

COVID-19 Preparedness Plan for US Ski and Snowboard Association Central Division Region 1 (CR1)

CR1 is committed to providing a safe and healthy workplace for all our workers, athletes, parents and volunteers. To ensure we have a safe and healthy workplace, CR1 has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Coaches, athletes, parents, and volunteers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our venues and communities, and that requires full cooperation among our Coaches, athletes, volunteers and parents. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our venues and ski areas.

The COVID-19 Preparedness Plan is administered by David Thorson, MD, who maintains the overall authority and responsibility for the plan. (We are a volunteer organization with one subcontractor, Caryn Jones, who has been involved in the creation of this preparedness plan and will be involved in the implementation of it.) However, the Board of Directors, coaches, athletes, parents and volunteers are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. CR1's Board of Directors, coaches, athletes, parents and volunteers have our full support in enforcing the provisions of this plan.

Our volunteers are our most important assets. CR1 is serious about safety and health and protecting our volunteers. Volunteer involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our volunteers in this process by including a group of volunteers who were used in developing this plan and feedback will be encouraged by all volunteers.

CR1's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- ensuring sick coaches, athletes, parents, and volunteers stay home and prompt identification and isolation of sick persons;
- social distancing – coaches, athletes, parents, and volunteers must be at least six-feet apart;
- coaches, athletes, parents, and volunteers hygiene and source controls, including face coverings;
- drop-off, pick-up and delivery practices and protocol; and
- communications and training practices and protocol.

CR1 has reviewed and incorporated the industry guidance applicable to our business provided by the state of Minnesota for the development of this plan, including the following industry guidance for COVID-19 Sports Practice Guidance for Youth and Adults. Other conditions and circumstances included in the industry guidance and addressed in the plan that are specific to our business include:

- additional protections and protocols for coaches, athletes, parents, and volunteers;

- additional protections and protocols for face coverings and personal protective equipment (PPE);
- additional protections and protocol for race access and venue safety protocols;
- additional protections and protocol for sanitation and hygiene;
- additional protections and protocols for work clothes and handwashing;
- additional protections and protocol for distancing and barriers;
- additional protocols to limit face-to-face interaction;
- additional protections for receiving or exchanging payment; and
- additional protections and protocols as needed for the venue.

We also are governed by US Ski and Snowboard, the national governing body for alpine ski racing in the US. Here are the guidelines they put forth:

<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2020/U.S.%20Ski%20%26%20Snowboard%20COVID-19%20Alpine%20Domestic%20Competitions%20Guidance%20v2.pdf>

Ensure sick coaches, athletes, parents, and volunteers stay home and prompt identification and isolation of sick persons

Coaches, athletes, parents, and volunteers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess workers' health status prior to entering the race venue and for coaches, athletes, and volunteers to report when they are sick or experiencing symptoms. Requirement of every participating athlete or their parent/guardian, coach, and volunteer to sign a COVID waiver which will include a self-risk assessment including symptoms and temperature.

CR1 has implemented policies that promote coaches, athletes, parents and volunteers staying at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household. (Coaches, athletes, parents and volunteers are encouraged to be aware of their and family's own risk factors and make decisions to participate based on their family's risk profile.)

CR1 has also implemented a policy for informing coaches, athletes, parents and volunteers if they have been exposed to a person with COVID-19 at a venue and requiring them to quarantine for the required amount of time. For coaches, athletes, parents and volunteers traveling outside of CR1 and are unable to follow CR1 COVID policy, they must isolate themselves for the required amount of time.

In addition, a policy has been implemented to protect the privacy of coaches, athletes, parents and volunteers health status and health information. CR1 will work with MDH to ensure confidentiality of coaches, athletes, parents and volunteers who have exposure risk.

Social distancing – Workers must be at least six-feet apart

Social distancing of at least six feet will be implemented and maintained between coaches, athletes, parents and volunteers in the venue through the following engineering and administrative controls: we are outside, we have limited the number of athletes and volunteers at the venue, the Start Referee will be responsible for pod size and

distribution during inspection, a person in the middle of the venue to ensure distances are maintained, and a person will be responsible for making sure no congregating in the finish area during inspection or racing, pods will be maintained during racing for athletes under fourteen, twelve feet of distance will be maintained at the start area for athletes fourteen and older.

Coach, athlete, parent, and volunteer hygiene and source controls

Basic infection prevention measures are being implemented at our venues at all times. Coaches, athletes, parents and volunteers are instructed to wash their hands for at least 20 seconds with hand sanitizer with at least 60% alcohol frequently throughout the day, but especially at the beginning and end of their shift, prior to any mealtimes and after using the restroom. All coaches, athletes, parents and volunteers to the workplace are required to wash or sanitize their hands prior to or immediately upon entering the facility. Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) are at entrances and locations in the workplace so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled. Coaches, athletes, parents and volunteers will be wearing gloves most of the time. Source controls are being implemented at our venues at all times. All coaches, athletes, parents and volunteers are required to wear face covering as described by CDC and MDH at all times when in the venue.

