



CEC COVID Protocol
Version 2.0 – November 2021

INTRODUCTION

1. SCOPE

This Protocol applies to the [2021-2022 CEC Competition Series](#), until further notice and as follows:

CEC SENIOR COMBINED SERIES (BOULDER & LEAD)

- Senior Boulder National Championships, November 27-28, 2021, Délire Escalade, Québec, QC
- Senior Lead National Championships, February 20-21, 2022, Olympic Oval, Richmond, BC

CEC SPEED SERIES (all categories)

- National Championships, February 19-20, 2022, Olympic Oval, Richmond, BC

CEC YOUTH COMBINED SERIES (BOULDER & LEAD)

- Youth Eastern Regional Championships, April 15-17, 2022, Altitude Gym Kanata, ON and Altitude Gym Gatineau, QC
- Youth Western Regional Championships, April 15-17, 2022, Location TBD
- Youth Boulder National Championships, May 19-20, 2022, Le Crux, Laval, QC
- Youth Lead National Championships, May 22-23, 2022, Canyon Escalade, La Prairie, QC

2. HOST FACILITY GUIDELINES

The CEC COVID Protocol is a complement to the guidelines and regulations in place at the hosting facility. Attendees are required to comply with the host protocol and the CEC protocol.

3. CEC VACCINATION AND FACE COVERING STATEMENT

Please read and understand the [CEC Vaccination and Face Coverings Statement](#).

4. CEC COVID-19 LIAISON

The COVID-19 Liaison is essential to allow the safe and effective return to competition for all attendees at CEC-Sanctioned Events. The COVID-19 Liaison helps to ensure that each competition is conducted within the parameters of the appropriate guidance and procedures, while supporting athletes and team staff to adjust to the new situation appropriately.

For the 2021-2022 CEC Competition Series events, the CEC COVID Liaison is Christiane Marceau, Executive Director. She can be reached at info@climbingcanada.ca

GENERAL RULES

5. TECHNICAL MEETING

To ensure safety of participants, and to limit contacts, the Technical Meeting for each event will be held virtually. More information will be provided to registered participants 5 days prior to the start of the event.

6. SPECTATORS

Spectators will be allowed based on the hosting Provincial Health Orders. All spectators will be required to show both valid proof of vaccination and Government issued photo ID, and to wear a mask to be given permission to attend the event. Spectators will be encouraged to only be in attendance to watch their own affiliated athlete, rather than the entire competition.

Senior Boulder National Championships, Délire, Quebec: Spectators are permitted, no capacity restrictions are in place. However, it is possible that spectators must occupy a seated seat during their presence at the center, this will be confirmed on site.

7. VACCINATION VERIFICATION

All attendees will be required to show valid proof of vaccination, and Government issued photo ID, to be given permission to attend the event. [Where can I find my provincially accepted proof of vaccination?](#)

To ensure a smooth start to the events, CEC requests that all participants attend one of the mandatory screening times listed below. Once your vaccination information has been validated by the COVID Liaison, you will be provided with a color-coded wristband (can be worn on the ankle). This wristband will be your passport to enter the competition venue for the duration of the event.

All individuals must present themselves; no individual can represent someone else.

This will also double as registration. You will be asked to confirm your registration and discipline(s) you will be competing in.

Senior Boulder National Championships

Délire Escalade, 950, av. St-Jean-Baptiste, Suite 150, Québec, G2E 5E9

- Friday November 26, 1pm to 7pm ET

Must be completed before Technical Meeting. If this is impossible for you due to travel or other, please communicate with the Technical Delegate at competition@climbingcanada.ca

8. DAILY COVID SELF-ASSESSMENT

All attendees are required to complete a Self-Assessment prior to attending the event, the morning of each day of competition.

- QC: <https://covid19.quebec.ca/surveys/cdd2/introduction>

Attendees will be required to check in at entry points and confirm that they have completed their self-assessment. Attendees may have their temperature taken at the facility entry points.

9. WHERE TO GET TESTED WHILE IN QUEBEC CITY, QC

If you are experiencing symptoms of COVID-19 while in Quebec City, QC, please do not attempt the event, and get tested as soon as possible. We kindly ask that you contact the CEC COVID Liaison to inform us of your situation, as soon as you experience symptoms.

- <https://www.ciuss-capitalnationale.gouv.qc.ca/sante-publique/coronavirus/depistage/quebec>

10. WHILE IN THE VENUE

Attendees are asked to respect social distancing, wash hands frequently, and properly wear an approved face covering (mask) at all times.

It is possible that CEC will allow athletes to climb without a mask. This decision will be based solely on Provincial Health Guidelines the day of the event, and will be communicated to athletes the morning of each competition day.

11. EQUIPMENT AND PPE

Sharing materials (bottles, towels, masks, glasses, shoes etc.) is strictly forbidden.

In addition to their normal equipment, athletes must bring their personal:

- Approved face covering that fully covers the nose, mouth, and chin
- gel dispenser
- hang board (if needed)

CEC will provide:

- personal protective equipment (e.g. medical-grade masks, gloves, etc.) for Officials, Setters, Event Staff, and Event Volunteers, or ensure that they have it;

The Host facility will provide:

- hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in washrooms and changing rooms;
- hand sanitizers and alcohol rubs for all entrances and throughout the venue.

ATHLETES' SPECIFIC RULES

12. ATHLETES' COMMON AREA

In order to keep social distance, the isolation area may be arranged in two separate zones: holding area and warm up. If isolation is not necessary (i.e. in Speed and in Lead qualification) the same rules (temperature check, hands sanitizing etc.) will apply at the entrance of the warm up area.

