



# COVID Protocols Nationals 2021



## Contents

General.....	3
Application of Protocols.....	3
Non-compliance .....	3
Guiding Principles.....	3
Your Journey.....	4
Before you Travel .....	4
At the Event.....	4
After the Event .....	5
What the Organizers are doing to Keep you Safe .....	5
On the Ground .....	5
In the Aircraft .....	5
Appendix A – Self Questionnaire .....	6
Appendix B – Acknowledgement .....	7

## General

“The event” – CSPA National Parachuting Championships

“The host” – Parachute Voltige

“COVID-controller” – Mario Blanchard - 514-603-0385

Any questions related to this document can be sent to CSPA, [michelle@cspa.ca](mailto:michelle@cspa.ca).

This document is specific to the event and is secondary to the published protocols of Parachute Voltige which are to be used in conjunction. Just as the COVID-19 situation across Canada is continuously evolving, this document will be updated as necessary.

## Application of Protocols

This document and its protocols apply to:

- Officials and CSPA staff
- All registered athletes
- Any other personnel at the authority of the host
- Spectators are NOT permitted at the event. (ie. anyone that does not meet the descriptions above)

## Non-compliance

Any transgression of the dropzone protocols or these protocols will result in immediate removal from the competition and/or the dropzone.

## Guiding Principles

1. Keep physical interactions with others to a minimum
2. Avoid physical contact, including hugs, handshakes and “High-fives”
3. Keep two metres distance from everyone whenever possible.
4. Wash your hands regularly and use hand sanitizers
5. Wear a face mask at all times, unless outside and two metres away from others
  - Masks MUST be two or three layers. Buffs are accepted on the plane if they are double thickness and securely attached to the head, for example:



6. Cough into your mask, sleeve or tissue
7. Avoid using shared items where possible, or disinfect them

# Your Journey

## Before you Travel

- For all participants
  - Monitor your health daily for the 14 days before you travel
    - Take your temperature daily
    - Proactively monitor your personal health every day (for example, body temperature and any other COVID-19 symptoms)
    - Follow good hygiene practice – including wearing a face mask, washing your hands regularly or using hand sanitizer
    - Please sign Appendix B and provide it upon arrival.
- For participants coming from outside of Quebec – you must provide one of the following:
  - Voluntary proof of having received your second vaccine dose at least 14 days before your arrival; OR
  - Negative PCR COVID-19 test, taken no more than 72 hours prior to your arrival.

## At the Event

- Follow all Guiding Principles listed in this document.
- Be prepared to sign Appendix A each day upon arrival.
- Always enter the site by the designated single point of entry. That mandatory point of control is the only access to the DZ facilities and is in place to ensure the safety of all participants entering the DZ site.
- For participants outside of QC, be prepared to provide your vaccination proof or your negative COVID-19 test.
- Be ready to have your temperature checked and hands disinfected every time you arrive at the dropzone.
- Temperature check, health questionnaire and masks or proper face coverings are mandatory for anyone wanting to have access to the aircraft.
- Proactively monitor your personal health every day (watch for sore throat, difficulty swallowing, runny nose not in keeping with allergies, unexplained or unusual fatigue malaise, loss of taste or smell).
- Do not arrive at the dropzone more than one hour prior to your scheduled start time.
- Please leave the dropzone within one hour of your scheduled end time.
- There is enough space in the multiple packing areas to allow sufficient spacing. Participants are reminded to assure that they respect the spacing requirements between themselves when they setup for packing.
- A maximum number of people are allowed inside the manifest building at once. Participants are reminded to respect the signs specifying the number of people allowed in each area of the building. The signs are placed on or around the door.
- Participants are reminded that social distancing is MANDATORY on the entire site and that a mask is mandatory if not at least 2 metres away from anyone.
- No social gatherings are allowed before, after or during the event.
- If you experience any COVID-19 symptoms
  - Notify the COVID-controller immediately
  - Isolate and follow the instructions of the dropzone.
  - The dropzone will assist you in locating a testing site to go and get tested.
  - If you experience any symptoms of COVID-19 you and your teammates (for group disciplines) will be isolated until the COVID-controller decides what to do next.
  - If your COVID-test is positive you and your teammates (for group disciplines) and roommates (if you are individual) will be isolated till the COVID-controller decides what to do next.

## After the Event

- If you experience any COVID-19 symptoms
  - Isolate
  - Get tested.
  - If you test positive, immediately notify the COVID Controller, Mario Blanchard at 514-603-0385 or email CSPA's Executive Director at [michelle@cspa.ca](mailto:michelle@cspa.ca).

## What the Organizers are doing to Keep you Safe

### On the Ground

- Ensuring the Guiding Principles are followed.
- The DZ management provides a non-contact temperature check to everyone who enters the DZ. It is forbidden to stay on the territory of the DZ of people with a body temperature of 38°C and above.
- During the day disinfection of mass visiting zones (infrastructure, aircraft) is regularly carried out.
- Cafes, bars and other places of public catering are treated with antiseptic agents every day.
- Only people with no cold and / or fever symptoms and no contact with positive COVID-19 patients in the past 14 days are eligible to participate. People with even mild or vague symptoms and those at risk are not allowed to participate.
- All gathering activities have been cancelled (ie. Banquet). Opening/Closing/Medal ceremonies will be carried out under the strictest protocols.

### In the Aircraft

- Competitors will be assigned aircraft loads with the same teams/athletes for the event.
- The aircraft will be disinfected:
  - Whenever the engines are stopped;
  - At the end of the day;
  - Immediately after reporting a potentially infected person on board and before the next boarding.

## Appendix A – Self Questionnaire



### Health Questionnaire – COVID-19

In order to manage the spread of COVID-19, the Government of Canada, along with the provinces and territories have put in place some new measures.

Prior to boarding this flight, you will be required to undergo a health check. This will involve answering a few simple questions to which you must answer truthfully. Providing a false or misleading answer could result in a maximum fine of \$5,000

As a reminder, no person should board a flight when they are feeling ill as this could potentially put others at risk. If an elevated temperature (38 °C and above) is detected, they will not be permitted to board a flight for a period of 14 days, unless the person can provide a medical certificate certifying that their elevated temperature is not related to COVID-19. Should symptoms such as a fever, cough or difficulty breathing develop while in flight, please notify the flight crew immediately.

Surname : \_\_\_\_\_

Name : \_\_\_\_\_

Body Temperature: \_\_\_\_\_

#### Do you have the following symptoms?

Fever;  Yes  No

Cough;  Yes  No

Breathing difficulties.  Yes  No

#### Do you have or suspect you have COVID-19?

Yes  No

#### Have you been refused boarding in the past 14 days due to a medical reason related to COVID-19? ;

Yes  No

#### Are you currently under mandatory quarantine, as a result of recent travel or by orders from the provincial, territorial or local public health authorities?

Yes  No

Signature : \_\_\_\_\_

Date : \_\_\_\_\_

## Appendix B – Acknowledgement



### Protocols Acknowledgment

Initial

\_\_\_\_\_ I have read and understand the information in the “COVID Protocols Nationals 2021” document.

\_\_\_\_\_ I understand that any transgression of the dropzone protocols or these protocols will result in immediate removal from the competition and/or the dropzone.

Surname : \_\_\_\_\_

Name : \_\_\_\_\_

Signature : \_\_\_\_\_

Date : \_\_\_\_\_