



November 25, 2020

Principles, Decisions & Scenarios for Running CADS Certifications During a Pandemic

**Course Training and Evaluations events, complete and module certifications for both
Skiing & Snowboarding**

During a pandemic, it is imperative to create a training and evaluation environment where all people are safe, and risks are mitigated to a safe level or eliminated completely. CADS is committed to providing guidelines and to do everything it can to eliminate situations where the Course Conductor(s) and the candidate(s) become COVID-19 transmitting vectors.

6 Principles

The best way to prevent illness is to avoid being exposed to this virus

Based on the [Canadian Public Health Agency](#) Prevention and Risk management strategies, CADS recommends these 6 principles as strategies to mitigate transmission risks of COVID-19:

1. **Distance:** Stay at least 2 meters away from others, whenever possible. Avoid close contact and close conversations. This is very important in preventing the spread of COVID-19.
2. **PPE:** Cover your mouth and nose with a mask when around others in and around the ski resort. This helps reduce the risk of spread both by close contact and by airborne transmission.
3. **Wash:** Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
4. **Clean:** Routinely clean and disinfect frequently touched surfaces.
5. **Outside:** Avoid crowded and confined indoor spaces.
6. **Home:** Stay home and consult a health practitioner and isolate from others when sick or if symptoms are detected.



Health Authority Sequence

CADS operates in multiple jurisdictions with different situations, and different rules. Accordingly, the decision hierarchy is:

1. The most recent [Canadian Public Health Agency](#) strategies available
2. [Provincial and territorial health agencies](#) strategies
3. Local health agency strategies
4. Local Ski Resort strategies
5. CADS National > Provincial Division > Local Program strategies
6. The instructor candidate is ultimately responsible for whether or not to proceed with an activity based on their own assessment of conditions on-site.

3 Decisions

After consulting Course Conductors across the country, looking at challenges, safety, risk management, continuity, impact and workable solutions, CADS came up with a plan for this coming winter. As everything linked to COVID, this is subject to change during the winter of 2020-21.

Summary of the 3 decisions

1. The only course certification training and evaluation events that can occur are Level 1 ASD/CI modules. Sanctioned CADS clubs and program training must be according to their submitted return to snow (RTS) plan.
2. Other course certification events offered will be delivered by Level 4s using a pre-approved lesson plan.
3. Future strategies: The national TC & the Level 4 peer group will develop and test on snow strategies throughout early winter in hopes of providing more opportunities for other course certification training and evaluation events, modules & levels from January onwards.



CANADIAN ADAPTIVE SNOWSPORTS
SPORTS DE GLISSE ADAPTÉS CANADA

Details on each decision

1. Certified Lv1 & Lv2 Course Conductors may deliver the Lv1 ASD/CI Module only

- The Lv1 ASD/CI module is the only certification to be delivered in 2020-21.
- Maximum of 6 Candidates per group.
- No minimum # of candidates.
- Outdoor activities only.
- Follow the CADS Lv1 ASD/CI guidelines.
- The CADS TC will support CCs to deliver Lv1 ASD/CI modules with online training that will include:
 - Guidance and support for using the ASD/CI slideshow in an online format.
 - Strategies and direction for completing the evaluation outdoors while maintaining physical distancing.
 - Daily COVID self assessment checklist and verification.
 - Resources for effective use of PPE

Train & Eval	Yes	No
L1 – ASD/CI	X	
L1 - SitSki		X
L1 – 3T/4T		X
L1 - VI		X
L1 Crossover		X
L2 – ASD/CI		X
L2 - SitSki		X
L2– 3T/4T		X
L2 - VI		X
L2 Crossover		X
L3		X
L4		X
Tandem		X

The ASD/CI module only decision

This decision was made for several reasons:

- Ability to modify to prevent close contact most easily of all modules
- Highest student population in CADS
- Considered most relevant for the majority of clubs

2. Certified level 4s and 4Es (Lv3 and Lv4 CCs) may offer additional levels and modules with approval

- CCs must respect the 6 CADS principles as above
- Present a detailed lesson plan (with a focus on maintaining physical distance), to be approved by the TC, level 4 peer group and national COVID safety officer.
- Outdoor activities only
- Their experience and learnings will be shared with the TC.

3. Future Strategies

The TC plans to continue searching for solutions and strategies for delivering additional complete and module certifications throughout the 2020-21 season and hopes to make more opportunities available.



Course Certification Training & Evaluation Scenarios

Everyday!

Step 1. Assess the Risk

1. **Mandatory daily Self Assessment using the COVID-19 screening check.**
 - a. Consistently monitor your community for increasing rates of COVID-19 infection.
 - b. As a CADS CC, assess your own risk first including age (over 60) and any high-risk chronic health concerns.
 - c. The morning before each lesson/event an email from Snowline goes out to all candidates and course conductors that notifies them to complete their COVID-19 affirmation report. This is a one click process.
 - d. Course conductors (if given the proper access) or Program Coordinators can view the list each day to see the COVID-19 affirmation reports.
 - e. There are 2 Tutorials
 - i. How-to setup a CADS evaluation/training : <https://youtu.be/08Rx00GGwEA>
 - ii. How-to Snowline COVID-19 affirmation : <https://youtu.be/kn6uQLZhCfs>
2. **Choice without penalty**
 - a. CADS is committed to providing a safe environment for people to cancel or withdraw from any event or activity should they experience any concerns or discomfort, or have COVID-19 symptoms.
 - b. Registration refunds will be provided.

Step 2. Implement Key strategies to reduce risk during training or evaluations

All CCs must present a COVID-19 Orientation to their candidates identifying procedures including the 6 CADS principles as above.

1. **Distance:** Eliminate all training and evaluation activities that will compromise the 2m physical distance requirements for anyone outside that person's household.
 - a. Adapt to maintain the 2m physical distance requirements at all times during training and evaluation situations.
2. **PPE:** Masks, goggles, gloves and face coverings¹ will be mandatory as per resort, division and club policies.
3. **Wash:** Washing and disinfecting hands will be mandatory.

¹ Masks or face coverings that are accepted by your local/regional/provincial authorities



4. **Clean:** CADS CCs will routinely clean and disinfect equipment needed to support all training and evaluation activities.
5. **Outside:** All training to be delivered outside. Eliminate any indoor training. Use online strategies as required.
6. **Home:** Create an environment to support people to feel comfortable participating by:
 - a. Using informed consent to allow candidates to make decisions based on information and a clear plan.
 - i. Outlining the strategies to maintain physical distancing
 - ii. Explaining what PPEs are necessary and when
 - iii. Strategies for adapting the environment to reduce the risks of COVID-19 infection for CCs and candidates.

Please stay up to date on evolving CADS certification strategies