

CANMORE NORDIC SKI CLUB SICKNESS PROTOCOL – WINTER 2022

As part of our continuing efforts to foster an environment where all members of the club, as well as staff, are and feel safe as we train, travel, race and spend time together, the club has adopted the following sickness protocol.

1) If a fully vaccinated athlete or coach tests positive for Covid-19, they must stay away from all Canmore Nordic Ski Club (CNSC) activities for 5 days from the start of symptoms or 48 hours after their symptoms resolve, whichever is longer. Not fully vaccinated athletes who test positive for Covid-19 must stay away from all CNSC activities for 10 days or until symptoms resolve, whichever is longer.

2) If an athlete or coach has one or more of the following symptoms, they must stay away from all CNSC activities and should monitor their symptom(s):

- cough
- fever
- shortness of breath
- loss of sense of taste and smell
- runny nose
- sore throat
- stuffy nose
- painful swallowing
- chills
- feeling unwell or fatigue
- nausea, vomiting, diarrhea
- unexplained loss of appetite
- muscle or joint aches
- headache
- conjunctivitis (pink eye)

As per AHS regulations, adults over 18 who have one or more of the **first six symptoms listed above**, and children under 18 who have one or more of the **first four symptoms** listed above, they are legally required to isolate for 5 days if fully immunized against Covid-19 or 10 days if not fully immunized. In both cases, in line with AHS guidance, the individual concerned must wear a mask at all times during any CNSC activity that takes place within a period of 5 days following their isolation.

3) If their symptom(s) worsen after 48 hours, or if additional symptoms emerge, testing for Covid-19 is recommended.

4) If an athlete or coach has one or more of the symptoms listed in point 2) and tests negative for Covid-19, they are asked to stay away from all CNSC activities until their symptoms resolve.

CLOSE CONTACT:

A close contact is anyone who lives with or was within two metres of a person who has COVID-19 for 15 minutes or more of cumulative contact over a 24-hour period (multiple interactions for a total of 15 minutes or more), even if a mask was worn during that contact.

During the time you're exposed to the confirmed COVID-19 case and for 14 days after your last close contact with them:

- Watch for symptoms listed above. If you develop symptoms, isolate and get tested right away.
- Take precautions such as physical distancing, wearing a mask and washing or sanitizing your hands often.
- If you're not fully immunized, you must stay away from all CNSC activities for 14 days.

CNSC is committed to the safety of its athletes and coaches, therefore, follows guidelines closely and evaluate recommendations that come forwards. CNSC may make changes to any safety policy or protocol as the situation evolves and is committed to communicating those changes as needed.