other stakeholders to work out what these protocols will look like for competitions and these will be outlined closer to the start of the 2020/2021 on-snow season.
- Competition guidelines will follow the standards implemented by both Canada Snowboard and the International Ski Federation (FIS).



GUIDING PRINCIPLES

Personal Hygiene

- Frequent handwashing
- Cough into your sleeve
- Wear a non-medical mask
- No handshaking

Stay Home if You Are Sick

- Routine daily screening
- Anyone with any symptoms must stay away from others
- Returning travellers must self-isolate

Environmental Hygiene

- More frequent cleaning
- Enhance surface sanitation in high touch areas
- Touch-less technology

Safe Social Interactions

- Meet with small numbers of people
- Maintain distance between you and people
- Size of room, the bigger the better
- Outdoor over indoor

Physical Modifications

- Spacing within rooms or in transit
- Room design
- Plexiglass barriers
- Movement of people within space



ACTIVITY SANCTIONING

ACTIVITY SANCTIONING OVERVIEW

- BC Snowboard is committed to following the [Canada Snowboard Return to Sport Protocol-COVID-19](#) and associated process before considering sanction of ANY activity taking place inside, or outside of the Province of BC. Visit the [COVID-19 Updates](#) page for latest links and information.
- It is imperative that very strong risk control and risk management processes are undertaken prior to any training place otherwise the club/coaches could be held liable if they fail to take reasonable steps to advise, control and protect their members AND others exposure to a disease.
- One should never base their decisions/actions on whether they have insurance for a risk or not – there is a clear obligation for any club and its Board, Staff, Coaches, Officials to always to conduct their operations in a safe and acceptable manner, establish clear policies, follow Rules, Regulations and processes to protect their members and others.
- In the following page is a flow chart to help explain the sanctioning process for clubs/PTSAs/HPP Teams.



ACTIVITY SANCTIONING PROCESS

