



Fall Camp 2020 - Big Sky, MT - COVID Guidelines

Pre-Travel Requirements:

Testing:

We are asking that each athlete provide a negative COVID PCR test within 5 days of travel. We prefer the PCR test over the antigen testing as it's proven to be more accurate. [Costco](#) sells a PCR test that can be done at home and sent back for results within 72 hours. Please ensure that the testing is the PCR (not the rapid antigen). Additional testing options:

- [Zoom+](#) - Portland area
- [AFC Urgent Care](#) - Portland area
- Clackamas County - <https://www.clackamas.us/coronavirus/testing>
- Multnomah County - <https://multco.us/novel-coronavirus-covid-19/covid-19-testing>
- Hood River - <https://www.gorgeimpact.com/testing>

Please contact your primary care physician to discuss additional testing options. **Allow yourself enough time to complete the test and get results PRIOR to departure on 11/18. You should be aware of the turnaround times based on the provider that administers the test.**

Self-Quarantine: In addition to testing, we ask that each athlete self-quarantine for 14 days leading up to our departure. This adds an additional safety measure. False negatives with testing are a possibility and the majority of people don't start to exhibit symptoms of COVID-19 until 4-5 days after onset. Adding a self-quarantine will ensure limited exposure and reduce risk.

A pre-travel symptom check and exposure agreement is required to be completed and signed on the day of departure. **Starting Monday 11/16, Please complete THIS FORM daily (Mon 11/16 - Wed 11/18).** If a household member has been tested positive for COVID-19 in the last 14 days, you will not be allowed to attend camp. *(Full refunds will be issued in this case - Please refer to the COVID refund policy in the Team Handbook)*

COVID Guidelines During Camp:

Van Safety - Passengers and drivers are required to wear masks 100% of the time while in the van. This means there is no eating in the van.

Bio breaks - Due to Covid travel restrictions we cannot stop at restaurants for meals. We will be stopping at rest areas for breaks during the drive. Athletes need to pack a full day of healthy snacks, lunch and a dinner. During the stops athletes are encouraged to get out of the van, stretch, use the restroom and have a snack or meal. Athletes are not allowed to leave the vans at gas stations, unless there is an emergency need. Covid risks are substantially increased for the team when athletes depart the vehicle.

Transportation / lodging / training pods - we will be maintaining small groups that will stay consistent between van travel, condo assignments and training groups (for the most part). Contact with others outside your 'pod' will be limited. Any full team meetings will be done either outside or inside w/ masks and social distancing will be enforced.

At Big Sky - We will adhere to all guidelines set forth by Big Sky Resort and the state of Montana as well as the OHA and CDC recommendations to the best of our ability.

- **Face coverings** - Masks must be worn in vans and indoors in any public area or when you cannot maintain 6' of distance (excluding your own condo). Buffs or facemasks must be worn in
- **Meals** - No meals will be made in the condos. All meals will be served from the designated dining area provided by Big Sky or picked up and taken back to our condos. No sharing of food or drinks.
- **Daily symptom and temperature checks** - Each coach will perform a symptom check and record temperatures each day for their respective pods.
- **In the event that one of the athletes displays symptoms during camp** - This individual will be isolated in their own room / bathroom and we will inform the parents/guardians. Big Sky will assist in providing quarantined lodging if needed (at the expense of the athlete and athlete's family). A negative COVID test will be required before returning to training. Coaches will work with the on hill clinic to facilitate testing the athlete at Big Sky Medical Center. Any other athletes in direct contact with the sick individual will also be tested.
 - If the athlete tests negative, symptoms will be monitored and the athlete will not be allowed to return to training until they no longer experience symptoms and have not had an elevated fever in the last 24 hours (above 100.4).
 - If the athlete tests positive, Parents/guardians will be required to coordinate picking up their child. **All other athletes in the same 'pod' as the positive athlete will also need to coordinate being picked up.**
- **Cleaning and disinfecting** - Cleaning supplies and sanitizer will be provided for each van and each condo. Daily cleaning of surfaces or any shared equipment between uses will be required. Hand sanitizer will be available in the vans, on the hill and in the condos.

- **Medical Facilities and testing options** - Big Sky will have their on-hill B2 Big Sky Medical facility open during our camp. Bozeman Health Big Sky Medical Center will assist in scheduling COVID-19 tests as needed. Any person that tests positive for COVID-19 will be required to contact the Madison County Health Department for next steps. Additional contact info can be found in the link below.

MRT COVID-19 Checklist and Contact Information

COVID Refund Policy -

- If the camp is cancelled by Big Sky prior to departure due to COVID-19 related restrictions or concerns we will issue 100% refunds
- If a participant test positive or is exposed to COVID-19 prior to departure and cannot join the camp, 100% refund will be issued assuming we are not charged by Big Sky for this individual
- If a participant tests positive or is exposed to someone who has tested positive for COVID-19 during camp and we are forced to end the camp early, partial/prorated refunds will be issued based on the total billing from Big Sky.

Meadows Amateur Ski Racing Association ("MASRA") Assumption and Acknowledgement of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. Meadows Amateur Ski Racing Association "MASRA" has put in place preventative measures to reduce the spread of COVID-19; however, MASRA cannot guarantee that you will not become infected with COVID-19. Further, participation could increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending this Meadows Amateur Ski Racing Association ("MASRA") sanctioned camp and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, MASRA employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, including economic loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s participation in MASRA programming ("Claims").

On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless MASRA, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of MASRA, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any MASRA program.

Athlete Signature: _____

Date: _____

Parent/Guardian Signature: _____