The holding area shall not have a climbing wall: athletes can warm up only with their personal equipment. They are allowed, if possible, to use their personal hang board.

In order to guarantee the same length of time in the warm up area to all athletes, a detailed timetable will be provided. On this timetable, the time of entrance and exit from the warm up area will be mentioned for each athlete. The isolation area shall be checked by the CEC officials.

Volunteers working in common areas (isolation area, call zone, after climbing area, etc...) shall always wear a mask.

Athletes in common areas (isolation area, call zone, after climbing area, etc...) shall always wear a mask.

12.1. ISOLATION: HOLDING AREA

- Isolation / holding area shall guarantee a minimum of 4 square meters per person.
- In order to reduce the total number of people in isolation, only 1 (one) Team Official per team will be allowed. The Technical Delegate (TD) may decide to change such restrictions depending on room capacity.
- For extra coaches or physio who want to stay available to the athlete, this is to be approved by the TD. If needed another waiting room will be organized. This room will be under the same rules as isolation. If an athlete needs their physio, then the coach in isolation will swap and go to the waiting room.
- All Team Members shall wash their hands using an alcohol-based gel. The Host Gym shall provide an alcohol-based gel dispenser in isolation / holding area but a personal gel dispenser is recommended.
- All the persons inside isolation (team members, volunteers, officials etc.) will respect social distance (1 meter minimum).
- At the end of the round, points that are touched frequently (i.e. doors, chairs, washrooms etc.) shall be cleaned with alcohol or disinfectant by Host Gym staff.

12.2. ISOLATION: WARM UP AREA

- Warm up wall should be not less than 60 square meters.
- In order to reduce the total number of people in the warm up area, athletes may be allowed to access the warm up area only 1 hr before their scheduled climbing time. The Technical Delegate and the Jury President will decide on such restrictions depending on room capacity.
- When moving from isolation to call zone every athlete will bring all their personal belongings **in a single bag**.
- All the persons inside isolation (team members, volunteers, officials etc.) will respect social distance (1 meter minimum).
- Host Gym shall provide alcohol based sanitizer in warm up but a personal gel dispenser is recommended.
- It is possible that CEC will allow athletes to climb without a mask. This decision will be based solely on Provincial Health Guidelines the day of the event, and will be communicated to athletes the morning of each competition day.
- Every hour, points that are touched frequently (i.e. doors, chairs etc.) shall be cleaned with alcohol or disinfectant by Host Gym staff.

12.3. CALL ZONE

- No team officials allowed in Call Zone.
- When moving from warm up to call zone every athlete, possibly helped by a volunteer, will bring all their personal belongings **in a single bag**.
- In call zone every athlete shall have a personal alcohol-based gel dispenser.
- Chair will be wiped down after each climber.
- When the athlete leaves the call zone, they will carry their bag to the designated area. The climber will pick up the bag and will move it to the rest area (in Boulder) or to the after climbing zone (in Lead).
- Masks must be worn at all times. CEC will confirm the day of the event, based on provincial health guidelines, if masks can be removed in the competition zone.

12.4. AFTER CLIMBING AREA

- Host Gym must provide alcohol-based gel dispenser in the After Climbing Area but a personal gel dispenser is recommended.
- Masks must be worn at all times.
- Every hour, points that are touched frequently (i.e. doors, chairs etc.) shall be cleaned with alcohol or disinfectant by Host Gym staff.

13. COMPETITION AREA

13.1. LEAD

- Competitors must sanitize before and after handling the rope in the call zone.
- Belayers shall wear mask properly.
- During observation time all athletes and officials shall wear their mask properly.
- Each Belayer will have their own assigned rope(s).
- Belayers will be wearing gloves.
- Ropes will be provided by the host.
- Athletes must NOT put the rope in their mouth

13.2. BOULDER

- Host Gym must provide alcohol-based gel dispensers in the rest area, to be used before and after every boulder.
- For scramble and semi finals, brushes will be available upon request: athletes shall brush by themselves. The common brushes shall be wiped down after each use.
- In the finals round only, brushers from the organization staff will clean the holds in between two athletes.
- Brushes will be provided by the Host Gym and will be sanitized between each athlete's use.
- Athlete's scorecards will not be used. To let every athlete check their score, the Host Gym will provide boards for Boulder judges to show athletes and coaches the results.
- During observation before the final round all athletes and officials must wear a mask.
- After every round the mat will be cleaned.

13.3. SPEED

- Volunteers connecting athletes to autobelay shall wear mask and face shield properly.

14. AWARD CEREMONIES

The protocol used in the Award Ceremony will be the usual protocol with some small modifications:

- Athletes must wear a mask during the entire award ceremony
- Prize Givers must wear a mask
- Medals, trophies and other tokens will be directly picked up from the tray by the athletes
- No handshakes, no hugs, no kissing from athletes or prize givers will be allowed

15. INTERVIEWS

Video interviews of gold medalist and any other selected person shall be arranged, preferably outdoors, and will respect social distancing at all times. In particular:

- Interviewee shall not wear a mask during the entire interview;
- Interviewee shall speak to a microphone mounted on a tripod;
- Interviewer shall stand at a minimum 2 m distance from the athlete;
- Interviewer shall wear a mask during the entire interview.
- For interviews other than with video, when social distancing cannot be respected, then both interviewee and interviewer shall wear a mask.

CEC CONTACT

For any questions or comments on this Protocol, please contact Christiane Marceau, CEC COVID Liaison, at info@climbingcanada.ca, or by phone or text at 1-613-890-4605.