

11-16-2020

ALPINE AND NORDIC SKIING CONSIDERATIONS

Each school should develop a plan with their local health officials to successfully complete the winter season. Below are some considerations to include in your plan:

Special Considerations for the use of the following components of the facility:

- Ski lodges / warming huts – avoid group gatherings in general. **Face coverings are always required when indoors.**
- Use buses as much as possible to avoid busy lodges.
- When necessary, social distance as much as possible and stay within team groupings.
- Bathrooms/Portable restrooms – avoid crowded situations, **face coverings are required.**

Practices / Race Events: Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Skiers should maintain the recommended six feet of distancing between individuals and have no physical contact with each other.
- No sharing of equipment.
- All activities (including meetings) occur outdoors.
- Avoid grouping of athletes at the start and end of practices and during transition times.
- Participants **must always** wear face coverings when not participating in their event.
- Coaches **must always** wear face coverings.
- Create starts and finishes to discourage congestion (staggered/wave /interval starts are available options for Nordic).
- No pre or post-race handshakes or fist bumps should take place.
- Teams should not gather in mass at the starting or finish areas.
- All event workers **must always wear** face coverings. Gloves may be worn when appropriate.
- There should be **no team dinners** during the season to assist in limiting exposures.
- No pre or post game gatherings should take place to assist in limiting exposure (i.e. Tailgating, BBQ's, etc.).