



Cautions and Preventative Measures ASAA Cross Country Provincial Championships Riverbend Golf Course, Red Deer October 16, 2021

The ASAA Executive Committee, with the support of a majority of ASAA Zones, has determined that the ASAA Provincial Cross Country Championship will proceed on October 16, 2021 in Red Deer at the Riverbend Golf Course.

However, a number of cautions and preventative measures will be implemented to reduce the risk of attendees contracting a communicable disease including but not limited to COVID-19 and its variants.

Cautions and Preventative Measures	Rationale
<p><u>Follow Government directives:</u> Adherence to all Government of Alberta (GoA) and Alberta Health Services (AHS) direction and measures.</p>	<p>This is a legal requirement.</p>
<p><u>Mandatory Acknowledgement Form submission:</u> A form acknowledging the risk of attending/participating in the ASAA XC Provincials form MUST be signed by the parent/guardian of every student and every coach/volunteer. Any student, coach or volunteer who appears without a signed form will not be permitted to participate.</p>	<p>Ensures that the parent/guardian of every student athlete competing has signed an informed consent form acknowledging that while mitigation efforts that exceed GoA/AHS requirements will be in place at ASAA XC provincials, there is a risk of COVID infection occurring at any time, anywhere, and that participation in this event is undertaken with knowledge of the risk of communicable disease spread involved.</p>



Cautions and Preventative Measures (Continued) ASAA Cross Country Provincial Championships

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<p><u>Reduced Participation:</u> The number of athletes per age category per gender has been reduced from 18 to 10. This means the maximum possible # of athletes at the event drops from 864 to 480, spread over 6 races.</p>	<p>This reduces the total number of student athletes and others at the event. It reduces implications of crowding at the event facility, at the start line and during races. Max per race drops from 144 to 80.</p>
<p><u>No walk through:</u> There will be no onsite walk through of the course for competitors. The hosts will provide a video walk through in advance.</p>	<p>This reduces opportunity for co-mingling of athletes/coaches from various zones prior to races.</p>
<p><u>Virtual zone coach meeting:</u> The zone coach meeting will be held virtually on Thursday evening at 7:00 PM instead of in-person.</p>	<p>This reduces physical interaction between coaches from various zones.</p>
<p><u>Coaches permitted on course (masked):</u> Coaches will be permitted to be in the zone designated area and on the course, but must remain masked at all times.</p>	<p>Allows support for student athletes, but wearing of mask mitigates risk of communicable disease spread.</p>
<p><u>No spectators:</u> Spectators will not be permitted in designated competition areas. A map will be provided online outlining these areas.</p>	<p>This reduces physical interaction between spectators and others (athletes, volunteers, coaches).</p>
<p><u>Physical Distancing:</u> Requested by all individuals at all times wherever possible.</p>	<p>This reduces the risk of communicable disease spread.</p>



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<p><u>Zone designated areas:</u> Participating schools will be assigned zone designated areas where participants are required to be if they are not racing. Alternately, participants may stay in their vehicles.</p>	<p>This reduces contact with athletes outside of race time. Zone athletes will already encountered one another at the zone championship, but may not have encountered athletes from other zones.</p>
<p><u>Increased time between races:</u> The time gap between races will be increased.</p>	<p>This reduces the number of athletes who will be at the venue at the same time.</p>
<p><u>Leave site after competing:</u> Athletes will be asked to leave the course and go home after their race or stay in their zone designated area.</p>	<p>This reduces the number of athletes/others who might be at the event for extended periods of time. It is understood that some athletes will be part of a school team and we ask that they stay with their school group after competing.</p>
<p><u>Earlier start to the overall event:</u> Eliminating walk through and moving the coach meeting to Thursday night will allow for races to start and end earlier.</p>	<p>Starting and ending earlier eliminates the need for hotels after the event. This reduces the risk of transmission during offsite interactions.</p>
<p><u>No handling of souvenir apparel:</u> Apparel sales will be online only.</p>	<p>Souvenir apparel will be on display, but cannot be handled. All sales will be completed online, and must be made on the day of the event using Athletics Canada's store. Apparel will be screened and mailed out post-event.</p>



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<p><u>Portapotties:</u> Sanitized once per hour. Extra hand sanitizer provided outside portapotties.</p>	<p>Enhances sanitization and reduces risk of communicable disease spread.</p>
<p><u>Face Masks:</u> Face masks must be worn by all individuals: athletes, coaches, volunteers, others, at all times except by athletes when they are racing and immediately after a race ends. Athletes will be provided with a disposable mask after their race.</p>	<p>Reduces risk of droplet/aerosol infection resulting in communicable disease spread.</p>
<p><u>Hand sanitizer:</u> Provided at tables near start lines and finish line.</p>	<p>Additional sanitizing step to reduce risk of communicable disease spread.</p>
<p><u>Avoid athlete to athlete contact outside of races:</u> No handshakes or other physical contact permitted after racing.</p>	<p>Reduce Physical contact/risk of communicable disease spread.</p>
<p><u>Awards:</u> Physically distanced for the top 10 athletes. The top 10 in each race will be kept near finish line and kept physically distanced as much as is possible. Athletes must use hand sanitizer before putting on the mask provided. Masks must be worn once athlete's breathing has recovered. Medals/ribbons will be presented. Top 10 photo: athletes to be physically distanced so photos without masks on can be taken.</p>	<p>Reduce Physical contact/risk of communicable disease spread.</p>



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<p><u>Postponement of Announcing Team Awards:</u> Team Awards will be announced Monday following the event.</p>	<p>This prevents school teams from waiting around the site for team results and reduces physical contact with others.</p>
<p><u>Food/beverages:</u> All attendees must bring their own food/beverages, including water. Food can only be eaten in the designated team/zone areas or in personal vehicles.</p>	<p>This reduces interaction and the risk of transmission.</p>
<p><u>No-show fee for athletes:</u> Flexibility will be shown.</p>	<p>Because of the numbers of athletes per category being reduced, it is anticipated that the number of no-shows will be less than usual. When athletes commit to the event, they will have to inform the zone that they will submit the waiver form. If an athlete goes through the process of committing and submitting the form and does not show, the no show fee will only be waived if there is a circumstance that occurs that prevents their attendance e.g. school district changes its policy last minute, athlete tests positive for COVID-19, etc. Consideration will be given to other reasons, however if there is concern over attending because of COVID-19, we recommend that students, parents, guardians, others, etc. with those concerns make the decision not to attend.</p>