



## 2021-22 Winter Programs COVID-19 Protocol

The Durango Winter Sports Club (DWSC), including Gromlins, Freestyle, Freeride and Alpine, is dedicated to the health and safety of our athletes, coaches and community. COVID-19 poses a serious health risk that can result in severe illness and even death in otherwise healthy individuals. Even when taking all reasonable precautions, there is no guarantee that an infection will not occur.

During the COVID-19 epidemic we have sought to ensure we are fully complying with all county, state and federal regulations to prevent the spread of the virus. We have established protocols which allow DWSC programs to continue while adhering to all operating guidelines and best practices. Current guidelines from the CDC permit increased freedom for fully vaccinated individuals, defined as being 14 days past the second dose of a Pfizer or Moderna vaccine or past the single dose of Johnson & Johnson.

Below are the policies the DWSC is following for team travel, lodging, physical distancing, screening and symptom checks, and PPE use. The policies are based on the guidance provided by the U.S. Centers for Disease Control and Prevention (CDC), U.S. Ski and Snowboard (USSA), San Juan Basin Public Health Department and the Colorado Department of Public Health, and American Academy of Pediatrics. It is critical that we have the full cooperation of our coaches, athletes, and parents during this time. *Participants and coaches will be dismissed from training sessions and/or suspended for repeated violations of this policy.*

Please note that these policies and procedures are fluid as we learn more information surrounding COVID-19 and vaccination, which evolves as more strains of the virus become prevalent. Vaccines are highly effective against severe illness, but the delta variant causes more infections and spreads faster than earlier forms of the virus that causes COVID-19.

## General Guidelines

- ❖ If you are sick, do not come to training or work. If your symptoms are consistent with COVID-19, please self-isolate immediately and seek medical attention.
- ❖ All athletes, coaches and volunteers must wear a mask indoors during practice/training sessions regardless of vaccination status.
- ❖ All coaches must be vaccinated.
- ❖ To travel in the team van individuals must be vaccinated and wear a mask.
- ❖ All health guidelines established by county, state and federal health officials, as well as, procedures established by the hosting resort will be enforced.
- ❖ When conflicting guidelines exist between DWSC, hosting resorts and County or State health officials the more restrictive guideline will apply.

## Provisions for Fully Vaccinated Individuals

- ❖ Current guidelines from the CDC allow for increased freedoms for fully vaccinated individuals (VI), defined as being 14 days past your second dose of a mRNA vaccination, or 14 days past your single dose of Johnson & Johnson / Janssen vaccine. Based on the recommendations from the CDC we can reduce restrictions for vaccinated people in the following ways:
  - VI can resume many activities that you did prior to the pandemic, except for where required by federal, state, local, or business guidance.
  - To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
  - Get tested for COVID-19 if you are experiencing symptoms.
  - If you've had close contact with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.
- ❖ DWSC protocols mandate that:
  - Any athlete who wishes to travel with the team, stay in team lodging or travel in the team van is required to show proof of vaccination.
  - Athletes and staff must adhere to the specific COVID-19 policies of the resorts, training facilities, and jurisdictions where they are traveling.
  - Any athlete or staff member that is eligible for the COVID-19 vaccine and does not receive it will be subject to following all COVID-19 protocols and guidelines for unvaccinated individuals.
  - Breakthrough infections of COVID-19 post vaccination are possible, and we know that vaccinated individuals are more likely to have asymptomatic

infections. Therefore, we ask that athletes consider the following to protect their ability to perform and compete:

- People who are fully vaccinated should continue to wear a mask in public, maintain physical distancing from others and avoid crowds as well as poorly ventilated public spaces.
- **DO NOT** attend gatherings in public that do not allow for physical distancing with people of unknown vaccination status.

