



2020-2021 COVID-19 Policy

In an effort to keep everyone safe and healthy this season, we have developed the following Policy in response to the COVID-19 pandemic. We are committed to reducing the transmission of the disease throughout the season, which will require full cooperation from athletes, staff, and parents.

We are using guidelines set forth by multiple local and national organizations to guide our process. These organizations include the Center for Disease Control (CDC), Madison County Health Department, Gallatin County Health Department, US Ski & Snowboard, International Freeskiers Association, and Big Sky Resort. The current situation is constantly changing and as we learn more about this virus, our response may change as well and this policy may be updated throughout the season.

While we are making every effort to mitigate risk to our athletes and families, our coaching staff, and our wider community, we cannot eliminate all COVID-related risk. All of us must be able to trust our fellow community members to be good stewards of their own health and the health of others, and to count on strict compliance with our Policy by all BSSEF athletes and their families

To return to on-snow team activities as safely as possible, each of the following guidelines must be adhered to throughout the 2020-2021 season. It is the responsibility of each individual to comply with these guidelines to participate in BSSEF programs. Any athlete not complying with this Policy will face corrective action, including the loss of training / race day participation.

General Guidelines

- Athletes, staff, and coaches should be educated on the [symptoms](#) of COVID-19 and common methods of transmission of the SARS-CoV-2 virus.
- If you are experiencing any symptoms or if a member in your household is, do not come to team activities.
- All health guidelines established by county, state, and federal health officials, as well as procedures established by the hosting resort will be enforced.
 - If you have symptoms and do not get tested for COVID-19, you can return to team activities 48 hours minimum after ALL symptoms have gone away.
 - If you have a positive test you must wait 14 days before returning to team activities. If your fever persists throughout the 14 days, you will need to wait 24 hours after your fever has subsided without the use of fever reducing or pain relieving meds.
 - If you test negative you are able to return to team activities 24 hours after your fever has subsided.
- A minimum of 6-feet of physical distance between all individuals must be maintained whenever possible to:
 - a) minimize viral exposure and transmission through mucous membranes
 - b) ensure proper technique while skiing
- When maintaining at least 6 feet of distance is not possible, face coverings must be worn.
- Face coverings must also be worn at Big Sky Resort at all times when not skiing. Face covering rules of other ski areas or resorts must be complied with while our athletes are at such other locations for training or race/ competition events.
- Congregating in groups greater than 12 persons will not be allowed.
- Wash or sanitize hands frequently during the training/ race/ competition day and before and after eating. Once home our athletes, staff, and coaches are encouraged to take normal health hygiene precautions before interacting with other family members.
- With limited indoor warm-up options due to COVID-19, we have implemented a temporary cold weather policy. On cold weather days, training may be delayed, limited, or cancelled. Please check Team Reach frequently for all updates.
- All health guidelines established by county, state, and federal health officials, as well as procedures established by the hosting resort will be enforced.

After reading, discussing, and fully understanding this document with your athlete, please sign the BSSEF Covid-19 policy acknowledgement [form](#) and submit by November 15. If you do not agree with the BSSEF 2020-21 Covid-19 Policy, please contact program director Jeremy Ueland by November 15 for a full refund.

