

COVID 19-CSMT Framework

The Club de Ski Mont Tremblant (CSMT) is proud to be operating in compliance with guidelines from the provincial, and local public health rules. Our operations are taking into account the rules of the CNESST as well as those of Ski Québec alpine. CSMT has created a COVID committee that meets on a regular base to discuss additional measures to reduce the risk of COVID-19 spread. This committee is composed of experts from Public Health, HR, the President, Head Coach and other parents.

Operational Principles:

1. Club house:
 - The club house will be used as the head coach's office on the first floor, administration office (Nathalie Foucault) on the 2nd floor.
 - Mask/face coverings are mandatory at **ALL TIMES** while entering the club.
 - Coaches access the facility will be time limited (15 minutes) and shall maintain physical distancing of 2 meters. The first floor will be reserved for coaches to leave their equipment, skis and boots in their hut.
 - Arrival of coaches on 3 different schedules on Fridays, weekends and Christmas camp.
 - Parents who have made an appointment with the head coach may have access to the club.
 - Members of the board of directors, will also be allowed access to the club in strict compliance with public health rules.
 - Using hand sanitizer before and after entering facility.
 - Washrooms: a) CSTM will have club house washrooms area clean multiple times per day. b) Use hand sanitizer before and after entering the washroom.
 - Each room is equipped with an air exchanger with HEPA filter. If there is no air exchanger, the windows will be opened to circulate the air.
 - The club will have to be disinfected daily by a team of volunteers.
 - Posters encouraging safety measures will also be displayed in the club and at the entrance of the club and in the washrooms.

(Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>)

PPE

Coaches will be provided by the club with personal protective equipment such as: disinfectant, appropriate mask, visor or safety glasses, gloves.

Masks must be replaced regularly while working on the snow. The club agrees to provide the number of masks necessary to spend the day in a safe manner.

(Specification on the mask: Only 3-ply disposable surgeon type masks are accepted at work.)

- Disinfect: <https://www.canada.ca/fr/sante-canada/services/medicaments-produits-sante/desinfectants/covid-19.html>
- Surface cleaning: <https://www.inspq.qc.ca/covid-19/environnement/nettoyage-surfaces>

2. Training / On snow:

- Daily self-assessment of all athletes, coaches, support and volunteers must be completed 2 hours prior training.
- NO one should be allowed to participate or volunteer if they have not filled self-assessment questionnaire or have symptoms (fever, are feeling sick or have been in contact with someone who may have had COVID-19 in the last 14 days).
- 2 meters physical distancing will be respected by all members.
- When taking chair lift, will comply with current guidelines. (the 2 per chairlift or 1 per chairlift in red zone).
- Wearing mask in line and on lift is mandatory.
- When entering any designated facility (e.g. Grand Manitou), disinfect hands, wear a mask and respect a limited time of **15 minutes**.
- No sharing of equipment or tools (Phone, radio, all video equipment, iPads, drills. etc.)
- **The timing system must be operated by one person only.**
- Meetings will be held outdoor only, no indoor group sessions.
- Daily virtual athlete debriefing. Using the coach's platforms.
- Training groups size will be limited to recommendations from public health authority.
- Training activities are reviewed: care is taken not to be injured and to minimize the risk of requiring external medical care.

Pre-Training Screening:

Pre-training health checks for all participants, coaches are highly encouraged/mandatory to ensure exclusion of those with potential additional risks. All participants, including local crew should proactively and regularly check their health status (including taking temperature and monitoring for any symptoms) before and during training weekends or camps. Anyone due to participate in training who is feeling unwell or displays symptoms of acute respiratory disease should not attend the training.

CSMT crew assess their own health and the health of their participants, staff and volunteers, using the COVID-19 Symptom Self-Assessment tool [here](#) or by asking the following questions:

- 1- Are you experiencing any of the following common symptoms?
 - fever (higher than 38° C or 100.4° F)

- dry cough
- unusual tiredness

2. Do you have any of the following these less common symptoms?

- body aches and pains unrelated to skiing
- sore throat
- diarrhea
- conjunctivitis (red eyes)
- headache
- loss of taste or smell
- a rash on skin, or discolouration of fingers or toes
- difficulty breathing or shortness of breath
- chest pain or pressure

If the answers to any of these questions are yes, individuals should not be permitted to take part of training and should seek further assessment for COVID-19.

COVID Precautions:

- Be mindful in interacting with people outside your bubble.
- Be aware of how you are feeling, this will increase the overall safety of the CSMT operations.
- During training: be conscious that you are interacting with a greater number of people, consider the following; not visiting shops, and ordering take out instead of going to restaurants.

COVID Action Plan – For Athletes and Coaches

This document has been created for the event coaches and athletes so they are aware of the actions that will be taken in the case that any of the scenarios outlined below occur.

