



COVID-19 Prevention Guidelines and Recommendations

FIS Freestyle Aerial World Cup, Le Relais, 2022 Update from December 4th 2021

Due to the COVID-19 pandemic, the **FIS Freestyle Aerial WC, Le Relais, Qc from January 1st to January 5th 2022** must take place under strict health measures due to the continuing COVID-19 pandemic. Based on the current regulations published by the Health Canada and further measures taken by FIS and the organizing committee, the following outlines the measures all teams will be required to undertake if planning on attending the event. We kindly ask you to forward this information to all team members (athletes, coaches, staff, NSA officials etc.) and FIS officials/employees registering for the event via the FIS platform. By registering for this event, each team member and every FIS official/employee fully confirms and accepts the recommended measures for the above-mentioned event.

Important information:

- Take responsibility for your own actions.
- Have a printed copy of your proof of vaccination to facilitate travel and to meet Health Canada and FIS standards
- Follow current Quebec's health and hygiene measures: regularly wash and or disinfect your hands, maintain social distancing of 1,5 meters per FIS requirement and 1 m per Provincial regulations
- Show proof of negative PCR test not older than 72 hours when boarding your plane to enter Canada
- Re-testing is necessary for all people without a recovery certificate (after 2/3days)
- Contact data collection for each team for contact tracing
- Answer the health questions on FIS Passport
- Fill the Arrive Can form (see link below) to avoid self isolating when landing in Canada
- Wear a face mask whenever the distance of 2 meters cannot be respected and/or in all closed rooms.

Quebec's COVID-19 hotline during the event: 1-877-644-4545

As the organizers of the event, we are obliged to limit the number of accredited people due to the COVID-19 situation. Therefore, only team officials are granted access to team and sports relevant areas, in line with the respective FIS Entry system. People outside the applicable FIS Entry system are not allowed to enter the above-mentioned areas!



Entry regulations for Canada

Latest information on arrival into Canada may be found here:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html#a0>

Please be sure to check your home country's travel regulations prior to your arrival in Canada.

Information on your arrival:

- 1- It is **mandatory** to download the Arrive Can app (Official Canadian Government platform) 72hrs prior to your arrival in Canada.



[Click here to download the official application](#)

- 2- The vaccine Passport used in Quebec is mandatory for 13 yrs old and up to access restaurants, hotels and other unessential services. You can upload your proof of vaccination on the official VaxiCode application



- [Click here for instructions on how to use the official VaxiCode application](#)
- In addition to the QR code , you will need a photo ID to access public places that require a proof of vaccination
- You must carry a printed copy of your proof of vaccination to facilitate your travels and follow Health Canada and FIS standards
- In Quebec, the Vaccination Passport is mandatory for all outdoors activities, events and festivals with more than 50 people attending, such as the WC.



Arrival in Quebec

- Do not arrive at the venue when showing COVID-19 symptoms.
- Avoid stops between your place of departure and the event location.
- Avoid contact with other people, especially outside your team.

COVID-19 test checks/health questions/contact tracing

- Every team member officially named by the respective national ski association via the FIS online system and FIS officials/employees are obliged to present a **negative PCR test not older than 72 hours upon accreditation**. The PCR test presented needs to be recognized by the health authority of the respective country! For all PCR tests it is necessary to indicate the time of taking the sample and the name.
- **The corresponding test protocol needs to be uploaded to the FIS Passport platform at least 12 hours prior to collecting accreditation.** In case of inconclusive PCR test results, the LOC reserves the right to ask you to take a new test.
- Together with the test protocols, you need to name at least one contact person (team captain or team doctor) including contact details (name, mobile phone number, email address) for contact tracing- please provide this information via the FIS Online Entry System.
- **Furthermore, it is necessary to fill in the health questionnaire via the FIS Passport prior to collecting the accreditation and then daily for the duration of the event.**
- **RE-TESTING as communicated by FIS:**
People with a **valid vaccination do not have to undertake further testing** during the event days. The **vaccination and recovery certificate** must also be uploaded to the FIS Passport!

Following vaccinations are currently valid for Canada:

- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
 - Moderna (Spikevax, mRNA-1273)
 - AstraZeneca (Vaxzevria, COVISHIELD, ChAdOx1-S, AZD1222)
 - Janssen/Johnson & Johnson (Ad26.COV2.S)

 - Bharat Biotech (Covaxin, BBV152 A, B, C)
 - Sinopharm (Beijing) BBIBP-CorV (Vero Cells)
 - Sinovac (CoronaVac, PiCoVacc)
- **What recovered/previously infected means:**
 - A medical confirmation is valid for 180 days after an infection with SARS-CoV-2 has expired. This must have been proven by molecular biology (e.g., PCR test).
 - An official separation notice is also valid for 180 days.