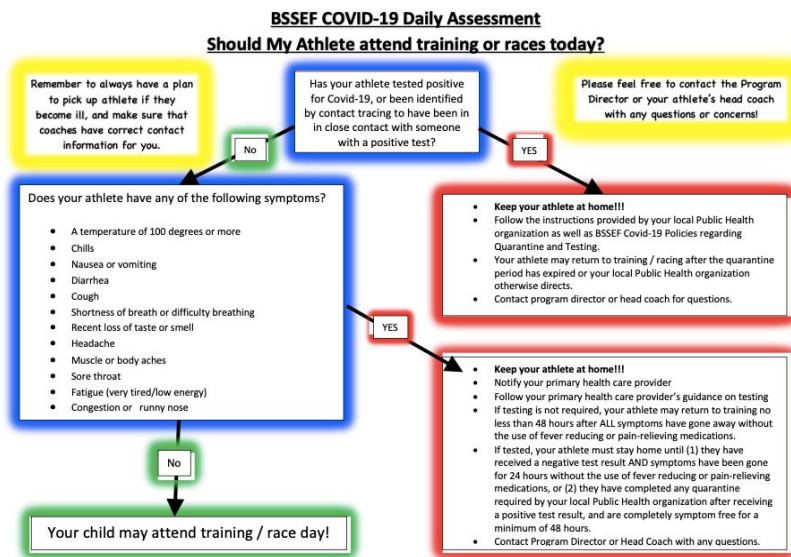
Before Training

Symptom Monitoring

- All participants must self-monitor for [signs or symptoms of COVID-19](#) daily. If your symptoms are consistent with COVID-19, please self-isolate immediately and seek medical attention.
- If you have been exposed to someone with confirmed COVID-19 infection, you need to self-quarantine for 14 days after exposure before returning to training or provide a negative COVID-19 test result after the onset of symptoms/ exposure.
- If the athlete or someone in the athlete's household begins to experience COVID-19 symptoms or tests positive for COVID-19; the participant must notify their coach.
- At the start of each session, coaches must take attendance (for contact tracing) and ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19, they must be sent home immediately. Parents will be contacted and be expected to pick up the child promptly to minimize exposure to others.

Positive Test or Exposure to COVID-19

- If a participant has a confirmed case of COVID-19 or has had close contact with an individual known to have COVID-19, they or their family must immediately notify their coach or program director. All athletes and staff with potential exposure will be notified. Any athletes or staff notified of potential exposure while training or during a race will be immediately sent home. Parents will be contacted and be expected to pick up the child promptly to minimize exposure to others.



During Training

- Athletes must wear face covering unless participating in physical activity or able to maintain at least 6 feet of distance between one another.
- All age group coaches will take attendance daily and record who skis together so that we have accurate records for contact tracing if needed. U10/12 and YSL groups will ski with the same or similar groups over the weekend.
- Group sizes will remain less than 12 throughout the season
- Before training each day coaches will ask their athletes the following questions:
 1. Do you have fever, cough, or shortness of breath?
 2. Have you been exposed to anyone with COVID-19 or tested positive for COVID-19 in the past 14 days?
- Changes have been made to morning meeting spots to avoid congestion and allow for the suggested 6 feet of spacing between athletes.
- With limited indoor warm-up options due to COVID-19, we have implemented a temporary cold weather policy. On cold weather days, training may be delayed, limited, or cancelled. Please check Team Reach frequently for all updates.
- Please ensure that you and your child/athlete is dressed appropriately for the conditions and ready to start practice.
- After training, athletes and staff are to leave immediately and not linger, chat, or socialize at the resort or training area.
- If an athlete is not complying with the COVID-19 Policies, they will be given a warning. If the athlete continues to disobey the rules a second time, they will be prohibited from training the next day or the following weekend. In that situation, parents will be contacted to explain the problems and expectations.

NEW MORNING MEETING SPOTS

Athletes are asked to meet your groups in the following designated locations. While waiting for your groups, all athletes will be expected to maintain at least 6 feet of physical distance from others.

YSL- Meet in front of the Snowcrest Building

U10/U12- Meet near ski racks, closer to the Summit pool than in the past

U14- Meet at the cabin on the top of Andesite. Please leave bags and extra skis at the ski rack by the cabin

Devo- Meet at the cabin on the top of Andesite. Please leave bags and extra skis at the ski rack by the cabin

Freeride- Meet at ski racks near the clocktower as in the past

NEW COLD WEATHER POLICY

U12 & Down:

If the temperature, determined by The National Weather Service, is below 0° F at 7:00 am, we will delay training sessions until 12:00 pm. If the temperature remains below 0°F at 11:00 pm, all ski programs for U12 age groups & down will be canceled for the day. Check Team Reach for updates.

U14 & Up:

If the temperature, determined by The National Weather Service, is below -5° F at 7:00 am training will likely be modified or canceled, please check Team Reach for updates.

Do not come to team activities if you:

- Are exhibiting any symptoms of coronavirus. Symptoms range from mild to severe illness and may appear 2-14 days after exposure to the virus, including:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100 F (38 C) or above
 - Chills
 - Muscle pain
 - Sore throat/and or swollen lymph nodes
 - New loss of taste or smell
 - Diarrhea
 - Vomiting
 - Nausea
 - Other signs of new illness that are unrelated to a preexisting condition (such as seasonal allergies)
- If you have had close contact with someone who tested positive for COVID-19 or you have tested positive for COVID-19 please follow the CDC guidelines.
- The CDC guidelines for this situation would require you to stay home and quarantine for 14 days before returning to practice.
- If you have a negative COVID-19 test you will be allowed to return to practice earlier than the 14 days.

