



Anthony Lakes Ski Racing Association (ALSRA)

COVID-19 Operational Plan October 2022

The health and safety of ALSRA's athletes, coaches, and families is our top priority. ALSRA will follow the State of Oregon Mask Guidelines and Quarantine requirements, which can be found online at <https://govstatus.egov.com/OR-OHA-COVID-19>. Here are the current guidelines as of October 29, 2022:

Oregon Mask Guidelines:

Masks are not required for most indoor settings, but you still need to [wear a mask in health care settings](#) to keep everyone safe. Some businesses and schools may still choose to require masks. People may also choose to continue to wear well-fitting masks to protect themselves and others. Oregon's full rule on masking, including a list of health care settings where masks are still required, [is located here](#).

Quarantine Requirements are Lifted for Most Populations:

This means most people [do not need to quarantine](#) when exposed to someone with COVID-19. You still must stay away from others if you test positive for COVID-19 or have COVID-19 symptoms after exposure.

ALSRA is an Oregon Youth Outdoor Ski Program, practicing at Anthony Lakes Mountain Resort in Baker County, and member team operating under the guidance of USA Ski & Snowboard (<https://usskiandsnowboard.org/>). ALSRA will follow the State of Oregon Summer and Youth Programs Public Health Recommendations, which represent best practices to support health and safety in youth programs during the COVID-19 pandemic. All parents are encouraged to read the State of Oregon Summer and Youth Programs Public Health Recommendations, which can be found here: https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351p_R.pdf. ALSRA will also follow Covid-19 guidelines set forth by Anthony Lakes Mountain Resort which may change on a daily, weekly, monthly, or seasonal basis. ALSRA members are expected to comply with changes set forth by State of Oregon, Baker County, USA Ski & Snowboard, and Anthony Lakes Mountain Resort.

ALSRA will be holding our training sessions on Saturdays but may have additional/optional practice opportunities on Fridays and Sundays. Indoor facilities may not be available or may be limited; these facilities are regulated by Anthony Lakes Mountain Resort and ALSRA will follow their guidelines.

Athletes and staff should arrive at the training venue changed and ready to start their warmup/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. If Baker County changes guidelines, we may have to modify or cancel events as needed. If Anthony Lakes Mountain Resort does not open or closes during the season, we will need to cancel events or the remaining/entire season.



Finally, 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:
 - State of Oregon Mask Guidelines and Quarantine requirements:
<https://govstatus.egov.com/OR-OHA-COVID-19>.
 - State of Oregon Summer and Youth Programs Public Health Recommendations:
https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351p_R.pdf.
- 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.
- Be prepared to shut down or modify operations if needed in response to a positive case.

Coach Responsibilities:

- Follow state and local health protocols
- 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.
- Have fun, stay positive - athletes and parents are looking to you to stay calm, supportive and caring to minimize Covid-19 impacts.

Parent Responsibilities:

- Ensure your child is healthy.
- Do not allow your child to participate in ALSRA events if they exhibit any COVID-19 symptoms:

- Recommend youth and staff members, regardless of vaccination status, stay home if they exhibit primary COVID-19 symptoms and seek testing.
- If the youth or staff member has a negative COVID-19 test, they may return to the program once fever-free for 24 hours and symptoms are improving
- If the youth or staff member has not been tested:
 - If they have only one primary COVID-19 symptom (new cough, fever/chills, shortness of breath/difficulty breathing, or new loss of taste or smell), OHA recommends waiting until the youth or staff is fever free for 24 hours and symptoms are improving before returning to the program.
 - If the youth or staff member has at least two primary COVID-19 symptoms, they should stay home for 5 days and until they are fever free for 24 hours and symptoms are improving.
- 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.
- ALSRA members, parents, family, and friends will not discourage the use of face coverings, gloves, use of hand sanitizer, social distancing, or any other personal precautions taken by any individuals based on their personal choice.

Participant Responsibilities:

- It is recommended to 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.
- 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 spitting.
- ALSRA will not discourage the use of face coverings, gloves, use of hand sanitizer, social distancing, or any other personal precautions taken by any individuals based on their personal choice.

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.
- 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.
- 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.
- Do not train or compete if you are exhibiting any symptoms Covid-19.

On Snow & Sport-Specific Protocols:

- Athletes and staff should arrive at the on-snow/sport-specific training venue changed and ready to start their warmup/training on time.
- Athletes and staff should bring their own water bottles (filled), towels, radios, cameras and other equipment needed and avoid sharing of items if possible.
- All athletes and staff are encouraged to wear face coverings, gloves, and use hand sanitizer based on their personal choice.
- ALSRA members will not discourage the use of face coverings, gloves, use of hand sanitizer, social distancing, or any other personal precautions taken by any individuals based on their personal choice.
- ALSRA will follow the Anthony Lakes Mountain Resort (or other resort) rules for riding the chair lift.

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.