

Canmore Nordic Ski Club COVID Protocol and Vaccination Policy – Updated December 20, 2021

Dear Members, Athletes and Coaches,

As we move into Fall/Winter operations and the upcoming race season we feel the need to clarify how we will operate as a club in the safest way possible, building on our successful, healthy 2020/21 season. Our main goal is to continue to foster a team culture where everyone feels safe as we train, travel, race and spend time together. As a club it is our responsibility to ensure our staff and members are protected.

For these reasons, the club is implementing a vaccination policy.

Athletes, coaches, volunteers, parent helpers who are born in or before 2009 (12+):

To participate in club activities (organized camps, training sessions, indoor activities, races, team accommodation and team travel), one of the following must be provided:

1. proof of vaccination (single dose is accepted until November 1, 2021, double dose after November 1, 2021),
2. proof of a privately-paid negative rapid antigen or PCR test result from a Health Canada approved testing facility or laboratory taken within 72 hours of attendance. See Schedule 1 for testing clarification. Proof of a Negative Covid Test must be emailed to our club administrator at canmorenordicskiclub@gmail.com a minimum of 3 hours before the training session.
3. proof of medical exemption and wear a mask (unless engaged in physical activity) and maintain 2m distancing.

All Coaches, Leaders and Instructors must be fully vaccinated (double dose) by November 1, 2021.

Kids born after 2009:

- All activities will be held outdoors (unfortunately the fall camp is cancelled)
- Coaches must plan workouts so that there are no tight spaces, and avoid having kids in contact with one another
- Sub groups must be a maximum of 20 people (ideally 12-15)
- We recommend that kids travel with only family members to training sessions
- All Coaches, Leaders and Instructors for this age group must be fully vaccinated (double dose) by November 1, 2021

Vaccines may be mandatory to compete in local and interprovincial races this season as it is already mandated in some provinces and by some host clubs. Additional measures may be put into effect by Canmore Nordic Ski Club for specific events and as required by venues that Canmore Nordic Ski Club uses such as the Bill Warren Training Facility, HI-Lake Louise Hostel, etc.

Links to important resources:

Proof of Vaccination documentation can be sent to our club administrator at canmorenordicskiclub@gmail.com. If you would prefer to show the documentation in person please contact the administrator to set up a time.

Proof of vaccination (immunization records) can be found here: <https://www.albertavaccinerecord.ca/#/>

Vaccines can be booked at most local pharmacies or online here: <https://www.alberta.ca/covid19-vaccine.aspx#book>

COVID daily health check can be found here for youth and adults: <https://open.alberta.ca/dataset/56c020ed-17824c6cbfdd-5af36754471f/resource/58957831-a4ab-45ff-9a8e-3c6af7c1622e/download/covid-19-information-albertahealthdaily-checklist-2021-08.pdf>

Schedule 1 – Approved Testing Requirements

The test result should be a written or printed copy that indicates the individual has tested negative for COVID-19 on a Health Canada approved rapid antigen, rapid PCR, or lab based PCR test approved by Health Canada or the lab accreditation body of jurisdiction.

- a Valid test results should be a written or printed copy that clearly outlines the type of test, time of sample collection, clear indication of a negative result, and laboratory that completed the test.
- b An original copy of the test must be retained by the athlete for one week
- c A self-test completed offsite or self-produced documentation of a negative test result is not valid.
- d Do not bring completed self-tests or rapid tests to training due to communicable disease risk.
- e Tests must not be from the Alberta Health Services public COVID-19 testing system.