



**Anthony Lakes Ski Racing Association
COVID-19 Operational Plan
September, 2020**

The health and safety of ALSRA's athletes, coaches, and families is our top priority as the ALSRA board makes decisions about how and when to resume our winter season program. This COVID-19 Operational Plan was developed in accordance with regulatory guidance from the Oregon Health Authority, as well as guidance from the U.S. Ski and Snowboard Association. The plan is subject to change pending revised information from any of these organizations.

The ALSRA board has decided to move forward with our winter season with the goal of providing opportunities for our athletes to train and compete safely, while also doing our part to help prevent the spread of COVID-19. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact and can lead to severe illness and death. As such, we will be holding our training sessions on Sundays, which typically have a smaller number of skiers visiting the mountain. We will also have additional safety precautions put into place. Indoor facilities may not be available or may be limited, these facilities are regulated by Anthony Lakes Mountain Resort and will follow their reopening guidelines. Athletes and staff should arrive at the training venue changed and ready to start their warm up/training (try not use the lodge or changing rooms at the mountain, unless necessary (restroom)). We are committed to providing a safe and positive experience for the athletes and we ask that everyone involved with ALSRA programs, including parents and families help us uphold the plan to the best of their ability. If an outbreak occurs, or if individuals put the larger group at risk, we may have to cancel events or even the entire season. If Baker County reverts to Phase I of the state reopening guidelines, we may have to modify or cancel events as needed. If Anthony Lakes Mountain Resort does not open or closes down during the season, we will need to cancel events or the remaining/entire season. As of this time, we are not able to schedule any competitions on the mountain, this includes the President's Day Race and the Broadway Blast.

Finally, until a vaccine is developed, or a cure is found, or other therapeutics are widely available, there is no way of eliminating the risk of infection. By choosing to participate in ALSRA programs, players may be at risk of contracting COVID-19. A legal guardian for each participant will be required to sign an assumption of risk and liability waiver document prior to any participation.

The ALSRA Board would like to thank all athletes, coaches, and families for their continued commitment to youth ski racing during these difficult times. If anyone has questions or concerns please let us know.

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Statement of Responsibilities

ALSRA Club Responsibilities:

- Review the following documents: OHA General Guidance for Employers on COVID-19, OHA Reopening Guidance for the Public, OHA Phase 2 Reopening Guidance - Recreational Sports, Limited Return to Play for Specified Sports.
- Maintain awareness of changes to OHA guidance if/when it becomes available. Maintain dialog with USSA, county officials and Anthony Lakes Mountain Resort leadership.
- Create and distribute a COVID-19 Operational Plan (this document).
- Have an effective communication plan in place to notify adult leaders and the families of players if the organization learns a participant or coach has contracted COVID-19 and may have been infectious to others while at an ALSRA event, while maintaining confidentiality as required by law.
- Educate coaches on operational plan requirements and responsibilities.
- Provide access to alcohol-based hand sanitizer (60-95% alcohol) and equipment sterilization supplies.
- Be prepared to shut down or modify operations if needed in response to a positive case.

Coach Responsibilities:

- Follow state and local health protocols, including physical distancing guidelines (6 feet) and face coverings.
- Inquire how the athletes are feeling, send them home if you believe they act or look ill.
- Ensure compliance with the operational plan at all training sessions.
- Ensure all athletes have their individual equipment and that it is appropriately spaced out (i.e. skis, poles).
- Coach is the only person to handle training/racing equipment, athletes will not handle club equipment.
- Sanitize all equipment as needed with league-provided sanitation supplies at the conclusion of each session.
- Have fun, stay positive - athletes and parents are looking to you to stay calm, supportive and caring during this time.
- Always wear a face covering, when not actively coaching, maintain physical distance requirements from athletes based on state and local health requirements.

Parent Responsibilities:

- Ensure your child is healthy, check your child's temperature prior to attending training.
- Do not allow your child to participate in ALSRA events if they exhibit any COVID-19 symptoms. Do not allow them to resume participation in ALSRA events until 72 hours after symptoms have resolved.
- Limited or no carpooling.
- Adhere to physical distancing requirements, based on state and local health requirements; when at training sessions or competitions, wear a face covering.
- Ensure all clothing and equipment are sanitized before and after every training.
- Notify the club immediately if your child becomes ill for any reason. ALSRA is committed to maintaining your privacy - names will not be disclosed and you will not be reported to health officials unless required by law. We only wish to notify others of potential exposure as a precaution.
- Be sure your child has access to alcohol-based hand sanitizer containing 60-95% alcohol, and a face covering with them at every training session or competition.

