



# Canmore Nordic Ski Club

## Travel Sickness Policy and Waiver

Approval Date: **October 17, 2022**

### **Purpose**

The policy is intended to stipulate the responsibilities of athletes, trip coordinators, chaperones and coaches participating in out of town Club camps, events or race trips.

### **Athlete Responsibilities**

Athletes planning to participate in an out of town Club camp, event or race trip will be responsible for the following:

1. Ensure they are in good health and free of symptoms related to sickness;
2. Submit a negative COVID rapid test to their coach, between 24 and 48 hours prior to departure time (see trip document); and
3. Additional costs (e.g. accommodations / transportation / medical) due to a sickness requiring quarantine (including cost of extended stay for coaches if necessary).

### **Trip Coordinator / Chaperone / Coach Responsibilities**

If an athlete becomes sick during an away Club event, the trip coordinator, chaperone or coach will be responsible for the following:

1. Immediately notifying the parents / guardians;
2. Move the sick athlete to an isolation room (if possible);
3. Coordinate a quarantine plan with the parents / guardians for athletes under 18;
4. Ensure all close contacts are notified and watched for symptoms; and
5. Follow all local health related protocols for the province / country the team is visiting (if applicable).

\*If the athlete is under 18, a plan will be made with the parents/guardians that may require them to fly / drive to the place of quarantine immediately and remain with the athlete until they can return home. The trip coordinator, chaperone or coaches will not be expected to remain with the quarantined individual past the trip end date unless absolutely necessary. In such situations, any additional costs incurred by the trip coordinator, coach or chaperone who remains with the athlete will be the responsibility of the athlete or his/her parents or guardians.

By signing this waiver, athletes or parents / guardians of athletes (under 18)::

1. Accept the responsibilities identified under Athlete Responsibilities;
2. Absolve the club of any liability related to a sick athlete for additional costs during and / or after a Club camp, event or race trip; and
3. Permit the Canmore Nordic Ski Club to provide their child with a rapid COVID test to self-administer if COVID symptoms arise.

Athlete Over 18:

I, \_\_\_\_\_, have read the Canmore Nordic Ski Club Travel Sickness Policy and understand my responsibilities listed above.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

Athlete Under 18:

I, \_\_\_\_\_, the parent/legal guardian of \_\_\_\_\_  
have read the Canmore Nordic Ski Club Travel Sickness Policy and understand my responsibilities listed above.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date