

Dear Freestyle Parents/Kids

I know everyone is really looking forward to the next few months of awesome skiing.

I am also aware there has been a lot of hard work being put in by board members with respect to all of this COVID stuff. Thank you!

It is so important that once everyone is here that the local guidelines be followed -stay in your own bubbles, wear masks...these things will make a big difference.

Our little town has been reasonably unscathed by COVID thus far but it can turn on a dime and our hospital could become non functional very quickly. We want to be there for the really important stuff – crashes on the ski hill, heart attacks, car accidents etc.

We do not have a walk in clinic in town which many of you know. What that means is many visitors end up using the emergency room instead. We want to minimize this as much as possible.

As a local physician I thought it might be useful for you all to know how our system is working and ask that you take this into consideration with your own health care needs

- 1) Use the clinics if you can. Try calling first and booking a phone appt. Invermere medical clinic 250-342-9206. Chisel Peak 250-341-6900. There may be a spot available.
- 2) If you have minor COVID type symptoms (you all know them) – use our COVID on line testing booking. You don't need to come to the hospital. The number is 1-877-740-7747. Isolate the minute you think you have any of these symptoms and wait until you hear your test result. Our current turn around time is 24-48 hours so we could have you back on the hill pretty quickly.
- 3) If you have minor other complaints (bladder infections, backache etc) and there are no clinic spots available – ask yourself first: can this wait? If it can't, come to the emergency room. We may ask you to wait in your car if the waiting room is busy. You will have a beeper that will go off when its your turn.
- 4) If you have more serious symptoms that you think might be COVID – you need to call from the parking lot (250-342-2316) and let the triage nurses know. You will be directed to our negative pressure room where there is less chance of spreading the infection to surfaces and health care professionals.
- 5) If you have other serious illness and you have had a close COVID contact – immediately let the health professionals know. (We need to sew up those cuts but if you've had COVID contact we will likely dress differently and possibly see you in a different part of the hospital)

Spread the word to other visitors who are here that this is how things are working.

Thank you for your consideration. Again, the ultimate purpose of these changes in behaviour is so that we can be there in the hospital when you really need us

Sincerely

Dr. Jane Fleet

(my son is going to be doing his first year of freestyle and is really pumped)