



## COVID PHASE 3 COMPETITION GUIDELINES

### Number of Participants

- The maximum number of athletes permitted to compete on one day is 100.
- Up to 50 athletes may be at the event at one time. If there are more than 50 athletes registered for an event they must be separated into two different groups (morning and afternoon).
- Officials, volunteers, coaches and team staff should be physically distant from athletes as much as possible, and should wear a mask while at the biathlon facility. Where 2m physical distance is not possible, a mask must be worn.
- Spectators are not permitted to access the biathlon facility during an event at this time.
- Pursuant to ViaSport Phase 3 guidelines, interprovincial competition should not occur at this time.

### Athletes/Coaches/Team Staff

- Athlete/support staff must not travel if they show any symptoms of COVID or if they have been exposed to someone who has COVID within a 14-day period prior to departure. <sup>[1]</sup><sub>[SEP]</sub>
- Organize transportation to limit athletes and coaches waiting for extended periods for others to finish competing/training.
- Arrive. Train/Compete. Depart. Do not linger at the venue.
- Limit the number of coaches and team staff to what is reasonably necessary.
- Athletes should wear a mask except while training, racing, or while on the shooting mat.

### Officials and Volunteers

- Minimize volunteer numbers when possible (e.g. one team of two people for the penalty loop only, only one line at the range).
- Consider alterations to competition formats to reduce the number of volunteers required, such as no penalty loop, fewer courses in use.
- Ask volunteers what roles they are comfortable with to accommodate people's individual risk tolerance. <sup>[1]</sup><sub>[SEP]</sub>
- Provide 2m physical distance between officials as much as possible.
- Utilize coaches in place of volunteers where possible (target reset, range recording, rifle check etc.).
- Ensure there is adequate space and comfort for volunteer rest periods. Consider renting heated outdoor tents.
- Provide volunteers with specific COVID event information. <sup>[1]</sup><sub>[SEP]</sub>

## Venue Access

- Access to the biathlon facility must be closely controlled to ensure that the number of patrons does not exceed provincial health requirements.
- Establish clear instructions on access to the venue (competition office, waxing cabins, meeting rooms, changing rooms, toilets, showers) and to competition areas (equipment check, start and finish area, shooting range, course).
- Establish an area for athletes to keep warm/change clothes between zero and their start time (consider warming tents or personal vehicles). [SEP]
- Consider limiting the number of volunteers and coaches in the range and stadium area.
- Indicate the direction of travel in all high use areas. [SEP]

## COVID Lead

- Consider appointing someone as a lead for organizing and enforcing all COVID related measures.
- Ensures that there is a dedicated space that can be used for isolation if anyone develops COVID symptoms
- This person will receive information about confirmed and suspected COVID cases at the event, and follow the OC's protocol in the event of a positive test and/or an outbreak. [SEP]

## Stadium

- Encourage physical distancing as much as possible and wearing of masks.
- Establish a protocol that will deal safely with athletes' belongings in the start/finish and range and minimize crowding. [SEP]
- Maximize the size of the start and finish pens.
- Consider start formats that better maintain physical distancing between athletes and volunteers and among athletes, and minimize crowding in the start area.
- Time gaps between categories can be used to reduce congestion in the stadium and the start/finish area.
- Encourage athletes to leave the finish area quickly. Coaches or support staff should not be allowed in this area, unless there is an emergency.

## Range

- Limit numbers of people in the range as much as possible and provide as much physical distancing as possible between coaches and officials and athletes.
- Time gaps between categories can be used to reduce congestion in the range.
- Consider extending zero time, or having separate zeros to allow smaller numbers of athletes at the range at one time.
- Encourage coaches to use radios to communicate with athletes on mats during training/zeroing.
- Consider dedicated volunteers or coaches for target reset
- Consider limiting numbers of coaches per team in range.
- Team staff should run rifles for Senior Boys/Girls instead of officials.

- When making the start list, consider extra time needed if sanitizing mats
- If practicable, sanitize the shooting mats between each athlete in the prone position. Alternatively, consider establishing dedicated prone lanes for individual athletes or for cohorts or teams, or filling the prone lanes in sequence during competition.

### **Team Captains Meetings**

- Videoconference should be available so in-person attendance is not required
- Agendas and relevant documents should be emailed to team captains in advance of the meeting

### **Jury Meetings**

- Should be held outside as much as possible
- If necessary to hold indoors, try to find a space that is large enough for all participants to physically distance 2m.

### **Equipment Check**

- Provide PPE for volunteers (glasses, mask, gloves). <sup>[L]</sup><sub>[SEP]</sub>
- Consider multiple stations and rifle check once per event only. <sup>[L]</sup><sub>[SEP]</sub>
- Consider extending the time of rifle check or scheduling specific times for teams on the training day

### **Bibs and Leg Numbers**

- Prepare in advance and be organized to limit waiting time. <sup>[L]</sup><sub>[SEP]</sub>
- Limit pick-up to one coach per team and consider bib distribution outside. <sup>[L]</sup><sub>[SEP]</sub>
- Consider scheduling pick-up times, or dropping off bibs at the range. <sup>[L]</sup><sub>[SEP]</sub>

### **Awards**

- Should be done outside, with all participants wearing masks
- Ensure at least 2m physical distance between athletes

### **Social Events**

- Should not be organized at this time

### **Contact Tracing**

- OC's must keep a register of all participants, including athletes, coaches, team staff and volunteers for tracing in the event of an outbreak.
- At a BiBC sanctioned event, all athletes, coaches and team staff must be registered through the BiBC zone4 registration for the event
- Volunteer registration forms should include an assumption of risk for COVID.

### **Self-screening**

- OCs must establish and monitor a daily screening during the event for all athletes, coaches, team staff and volunteers to complete (online and/or at venue entrance). <sup>[L]</sup><sub>[SEP]</sub>

### **Personal Protective Equipment and Sanitization**

- PPE including masks should be encouraged for all participants at all times, unless the athlete or coach is on course skiing or on a shooting mat.
- OCs must provide volunteers with adequate protective equipment (masks, disinfectant, gloves), especially those with duties where they will be unable to maintain 2m physical distance
- OCs must have hand sanitizer available to all users, especially at entrances/exits to buildings.
- BiBC will provide funding to support purchase of PPE or in-kind donations