



ACA Return to Training

Sport Specific Operations

Updated July, 3 2020

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1. Introduction

On July 3, 2020, ACA compiled these measures to combat the corona virus. Training can be carried out in compliance with certain requirements (see point 3.1) and within these guidelines.

This protection concept defines the framework and the conditions for training operations in Swiss snow sports (top and popular sports). The concept will be enforced from July 3, 2020 until further notice (without further federal restrictions) and replaces the second version of the Swiss-Ski protection concept.

2. ACA/CAST Training Locations

- The health of employees and athletes is a top priority for ACA.
- ACA/CAST will be conducting alpine training in Schengen Zone within the European Union
- ACA acts with cooperation and adheres strictly to ACA Return to Training guidelines, Canadian federal guidelines and the guidelines within the communities & countries ACA/CAST operates.
- The processes and rules of these guidelines are clear and understandable. They give the athletes and the staff at ACA security in their approach to training.

3. ACA/CAST Guidelines

These guidelines were developed utilizing Sport Canada Guidelines, the guidelines of Swiss-Ski and have been approved by Canadian SnowSports Association (CSA).

3.1 General Training Operation

The following requirements from ACA/CAST apply:

3.1.1 ACA/CAST Requirements

1. Symptoms -> only healthy and symptom-free individual are allowed in training areas
2. Distance -> all participants must keep a distance of 1.5 m whenever possible
3. Hygiene rules (ACA Return to Training Report) -> Wash hands thoroughly before and after training and as often as possible throughout the day
4. Contact tracing -> maintain attestation questionnaire two times per day → See [ACA Attestation](#)

3.1.2 Contact Tracing

The nature of sports activities means that physical distancing may not be able to be observed continuously. That is why a daily attestation questionnaire is performed in order to control and track whom is at camp and within the daily training schedule. Close contact is defined as grouping longer than 15 minutes or repeated shortfall of a distance of 1.5 meters without protective measures. We are aware that this will occur at some point during each day of training at camp.

The following applies to the implementation of contact tracing:

- The attestation questionnaire (with body temp) performed with all persons involved two times per day while in training camp.
- The attestation questionnaire record must be kept for 14 days and can be requested by the health authorities.

- A responsible person is defined for attestation questionnaire management and delivery at each camp (lead physiotherapist). The lead coach is responsible for the lead PT's execution as well as compliance with the overall guidelines and protocols outlined in the ACA Return To Training, ACA Sports Specific Operations Guide and its appendix.
- In the case of rest block lasting several days, all athletes must confirm with the attestation questionnaire before entering and before leaving that they are healthy and have no symptoms due to illness (fever/cough/malaise).
- For training camps organized by ACA/CAST and for athletes and staff participating, an attestation questionnaire will be used daily to control attendance.
- The [SwissCovid App \(Link App\)](#) will be used by all athletes and staff training within Switzerland, this is a strong recommendation from local health agencies.
- The [Immu app\(Link App\)](#) will be used by all athletes and staff training within Italy, this is a strong recommendation from local health agencies.

3.1.3 Group Training

- If the distance regulations in and around the training mode cannot be observed, training is carried out in constant small groups.

3.1.4 External Sports Facilities

- When using external facilities such as sports facilities, mountain railways, accommodation (hotels/campus or similar), restaurants, etc., the national and provincial protection regulations are applicable at the time and the current protection guidelines of the facility operator will also apply.
- The lead coach will contact the organizations in advance and check the feasibility of the protective conditions

3.2 Sport Specific Measures

The three ACA/CAST groups/teams are working within two camps (Men's Team & Women's Team), each have specific venue tracking & response measures in place – please see Appendix B “ACA Venue Specific Tracking & Response Planning”