Accreditation - Race office

- Only after presentation, examination, and documentation of the above-mentioned documents (PCR test, health questionnaire, contact person) will the accreditations be handed over to the team captain or a person appointed in advance.
- Only the team captain or **one** representative of the team is allowed to collect all accreditations for the entire team.

Accommodation

- You are required to show a negative COVID test or proof of vaccination/past infection in all hotels and restaurants!
- Check-in for all team members with proof of vaccination.
- Further hygiene measures may be displayed at the hotel.
- Please book your accommodation via the LOC.

Transport from accommodation to venue

- Please use team vehicles as means of transport.
- In exceptional cases, shuttles will be provided by the LOC.
- Only use the parking spaces allocated and marked for teams. Only people accredited for the red zone are allowed in the vehicle upon admission to the parking area.

Venue

- **Daily health check:** Prior to every training session and competition, every team member must fill in the health check via the FIS Passport. **This is mandatory for all team members!**
- **Ski resort:**
- Maintain the minimum distance!
- Only stay in allocated and marked zones for teams (red zone).
- The team zone (red zone) can only be accessed by respectively accredited persons
- Avoid direct contact with other teams.
- Avoid direct contact with members of the press.
- Please adhere to any legal requirements by wearing a face mask at the venue where noted.

COVID-19 symptoms and communication

- **Single Point of Contact - LOC COVID Officer**
- In case of a team member not feeling well or showing COVID-19 symptoms, please inform the LOC immediately by calling the Covid Officer.
- This number can be reached 24 hours a day from the official day of arrival until the official day of departure.
- The LOC will employ measures set out to deal with suspected cases of COVID-19.
- There is an isolation room provided near the venue in case you show symptoms.
- Any communication related to COVID-19 has to be coordinated with the FIS and the LOC (see FIS COVID communication guidelines).



- **COVID-19 suspected case management:** If there is a suspected case of COVID-19, please contact the LOC Covid Officer. The Covid Officer will be on site organizing further procedures including isolation and contacting the authorities. Appropriate rooms will be available if isolation is necessary. In case of a positive test result, the authorities will decide on possible quarantine of further people in the surroundings (e.g., team members). **Isolation is imposed exclusively by the responsible health authority.**

Leisure activities during your stay in Quebec city and Lac-Beauport

- During all leisure activities, please respect COVID-19 measures such as maintaining physical distance, 3G, wearing a face mask, hygiene and avoiding contact.
- Restrict your leisure activities to necessary purchases and tasks that cannot be postponed.
- Spend your free time only with members of your team or your small group.

To minimize the risk of infection, the LOC makes the following recommendations:

- Stay in your small group.
- Avoid contact with other teams.
- Avoid contact with tourists/fans.
- Wear a face mask and maintain the minimum distance between yourself and journalists during interviews.
- Regularly wash your hands and disinfect.
- Document your health and any changes to your health.

We ask EVERYONE, to TAKE RESPONSIBILITY and comply with all the measures and recommendations listed above! There will be a Covid Officer in place to check and enforce the COVID-19 guidelines. Please follow the instructions of the staff for your own safety and the safety of others.

In case of violation or non-compliance with the COVID-19 guidelines, we reserve the right to exclude people from the event and take legal action.

The measures were determined in accordance with the current regulations, last updated on December 4th 2021. The organizer reserves the right to make necessary changes, which may be imposed immediately.



Testing for entry into the United States

For your departure for the United States, you will need to have a PCR test 72 hours before your arrival.

It is important to verify the latest entry policies to enter the United States.

Since November 8, 2021, the presentation of a negative virological test for Covid-19 (PCR or antigen) carried out less than 3 days before the trip as well as a complete proof of vaccination is mandatory to be authorized to enter the United States

For your COVID-19 TEST before you leave for the United States:

- 1- A nurse from the Medic Axion laboratory will come to your hotel to do this test. On the evening of January 4, 2021, it is important to be available.
- 2- The tests are at your expense. It is important to send the information sheet with your information to Médic Axion before your arrival in Canada. The Medic Axion laboratory will send you your certificates by email allowing you to take the plane on January 6, 2022. Here is the link of the clinic where it will be possible to register to take your test.

<https://medicaxion.com/services/test-covid19-subscription>

- 3- It is important to pay for this test when you take your appointment

If you need additional support with organizing a PCR test feel free to get in touch with Marie-Josée Fortin our health and safety resource: lerelaiswc@freestylecanada.ski

This document was prepared by Marie-Josée FORTIN, health and safety coordinator for the Freestyle Skiing World Cup in Quebec City on December 4, 2021.

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