Scenario	Action	Communication Plan
An athlete, coach, support person test positive and has been in contact with other athletes coaches of the CSMT	1. The CSTM training is shut down immediately or until all people have tested negative for COVID. 2. Any individual who tested positive must self-isolate and follow all Municipal/provincial	A communication will be sent out to all CSMT participants informing them of the positive test. It is recommended that you follow provincial guidelines for

	(Quebec) and Federal guidelines for self-isolation. 3.Any individual who has been c in close contact (less then 2m) with someone who has tested positive must follow all Municipal/provincial (Quebec) and Federal guidelines for self-isolation.	being in close contact with someone who tests positive.
If you fail the temperature screening.	1.Immediately leave CSMT training, go back to accommodation, self-isolate and call the Public Health COVID-19 call center for further steps and action 2.You will be allowed back in CSMT training with proof of a negative COVID test result.	A communication will be sent out to all CSMT participants informing an individual in the specific group has exhibited symptoms. It is recommended that you follow provincial guidelines for being in close contact with someone who tests positive.
If you are unable or unwilling to answer yes to any in the daily attestation form.	1.You will be told to go home and will be allowed to come back to CSMT training until proof of a negative COVID test result is presented.	A communication will be sent out to all CSMT participants informing an individual in the specific group has exhibited symptoms. It is recommended that you follow provincial guidelines for being in close contact with someone who tests positive.
If you contact a CSMT staff member saying you have developed symptoms and are staying home.	1. Any athletes or staff who has been in direct contact with must immediately leave the training, go back home and call, self-isolate and call the Public Health COVID-19 call center for further steps and action. 2.You will be allowed back in CSMT training with proof of a negative COVID test result.	A communication will be sent out to all CSMT participants informing an individual in the specific group has exhibited symptoms. It is recommended that you follow provincial guidelines for being in close contact with someone who tests positive.
A coach begins experiencing symptoms or fails temperature screening.	1.All athletes the coach is coaching must immediately go back home, self-isolate and call Public Health for further instructions. 2.The coach and his/her athletes will not be allowed to come back to CSMT training until proof of a negative COVID test result is presented.	A communication will be sent out to all CSMT participants informing an individual in the specific group has exhibited symptoms. It is recommended that you follow provincial guidelines for being in close contact with someone who tests positive.
If you have been in close contact with someone who is experiencing symptoms, failed the temperature screening or has tested positive.	1. All athletes the coach is coaching must immediately go back home, self-isolate and call Public Health for further instructions.	

	2. You will be allowed back in CSMT training with proof of a negative COVID test result.	
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-Definition of a close contact with high-risk exposure is a person who, for example:

Has had face to face contact in any setting within two metre > 15 minutes*, or was in a closed environment with a suspect/confirmed COVID-19 case (for event participants this may include jury hearings, briefings, team leaders' meetings, etc) 15 minutes or more and at a distance of less than 2 meters;

Volunteers - COVID Squad:

CSMT has created a brigade 'Unité Volante- COVID Squad'. The mandate is as follow:

1. Support head coach and coaches with COVID in the application protocols regarding all facilities and zones used by athlete, parents, volunteer and other members of the MTSC.
2. Provide a field presence to enforce the compliance of the CSMT COVID protocol and its partners (CNESST, Station de ski Mont-Tremblant, Santé publique, SQA and DLS).
3. Collect field data, process results, share observations and provide recommendations to the Head Coach and the COVID Committee to help CSMT improve its operations and share information with its members.

Unité Volante COVID Squad - Requirements

- 3-2 volunteers per training day
- Club brassard for identification of volunteer. (The clubs ID bands will be used and therefore will require to be disinfected. Volunteers will deposit ID band in a box on the club house deck, then will be disinfected with spray and will be quarantined for 3 days.
- Volunteer: Karine Langelier will be managing ID bands.
- Observation grill; develop on google app [here](#)
- Making sure hand sanitizer is on hand in all facilities

General Mitigation Guidelines for return to Competitive Skiing

High Level Summary of mitigation strategies rolls and responsibilities.

Risk Assessment Tool Mitigation Categories	High Level Base Mitigation Guidelines
Staff Knowledge	Training of coaches, athletes, staff. Re. personal protection, safety, (Head Coach, Jocelyn Huot) Health Canada links: Here Diseases-conditions :Actions-stop-spread Outbreak update
Public Health Awareness	Monitoring local public health information. (Mr. or mrs. XXX) Heath Canada link: Here
Isolation Capacity	Identification and management of symptomatic athletes, coaches or support staff, isolation procedures, contact management, care of athletes in isolation. (Liaison officer) Health Canada link: here
Risk Communication	Communication plans, management of information. (Mr. or Mrs. XXX)

Logistical Coordination	COVID-19 operations team. Link of health authorities in case of outbreak. (Liaison officer) Health Canada link:
Specific Mitigation Measures	Health Checks, monitoring. (Mr or mrs XXX) Facility and equipment access and use. Health Canada link: Here

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Vivian Zarow- Volunteer

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