## Provisions for Unvaccinated Individuals

- ❖ Any unvaccinated individuals who are traveling separately from the team are advised to continue to follow COVID-19 mitigation strategies to minimize the risk of infection. This includes but is not limited to:
  - Restricting community interactions
    - Limiting eating in restaurants, utilizing public fitness facilities, attending gatherings, etc.
  - Frequently disinfecting commonly touched surfaces.
  - Maintaining personal hygiene and washing hands or using hand sanitizer.
  - Avoiding frequent touching of the hands and face.
  - Limiting the number of close contacts (unvaccinated).
  - Limiting interaction with unvaccinated individuals outside of the immediate “bubble.”
  - Wearing a mask in public at all times.
  - Maintaining consistent dining partners to limit the number of close contacts.
  - Limiting the number of athletes in dryland sessions and recommending athletes workout only with their roommates to limit close contacts of unvaccinated individuals.
  - Disinfecting all commonly touched surfaces and equipment before and after usage, and between sessions.
  - Separating athletes by a minimum of 30 feet during all cardiovascular and higher intensity workouts, and a minimum of six feet during lower intensity workouts.
  - Wearing masks for all indoor activities.
  - Working out in open-air environments whenever possible and appropriate.

## Before Training

### ❖ Symptom Monitoring:

- All participants must self-monitor for [signs or symptoms of COVID-19](#). If any signs or symptoms of infection are present, the participant must not attend practice.
- Any participant experiencing symptoms is required to remain home until they are fever-free for 24 hours and 10 days have passed since their first symptom *unless*

*they have a clear alternative diagnosis from a medical provider or a negative COVID-19 test result from after the onset of symptoms.*

- At the start of each session, coaches must take attendance for the purposes of contact tracing. If the athlete has any signs or symptoms of COVID-19 during DWSC programs, they must be sent home, instructed to contact their health care provider and the recommendation made that they be tested immediately ([Testing for COVID-19](#)).

#### ❖ **Positive Test or Exposure Protocol for VACCINATED Individuals:**

- Vaccinated individuals are not required to quarantine after close contact with COVID-19 positive persons. Vaccinated individuals who have had close contact with someone who has COVID-19 should get tested 3-5 days after exposure, even if they don't have symptoms. They should also wear a mask indoors in public for 14 days following exposure or until a test result is negative. They should isolate for 10 days if the test result is positive. If they experience COVID-19 symptoms, they should follow the guidance for people with symptoms (above).
- Vaccinated individuals with a positive COVID-19 test may only return to group training after completing a 10 day isolation from the onset of symptoms; there has been no fever for at least 24 hours; and symptoms have improved. For individuals who test positive but have had no symptoms, return to group training is permitted beginning 10 days after the date of the positive test.

#### ❖ **Positive Test or Exposure Protocol for UNVACCINATED Individuals:**

- In the event that an unvaccinated participant has a confirmed case of COVID-19 or has had close, sustained contact with an individual known to have COVID-19 (defined as closer than 6 feet for more than 15 minutes), they or their family must immediately notify their coach, program director, or DWSC COVID-19 Coordinator Kyle Nast. The San Juan Basin Public Health Department and the Colorado Department of Public Health will then be notified. The DWSC response will follow the most current and specific guidance of our [local public health agency](#) on next steps.
- Unvaccinated individuals who have had close, sustained contact may only return to group training after completing a 14 day quarantine from the last date of exposure OR after completing a 7 day quarantine if they have a negative test collected 48 hours before quarantine is discontinued (on day 5 or later). Proof of negative test must be submitted to Kyle Nast at [kylenast@gmail.com](mailto:kylenast@gmail.com).
- Unvaccinated individuals with a positive COVID-19 test may only return to group training after completing a 10 day isolation from the onset of symptoms; there has been no fever for at least 24 hours; and symptoms have improved. For individuals who test positive but have had no symptoms, return to group training is permitted beginning 10 days after the date of the positive test.

- Unvaccinated individuals who have tested positive in the previous 90 days, and who have completed the above 10 day isolation, are exempt from future 14 day quarantines in the event of subsequent close, sustained contact.

