



U.S. Ski & Snowboard COVID-19 Domestic Competitions Guidance

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I. Introduction

U.S. Ski & Snowboard is committed to assisting all members, clubs, volunteers and competition organizers navigate the upcoming 2020-21 domestic competition season as impacted by the COVID-19 global pandemic. We recognize that COVID-19 has impacted different parts of the country in different ways and with different timing. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact and can lead to severe illness and death.

All U.S. Ski & Snowboard members and participants are expected to follow all local, state and federal public health mandates during competition participation. Everyone's compliance and diligence are required in order to help minimize risk in the competitive environment and the ability to run a 2020-21 competitive season. Compliance with mandates and diligence in hosting events gives everyone the best opportunity to avoid cancellations.

This guidance document (Guidance) on domestic competition hosting considerations during the COVID-19 pandemic has been developed by U.S. Ski & Snowboard's COVID-19 Task Force. This Guidance is based on U.S. Ski & Snowboard best practices and includes portions of specific content from the U.S. Olympic and Paralympic Committee (USOPC) and the U.S. Centers for Disease Control and Prevention (CDC).

This Guidance is designed to guide the planning of all U.S. Ski & Snowboard sanctioned domestic competitions and does not account for sport-specific protocols. **Sport-specific protocols will be released separately and in a timely manner.**

Primary considerations for returning to domestic competition are the rules and regulations set forth by public health authorities and state and local governments, which will be different across the country. The secondary consideration should be the specific recommendations set forth in this document. In either case (State/Local or U.S. Ski & Snowboard), the portions of each regulation which are more restrictive should be the guidance that is followed. This also does not prevent associations, local clubs, and competition organizers from adopting even more strict or more conservative approaches than those mandated by local public health authorities or recommended by the U.S. Ski & Snowboard Guidance.

This Guidance should be considered a "living document." This document's criteria and recommendations are based on known factors at the time of writing. As more information becomes available concerning competition and COVID-19, this Guidance will be updated as appropriate, and new version(s) released to the U.S. Ski & Snowboard membership and competition organizers.



U.S. Ski & Snowboard COVID-19 mitigation documents are designed to help reduce potential exposure and mitigate risk of viral transmission. However, they are not all encompassing and while they provide guidance for a wide range of scenarios, they do not account for every variable. Until a vaccine or other therapeutics are widely available, there will be an underlying, inherent risk of COVID-19 exposure and contraction when leaving the confines of one's home. Preventative measures cannot guarantee that you will not become infected with COVID-19.

II. General

As per [CDC considerations](#), the risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

Consideration of the inherent potential for disease transmission associated with different sports should be part of the planning process. Per the [USOPC's](#) Return to Event Considerations, skiing and snowboarding are sports that are conducted outdoors and, in many circumstances, can account for physical distancing and proper sanitization procedures, and therefore can be planned according to public health mandates.

Definitions

U.S. Ski & Snowboard defines the below terms as follows for the purpose of this Guidance:

- **Close contact:** any individual who was within six (6) feet of an infected person for at least 15 minutes starting from two (2) days before illness onset (or, for asymptomatic patients, two (2) days prior to positive specimen collection) until the time the patient is isolated.
- **Participants:** all competitors, coaches, support staff, judges, officials, volunteers, competition organizers and venue staff.



- **Physical distancing:** minimum six (6) feet at rest and minimum ten (10) feet while exercising.

Do not compete/travel to a competition venue if you:

- ❑ [Are exhibiting any symptoms of COVID-19](#). 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.
- ❑ Have been in close, sustained contact with someone with COVID-19 in the last 14 days.
 - ❑ Athletes and staff should complete a pre-screen questionnaire ([example](#)) to verify the above.
- ❑ Consult with a healthcare professional if you are at higher risk of developing a serious disease.

