

Appendix A - ACA Summary of Protocols for European Camps , valid beginning July 17, 2020

ACA/CAST Alpine Training in Schengen Zone within the European Union

	Athletic Training (Conditioning)	Ski Training (on-snow)	Physiotherapy / Regeneration
Hygiene and behavior rules ACA Return to Training Protocol and Local Health Department Guidelines	General: - Keep your distance (at least 1.5 meters) - Wash your hands thoroughly - Avoid shaking hands with others - Cough into a handkerchief or crook of the arm when you sneeze - Contact tracing (through a twice per day attestation questionnaire with body temperature - will use the Swiss Covid app for groups training in Switzerland) - Only symptom-free individual will be allowed in training (see risk assessment & triage)		
Information on protocols and behaviors	- ACA Return to Training education presentation delivered to all participants of training camps before they begin camp - ACA Returning to Training material including this appendix distributed to all participants with an acknowledgment of understanding and protocol acceptance before camp		
Risk assessment and triage	- The health of all team members is a top priority. A high level of cooperation and personal responsibility is required - If a team member has symptoms, they must report this to the Lead Physiotherapist and Lead Coach immediately. This team member will be isolated from the rest of the group and a Covid test will be organized ASAP. The team member will remain in isolation until further test results are obtained. The team will continue to train as normal until test result is known. ACA communication protocol will be activated and ACA will be notified - IF THE TEST IS NEGATIVE: Team member will return to training when they are feeling better. - IF THE TEST IS POSITIVE: All team activities will be stopped. The team member testing positive will be placed into quarantine as directed by the local health agency or moved to the local hospital based on guidance from the local health agency and/or the prognosis of local doctor assisting on site. At this point the entire team at this venue will be tested. Positive results will be treated as noted above and all negative results will return to form a new camp bubble and activities will resume. The Lead Physiotherapist will remain in daily contact with team members in quarantine and the lead coach will assistance organizing all and any required logistics quarantined team members may require. If the lead coach is quarantined another staff member will be identified - Camps are planned to continue with and without substantial breaks. If a camp finishes and any team members are still in quarantine a staff member will remain in the area to oversee and manage these team member until they can safely travel home to Canada		
Arrival and departure	- If possible, ground travel will be done without public transport, if using public transit mask and distancing required - Private or in team vehicles with only one individual - no mask required - Mask requirement applies to several people in the same vehicle - Masks are required in all public transport including gondola lift and chair lifts with multiple people (also when queuing/in line ups) - Whenever possible wear masks of the level FFP2 or FFP3 *A7 -> Masks of these protection classes provide protection for other people as well as for yourself		
Accommodation	- According to the guidelines of the local health agency for the hotel industry		
Meals	- In accordance with the specifications of the local health agency, for the hotel industry and the relevant catering / institution - Snacks and drinks must be organized and sanitized before distribution to athlete - B6 buffet operations should be avoided whenever possible * -> the buffet operation offers a high risk of transmission of the Covid-19 virus		
Washroom/showering	- If possible, use washroom at home or in the accommodation - Use of the locker rooms and washroom facilities in the sports facilities is permitted in compliance with the local health agency rules		
Transport to and from the training ground	- Private or in team vehicles with only one individual - no mask required - Mask requirement applies to several people in the same vehicle - Masks are required in all public transport including cable cars, trains, buses, gondola lift and chair lifts with multiple people (also when queuing/in line ups)	- According to local guidelines of the corresponding mountain railway - Keep group in order and stay together	- Individually
Training and treatment	- Disinfection of the training equipment when switching users - Each athlete will take control of their C1 equipment at the beginning of the training session. It is not possible to replace the training equipment during training without disinfection - Good ventilation of the training room must be guaranteed - Clean hands during breaks - A break to wash/disinfect and to go outside (if training indoors) must be planned between the training sessions - Disinfection of all devices after training and between training sessions	- Ski training in compliance with the local guidelines and concept / instructions for mountain railways - Team meetings, video sessions, and teaching sessions: All according to ACA & local guidelines (see hygiene and behavior rules in ACA Return To Training)	- Mask for physiotherapists - Mask for athletes - Treatments are only carried out individually - Only one athlete may be in the treatment room at a time - Before the treatment begins, the physiotherapist and the athlete clean their hands - Clean contact points and storage areas when changing athletes (e.g. treatment couch, equipment, window and door handles, light switches, chairs and tables) - The treatment and therapy room must be well ventilated - The physiotherapist only treats athletes from a single camp group - The physiotherapist manages the attestation and daily health status of all team members
Training on snow	- Training sessions for the training groups are preplanned and communicated - Maintain an occupancy plan and overall camp training plan for the entire time span - The responsible trainers conduct attendance checks at training sessions		- Schedule plan for physiotherapy treatments
Team and responsibility	- Before and at the end of each training day an attestation questionnaire must be conducted and A:Completed by all personnel and participants at the camp - Each individual training participant must confirm in the attestation that they are in good health and symptom-free to remain in training - The lead coach is responsible for complying with the requirements		
Controls and protocols	- The lead coach checks and manages compliance with these conditions and guidelines defined within this appendix and all ACA Return To Training documents - Everyone is responsible for ensuring that the requirements in their areas and space are adhered to (physiotherapy, athletic training, ski service) - The lead physiotherapist will conduct an attestation questionnaire (with body temp) two times per day to track and trace all attending camp participants) - This sheet must be read and understood by all attending camp, there must be sign off on this by EVERY team member before camp begins - Before being released from training for a break or at camp completion the lead coach must ensure that everyone is healthy and free of symptoms - Retention of attestation questionnaire is required for 14 days		
Symptoms	- If a team member has symptoms (before, during or after training), they must report this to the lead PT or lead coach immediately. This team member is isolated in their room and if a roommate that roommate and their belongings are removed. Staff will oversee isolation. A covid test is organized ASAP - The rest of the team proceeds and carries out training in accordance with these guidelines until test result is know - IF THE TEST IS NEGATIVE: the individual returns to training when they are feeling better, team proceeds and carries out training in accordance with these guidelines - IF THE TEST IS POSITIVE: the individual is moved into quarantine or medical facility based on health guidance from medical personnel and following local health agency protocols for quarantine location and care. The entire team will be tested at this time. All individuals testing positive will follow the protocol listed above. All negative tested individuals will return to form a new training bubble and continue with training following the ACA Return To Training guidelines		
Safety	- All training sessions must be planned so that the risk of injury is minimal - The ACA injury protocols and communication process remains unchanged		
Contact Tracing	- The lead physiotherapist will conduct an attestation questionnaire (with body temp) two times per day to track and trace all attending camp participants - For camps in Switzerland, all attending camp participants will download and use the "SwissCovid" app (https://foph-coronavirus.ch/swisscovid/app/) - For camps in Italy, all attending camp participants will download and use the "Immuni" app (https://www.immuni.it)		
Protective material	- The procurement of protective mask is each individuals responsibility. ACA/CAST will also supply additional masks, gloves, sanitizer and other PPE material - Wearing a mask is recommended in the public area with crowds - Each team member is requested to have his/her own sanitizing disinfectant (ideally 50cl with bottle for refilling)		