#### ❖ **Return to Sport Recommendations for Athletes who are Confirmed or Presumed Positive:**

- Given the potential for prolonged recovery and cardiac complications from COVID-19, athletes who experienced moderate to severe symptoms must receive clearance to return to sports from their medical provider (after the successful completion of the mandated isolation period).
- It is recommended that asymptomatic or mildly symptomatic individuals conduct a phone/telehealth visit with their medical provider before returning to sport (after the successful completion of the mandated isolation period).
- For more information, visit the [American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sport](#) (September 20, 2021)

## **Overnight Travel Protocol for Positive Test**

- ❖ In the event that a participant becomes symptomatic, the Covid-19 Coordinator and the team director must be notified immediately. If the individual is demonstrating a high-risk symptom (loss of taste/smell, fever, achiness, new cough, shortness of breath, vomiting, diarrhea, or chest pain) or two or more of the lower risk symptoms (congestion, headache or sore throat), the individual will enter a period of isolation. COVID-19 testing will take place and the individual will isolate from all team members until test results are known.
- ❖ In the event of a positive COVID-19 test, the infected individual will begin an immediate quarantine, at the athlete's expense, and will have no contact with teammates or others.
- ❖ The local and San Juan Basin Public Health Authorities will be notified immediately of the positive case and the DWSC will follow their direction for quarantine and contact tracing.
- ❖ *In the event that an athlete tests positive, the athlete's legal guardian must pick up the athlete at the camp/event location within 48 hours of the positive test or start of quarantine and will be responsible for all associated costs related to the athlete's isolation/quarantine lodging and transportation from the camp.*

## **During Training**

#### ❖ **Mask Wearing and Physical Distancing:**

- Masks are not required when outdoors, except where required by local regulations or businesses (ie. ski area chairlift policy).
- All athletes, coaches and volunteers must wear a mask indoors during training, regardless of vaccination status.

#### ❖ **Additional Provisions:**

- Athletes and staff must adhere to the specific COVID-19 policies of all resorts, training facilities, and jurisdictions where they are training.
- Parents/athletes are asked to arrive promptly at the start and conclusion of each session and to avoid congregating at meeting locations.
- The sharing of drinks or food is prohibited during all programs.
- All athletes and coaches must bring a face mask to all program sessions as a precaution.

## **Van Policy**

All passengers and drivers must be fully vaccinated in accordance with the DWSC provisions for travel for fully vaccinated individuals. Additionally, masks are required for all passengers in DWSC vehicles whenever more than one person is in the vehicle. This is consistent with current national policy for public transportation and school buses requiring masks.

## **Guest Athlete and Coach Policy**

Prior to training with a DWSC group all guest athletes and coaches must present proof of vaccination **OR** one negative COVID-19 PCR or FDA EUA approved antigen test result. The test must be administered no more than 3 days before joining the DWSC group. Proof of the negative test result must be provided to DWSC staff prior to the start of group training.

## **Coaches and Staff**

- ❖ All DWSC coaches & volunteers are required to be vaccinated against COVID-19. Anyone who requires medical or religious exemption will complete an ADA review process through the DWSC Board of Directors. To the extent possible, DWSC will reasonably accommodate individuals, however Coaches and staff must be vaccinated in order to participate in overnight DWSC travel, without exception. Please contact DWSC COVID-19 Coordinator [kylenast@gmail.com](mailto:kylenast@gmail.com).
- ❖ **Protecting High-Risk Staff:** Any DWSC staff who are at a higher risk for COVID-19 and/or are concerned about their exposure during their work are asked to notify their program director or DWSC COVID-19 Coordinator Kyle Nast in order to consider reduced interaction and potential exposure with other staff and athletes.

## **Additional Resources:**

[U.S. Ski & Snowboard Athlete & Teams COVID-19 Policy & Procedure](#), August 13, 2021

[U.S. Olympic and Paralympic Committee Vaccine Policy](#), October 5, 2021

[United States Olympic and Paralympic Coronavirus Resource Page](#)

[CDC COVID-19 Resource Page](#)

[American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports and Physical Activity](#), September 21, 2021

[CDC Coronavirus Symptom List](#)