III. Organizers/Venue Considerations

1. Assign a COVID-19 Coordinator

**It is suggested this position be dedicated to the scope of work outlined below, however the Coordinator may also hold another role at the competition.*

***It is imperative that these considerations be accounted for, and if necessary, assigned out to multiple members of the organizing committee/competition hosts.*

- a. Requirements:
 - i. U.S. Ski & Snowboard Volunteer Member at a minimum.
 - ii. Medical background preferred.
- b. Duties include:
 - i. Liaise with county on specific rules and regulations around COVID-19, including but not limited to: mass gathering limits, out of state quarantine rules (if any) and emergency protocols.
 - ii. Liaise with venue/resort partner for specific COVID-19 policies and procedures including but not limited to: ski patrol, emergency protocols and any designated on site quarantine space(s).
 - iii. Central contact point for all participant and staff COVID-19 questions and concerns.
 - iv. Monitor compliance of symptom and temperature checks, and follow up with appropriate action as needed.



- v. Maintain a record of contact information for all participants in attendance at the competition for notification and health authority [contact tracing](#) purposes.
 - vi. Notification system to all participants in the event of a positive COVID-19 case reported within 48 hours of competition
 1. Inform U.S. Ski & Snowboard for monitoring purposes and external communications protocols (contact U.S. Ski & Snowboard Sports Medicine Director & Lead Physical Therapist Gillian Bower, gillian.bower@usskiandsnowboard.org).
 - vii. Develop back-up staffing and volunteer plans, including cross-training individuals and a roster of trained back-up personnel.
 - viii. Conduct virtual training for coaches and volunteers on all safety protocols.
 - ix. Make available (electronically or otherwise) the COVID-19 mitigation strategies that the competition is utilizing.
2. While not required at domestic level competitions, it is considered best practice to follow [FIS World Cup Risk Mitigation](#) testing protocols, including: all participants, volunteers and staff having a negative PCR COVID-19 test within 72-96 hours from the start of competition, and every 72-96 hours during extended competition.
 3. As per the [CDC Considerations for Youth Sport](#) risk stratification model, full competitions between teams from different geographical areas is considered “highest risk”. Therefore, local competition with participants from the same geographical locations should be prioritized, so that the need for overnight stays and/or air travel is minimized or eliminated.
 - a. Recommend running intra-club competitions with athletes that already have close contact with each other as frequently as desired.
 - b. Explore new competition formats to keep competition interesting and local.
 4. Assess current levels of COVID-19 within your community (and communities where participants are traveling from):
 - a. In the event of high levels of community spread (defined as: more than 20 new reported cases per day per a population of 100,000 over a seven day rolling average), it is recommended to **not** hold the competition and to **not** travel outside of your community.
 - b. Please refer to [this resource](#) to make the above determination and refer to local county public health departments for further local information.



5. Competition organizers and all participants should be made familiar with: risks of COVID-19, symptoms of COVID-19 and COVID-19 transmission routes and mitigation strategies.
6. Prohibit [close contact](#) between participants from different clubs and organizations.
7. Limit competition size so that physical distancing can be maintained at all times. This will vary by sport and venue, but specific consideration should be given to particularly high traffic areas including: chairlifts, start area, finish area, lodges used for changing and/or between runs and/or heats, etc.
8. Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
 - a. Media activity should be limited and conducted in a manner to allow for physical distancing, or virtually if possible.
9. Online registration only.
10. Virtual team captains meeting and/or any other needed meetings.
11. Clean and disinfect prior, during and after the competition any shared equipment (i.e. alpine/SBX start handles, video equipment, team radios, etc).
12. Limit or prohibit person-to-person transfer of competition equipment (i.e. bibs).
13. [Older adults and/or those with underlying health conditions](#), or those living with or have consistent contact with those populations, should consider limiting their participation, or not participating.

In the event of symptoms or positive test reported:

1. Do not take public transportation if you are sick or exhibiting symptoms, or have tested positive for COVID-19. Immediately separate anyone who has tested positive or has COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath). The local healthcare facility should be notified and arrangements should be made to transport the individual home or to the facility as directed.