4. Responsibility

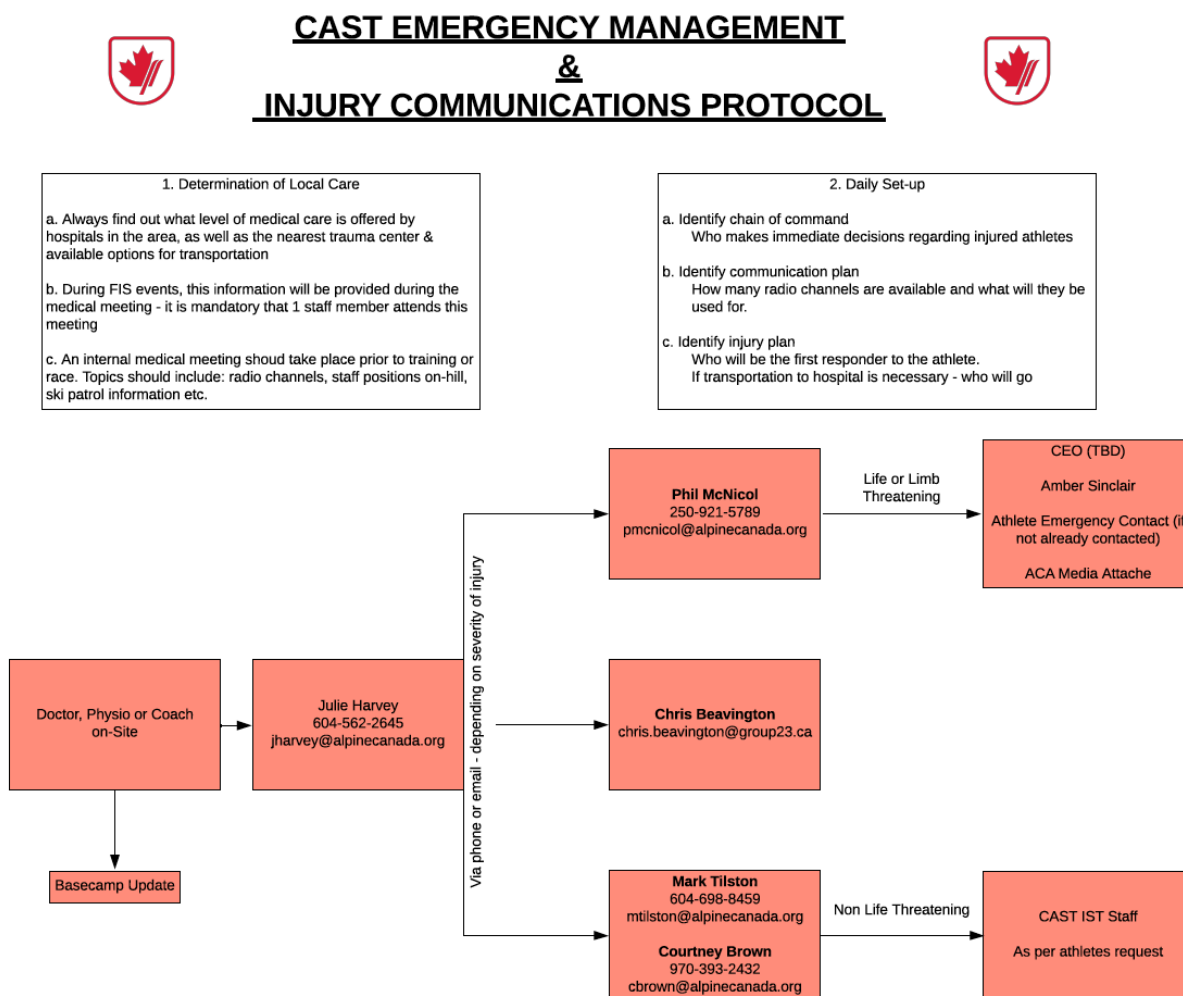
- ▷ ACA/CAST will ensure communication of health issues while at camp in accordance with the organizational comm-chart under point 5. These protection guidelines are made available to all ACA sports organizations and facility operators and published on their own website (alpinecanada.org).
- ▷ The responsibility for the implementation and control of the defined measures lies with the lead coach for the camp. CAST Lead Physician Consultant is available in Canada at an advisory capacity.
- ▷ The athletes are obliged to consistently implement the prescribed measures and to report any symptoms of illness to ACA/CAST staff immediately.
- ▷ The operators of the sports facilities are responsible for the corresponding general conditions and protective concepts of the sports facilities.
- ▷ In the event of a positive corona case while in Europe, the ACA/CAST lead coach and lead physiotherapist will take care of the person under the advisement of local physicians and the consultation of the ACA/CAST lead physician consultant.
- ▷ A process description is available on Appendix B – specific on venue tracking and response.

All those involved adhere to the protection concept in solidarity and with a high degree of personal responsibility!

5. Communication

The guidelines for communication in case of injury or illness:

5.1 Communication Organization Chart



- ▷ ACA informs all ACA sports, ACA Staff, ACA Coaches and Athletes
- ▷ ACA shares these guidelines with all Provincial & Territorial Sport Organizations. Those organizations and associations are responsible for compliance within their own operations
- ▷ The PTSO's inform those responsible for the regional sports facilities and the ski clubs
- ▷ Those responsible for the ski clubs inform their members

5.2 Distribution ACA/CAST

ACA (internal and external) and Canadian PTSO's

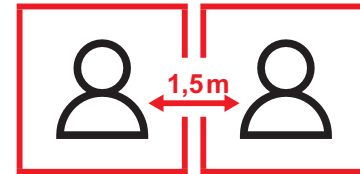
Framework for Sport after
Relaxing measures

Spirit of Sport

is now called ...



Compliance with
**Hygiene
Regulations**
(Federal/Provincial/Regional
Health Authorities)



Keep Distance
(whenever possible 1,5m Distance)



**Protection
Concept**
of clubs and sports facility
operators



**Symptom
Free**
Into
Training/Competition



**Attendance
Lists**
(Tracing close contact -
contact tracing)



Training sports with close physical contact
in constant groups
(recommendation)



Sporting Events
- with max. 1000 athletes
- with max. 1000 spectators
- Groups of max. 300 people if 1.5 m
distance is not possible

 **swiss** 
olympic