Participant Responsibilities:

- Wash or sanitize hands thoroughly before and after all ALSRA events. If soap and water is not available, use an alcohol-based hand sanitizer containing 60-95% alcohol.
- Do not touch or share anyone else's equipment, water, snack, or bag. Space belongings at least six feet apart or in a family group.
- Wear a face covering during training.
- Bring a personal water bottle, preferably prefilled. Bottles with straws or tube type nozzles make drinking with a face covering easier.
- Wash or sanitize all clothing and equipment before and after every ALSRA event.
- No group celebrations, no high fives, handshakes, fist bumps, hugs, etc.
- No spitting.

Practice Guidelines:

- We will follow the Anthony Lakes Mountain Resort rules for riding the chair lift, entering and exiting any facilities, time allotments, and the use of face coverings when inside a building. Facilities will be available as determined by Anthony Lakes Mountain Resort.
- Avoid close contact with other athletes before and after training sessions.
- Please keep adequate physical distance and use a face covering if approaching a coach to talk before or after a session. If possible, please message coaches to discuss any ALSRA related information.
- Athletes and staff should be performing at least daily symptom checking for signs and symptoms of COVID-19.

Health Protocols:

- A porta-potty will be available for use during training times if indoor facilities are not available.
- Gear: only coaches will be allowed to handle training/race equipment. Coaches will be responsible for sanitizing all team equipment as needed at the conclusion of sessions.
- All players will be required to sanitize their hands with an alcohol-based hand sanitizer (containing 60-95 % alcohol) at the beginning and end of each training session as well as before and after lunch. Exceptions will be made for allergies or other medical restrictions. ALSRA coaches will have hand sanitizer available if needed.
- Coats will be assigned to athletes at the beginning of the season. Athletes are responsible for bringing it to practice, competitions and returning it at the end of the season.
- Players should not share water bottles, snacks, clothing, etc.
- Coaches and players are required to wear face coverings when physical distancing cannot be maintained (e.g. on the chair lifts). ALSRA will provide neck gaiters to be used as face coverings.
- Do not train if you are exhibiting any symptoms of the coronavirus. Symptoms range from mild to severe illness and may appear 2-14 days after exposure to the virus, including: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- Do not train if you have been in close, sustained contact with someone with COVID-19 in the last 14 days.
- Consult with a healthcare professional if you are at higher risk of developing serious disease.
- Face coverings should cover nose and mouth.

On Snow & Sport-Specific Protocols:

- It is recommended to keep on-snow/sport-specific training groups consistent from session to session and day to day to limit exposure if there is a COVID-19 case(s).
- Athletes and staff should arrive at the on-snow/sport-specific training venue changed and ready to start their warm up/training (try not to use the lodge or changing rooms at the mountain, unless necessary (restroom)).
- Athletes and staff should bring their own water bottles (filled), towels, radios, cameras and other equipment needed and do not allow sharing of items.
- Athletes and staff should bring a fully sealable bag to store all personal items in.
- All individual athlete and staff equipment should be sanitized before and after the on-snow/sport-specific training session.
- All “team/site equipment” should be sanitized before, during, and after the on-snow/sport-specific training session.
- All athletes and staff should have face coverings, gloves, and hand sanitizer on their person. Face coverings should cover the nose and mouth.
 - Athletes do not need to wear face covering when on course, but should do so when not on course.
 - Coaches and other training personnel should wear face coverings at all times, unless it impairs critical communication.
- Maintain physical distancing of a minimum of 6 feet, including chairlift lines, on hill and during ski/snowboard service.
- It is recommended to be a single rider on a chairlift, or with teammates. Limit sharing chairlifts with public people outside of your training group. We will follow the Anthony Lakes Mountain Resort rules for riding the chair lift.

Upon Finishing Training:

- Athletes and staff should use hand sanitizer to thoroughly sanitize hands prior to leaving the resort or training area.
- Athletes and staff should leave immediately after training and not linger, chat, or socialize at the resort or training area.
- Athletes and staff should take a shower as soon as possible after leaving the resort or training area.

Communication Protocol:

- The ALSRA President will be the primary point of contact for all COVID-19 related issues (contact information provided in the introduction). That said, if parents are more comfortable communicating issues with a coach or other ALSRA board member they are welcome to do so.
- Please notify ALSRA personnel immediately if any player or coach exhibits two or more COVID-19 symptoms. This is the threshold at which public health officials recommend testing. The decision to obtain a test will be up to the individual or their parent/guardian.
- ALSRA is committed to maintaining your privacy - names will not be disclosed and you will not be reported to health officials unless required by law. We only wish to notify others of potential exposure as a precaution.
- ALSRA will notify families of any known potential exposure.