2. Individuals who have had close contact with a person who has [symptoms](#) or has tested positive should be isolated and should quarantine for 14 days at the competition site, or at home if they are able to travel alone (i.e. in a car by themselves).
3. In accordance with state and local privacy and confidentiality laws and regulations, notify [local health officials](#), staff, participants and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the [Americans with Disabilities Act \(ADA\)](#) and other applicable laws and regulations.
4. Close off areas used by a sick person and do not use these areas until after [cleaning and disinfecting](#) them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
5. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure [safe and correct use](#) and storage of [cleaning](#) and disinfection products, including storing them securely away from children. Always use proper personal protection equipment with any cleaning and disinfecting steps.

IV. Participant Pre Competition Considerations

1. [Symptom checks](#) should be performed daily (exclude positive symptom/history) and collected/maintained by competition organizers.
2. If feasible, temperatures should be checked and recorded daily (exclude over 100.4F).
 - a. If possible, screen all participants before they arrive at the venue.
 - b. Individuals who have a fever of 100.4F or above, or other signs of illness, should not be admitted to the venue.
3. Participants should arrive at the venue changed and ready (try not to use mountain lodges or changing rooms at the mountain, unless necessary (restroom)).
4. Participants should bring their own water bottles (filled), towels, radios, drills, cameras and other equipment needed. Do not allow sharing of items.
5. Participants should bring a fully sealable bag to store all personal items in.



6. All individual participant equipment should be sanitized before, during and after competition each day, or as often is reasonable within the competition parameters.
7. All "team/site equipment" should be sanitized before, during and after the competition session, or as often is reasonable within the competition parameters.
8. Clubs and/or competition venues should ensure all participants have Personal Protection Equipment (PPE): face covering, gloves, hand sanitizer, antibacterial wipes and soap, on their person.
9. Warm up activities should be conducted outside where physical distancing is possible (i.e. parking lot or base area).
10. Waxing activities should take place outside or in a well ventilated indoor space and physical distancing should be maintained at all times.

V. On Course Considerations - During Inspection/Practice and Competition

1. Maintain physical distancing at all times, including chairlift lines, on snow and during ski/snowboard service.
2. It is recommended to be a single rider on a chairlift when possible, or to ride with those in the same club and/or team. Wherever possible, limit sharing chairlifts with the public or other individuals not part of your club and/or team.
3. Face coverings should be worn at all times.
 - a. Athletes do not need to wear face covering when on course, but are encouraged to do so, especially when on course with other athletes, and should always do so when not on course.
4. In communal areas, such as wax rooms or in the lodge in between runs and/or heats, physical distancing should be maintained. Close contact should be prohibited among individuals from different clubs/teams and competition staff.
 - a. Limit unnecessary use of lodges and indoor spaces.
5. Assign inspection times and practice times per club and/or team.



6. Stagger start times by club and/or team or put in place other protocols to limit contact between clubs and/or teams and with staff as much as possible.
 - a. Consider increasing the amount of time between practices and competitions to allow for one club and/or team to depart before another club and/or team enters the venue. This also allows for more time to clean between uses.
7. Start area protocols will be addressed in sport-specific guidance, but in general limit the number of staff and athletes to the minimum number needed and require face coverings be worn by all individuals except the athlete about to start.
8. Do not linger in finish areas. Once an athlete has completed their run, they must exit the finish area.

VI. Post Competition Considerations

1. Prize ceremonies should be conducted virtually or modified significantly to:
 - a. Prohibit spectators (including coaches, teammates and family). Only those individuals receiving an award should be present.
 - b. Accommodate for physical distancing and without person to person transfer of items (i.e. awards).
 - c. Photo opportunities can still be allowed accounting for the above guidance.
2. Participants should leave immediately after the competition and not linger, chat, or socialize at the resort or competition area.
3. If you test positive 48 hours from the conclusion of the competition, please contact the competition's COVID-19 Coordinator to initiate proper protocols.