Coaches, athletes, parents and volunteers are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands. Coaches, athletes, parents and volunteers are expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all workers and other persons entering the venue. Our policies and procedures will be posted on our website and it will be required by all coaches, athletes, parents and volunteers to verify that they read it.

Workplace building and ventilation protocol

We are an outside sport and have no building requirements.

Workplace cleaning and disinfection protocol

Our equipment is stored outdoors and has time spent between usage to limit the transmission of the virus. Manager of timing will make sure the timing equipment is cleaned between use by multiple people.

Drop-off, pick-up and delivery practices and protocol

Athletes that are dropped or picked up will maintain social distance. There will be no spectators allowed in or around the venue. Athletes will be working in consistent pods and following state guidelines for travel and family exposure.

Communications and training practices and protocol

This COVID-19 Preparedness Plan will be communicated to all coaches, athletes, parents and volunteers via email once approved by our Board of Directors by January 8, 2021, and necessary training will be provided. Additional communication and training will be ongoing by email communications. Training will be provided to all coaches, athletes, parents and volunteers who did not receive the initial training and prior to initial assignment or reassignment.

Instructions will be communicated to all coaches, athletes, parents and volunteers about protections and protocols, including: 1) social distancing protocols and practices; 2) drop-off, pick-up, delivery; 3) practices for hygiene and respiratory etiquette; 4) requirements regarding the use of face-coverings and/or face-shields by workers coaches, athletes, parents and volunteers. All coaches, athletes, parents and volunteers will also be advised not to enter the venue if they are experiencing symptoms or have contracted COVID-19. The plan administrator will be responsible for notifying the MDH of any coaches, athletes, parents and volunteers that become systematic for COVID.

The Board of Directors and participating teams are expected to monitor how effective the program has been implemented each event. All teams, Coaches, athletes, parents and volunteers are expected to participate in enforcing the plan during all events. Their feedback will be gathered after every event to help improve compliance. All coaches, athletes, parents and volunteers are to take an active role and collaborate in carrying out the various aspects of this plan, and update the protections, protocols, work-practices and training as necessary. This COVID-19 Preparedness Plan has been certified by the CR1 Board of Directors and the plan was posted throughout the workplace and made readily available to coaches, athletes, parents, and volunteers by January 8, 2021. It will be updated as necessary by David Thorson and Caryn Jones.

Additional protections and protocols

It is the responsibility of the individual teams, coaches, athletes, parents and volunteers to enforce the preparedness plan to ensure the plan's integrity. Other conditions and circumstances addressed in this plan that are specific to our business include:

Certified by:

David Thorson, MD

Caryn Jones

COVID Administrator

COVID Coordinator

1/8/2021

Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) – www.cdc.gov/coronavirus/2019-nCoV

Minnesota Department of Health (MDH): Coronavirus – www.health.state.mn.us/diseases/coronavirus

State of Minnesota: COVID-19 response – <https://mn.gov/covid19>

Businesses

CDC: Resources for businesses and employers – www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

CDC: General business frequently asked questions – www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html

CDC: Building/business ventilation – www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

MDH: Businesses and employers: COVID-19 – www.health.state.mn.us/diseases/coronavirus/businesses.html

MDH: Health screening checklist – www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: Materials for businesses and employers – www.health.state.mn.us/diseases/coronavirus/materials

Minnesota Department of Employment and Economic Development (DEED): COVID-19 information and resources – <https://mn.gov/deed/newscenter/covid/>

Minnesota Department of Labor and Industry (DLI): Updates related to COVID-19 – www.dli.mn.gov/updates

Federal OSHA – www.osha.gov

Handwashing

MDH: Handwashing video translated into multiple languages – www.youtube.com/watch?v=LdQuPGVcceg

Respiratory etiquette: Cover your cough or sneeze

CDC: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

CDC: www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

MDH: www.health.state.mn.us/diseases/coronavirus/prevention.html

Social distancing

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

MDH: www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

CDC: www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

CDC: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

CDC: www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Environmental Protection Agency (EPA):

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Employees exhibiting signs and symptoms of COVID-19

CDC: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

MDH: www.health.state.mn.us/diseases/coronavirus/basics.html

MDH: www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: www.health.state.mn.us/diseases/coronavirus/returntowork.pdf

State of Minnesota: <https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

Training

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html

Federal OSHA: www.osha.gov/Publications/OSHA3990.pdf

MDH: www.health.state.mn.us/diseases/coronavirus/about.pdf