****If an athlete is identified as having symptoms of COVID-19, the person will be given a face covering and sent home. Once home, the athlete's parents should call the local COVID-19 hotline for testing instructions, or contact their personal health care provider.****

Facility Use

Team Room Guidelines

- There will be no athlete locker rental for the 2020/21 season.
- Face coverings must be worn at all times (except when eating and when you are at least 6 feet from anyone else).
- We STRONGLY ENCOURAGE families who have an option other than the BSSEF team room for their athletes to eat lunch, to please do so. Eating lunch in the team room is strongly discouraged, and the use of the team room may be limited or precluded in certain circumstances.
- Lunch break is 60 minutes long, however, if the team room is open for lunch, the maximum time in the team room is 25 minutes. If coming to the team room expect 10-15 minutes to get to and from the base.
- If an athlete has alternative lunch plans they can meet their coaches after one hour at their group's meeting spot, unless otherwise specified by coaches.
- If the team room is open only 15 athletes and 4 coaches are allowed in the team room during each 25 minute lunch slot. Athletes will be seated only in designated spots which will be a minimum of 6 feet from other athletes and staff.
- Team Room availability, lunch times and schedules will be determined and announced in the near future.
- Athletes and coaches will wipe down everything touched while inside, including door handles, tables, seats, microwaves, and vending machines with CDC recommended cleaning products.
- Each lunch time slot will be supervised by two coaches who will conduct a 5 minute wipe-down of tables, benches, microwaves, vending machines, and other high contact areas.

NORDIC BUNKER

- Athletes, parents and coaches are to wear a face covering while in the bunker.
- Nordic athletes and staff should spend a maximum of 10 minutes in the bunker at a time. Nordic athletes and staff should arrive at training ready to start warm up to minimize exposure.
- All athletes are required to thoroughly wash hands and wipe down any surfaces that they touched with supplied disinfectant wipes after using team room bathrooms.
- Staff to alternate sterilizing the bunker each day.

Coaches and Staff

- Each coach will have their temp checked and a COVID-19 assessment filled out by the supervisor upon arrival to the team room each morning. These assessments will be archived to assist with contact tracing if necessary.
- All coaches will be required to wear a face covering, unless eating, or when able to maintain at least 6 feet from others.
- Coaches are discouraged from carpooling together unless necessary.
- Coaches will wash hands often and avoid close contact with athletes and others.
- Any coaches who are experiencing COVID-19 symptoms, or have been in close contact with someone with a positive COVID-19 test are required to follow the CDC protocol.
- While travelling, coaches and athletes will follow local regulations.
- When traveling in team vehicles
 - Employees must wear a face covering when in the vehicle with more than one staff member.
 - The number of passengers in the vehicle must be limited to 50% of the vehicle's occupancy to increase the distance between passengers.
 - High-touch surfaces in the vehicle must be disinfected daily.

Additional Information

Find more information on additional policies BSSEF will be following below:

US SKI and SNOWBOARD

<https://usskiandsnowboard.org/covid-19>

IFSA

<https://www.freeskiers.org/covid-19.html>

GALLATIN COUNTY

<https://www.healthygallatin.org/coronavirus-covid-19/>

MADISON COUNTY

<http://www.madisoncountymt.gov/646/Coronavirus-Disease-COVID-19>

CENTERS OF DISEASE CONTROL

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

BIG SKY RESORT

<https://bigskyresort.com/phased-reopening>

How to wear a mask correctly



- Wash your hands before putting on your face covering and each time you touch it.
- Put it over your nose and mouth and secure it under your chin
- Fit it snugly against the sides of your face
- Make sure you can breathe easily
- Keep the covering on your face the entire time you're in public.
- Don't put the covering around your neck or up on your forehead
- Wash face coverings daily!



You are wearing your mask for those around you - protect your team and your community

BSSEF COVID-19 Daily Assessment

Should My Athlete attend training or races today?

Remember to always have a plan to pick up athlete if they become ill, and make sure that coaches have correct contact information for you.

Has your athlete tested positive for Covid-19, or been identified by contact tracing to have been in close contact with someone with a positive test?

Please feel free to contact the Program Director or your athlete's head coach with any questions or concerns!

No

YES

Does your athlete have any of the following symptoms?

- A temperature of 100 degrees or more
- Chills
- Nausea or vomiting
- Diarrhea
- Cough
- Shortness of breath or difficulty breathing
- Recent loss of taste or smell
- Headache
- Muscle or body aches
- Sore throat
- Fatigue (very tired/low energy)
- Congestion or runny nose

YES

No

Your child may attend training / race day!

- **Keep your athlete at home!!!**
- Follow the instructions provided by your local Public Health organization as well as BSSEF Covid-19 Policies regarding Quarantine and Testing.
- Your athlete may return to training / racing after the quarantine period has expired or your local Public Health organization otherwise directs.
- Contact program director or head coach for questions.

- **Keep your athlete at home!!!**
- Notify your primary health care provider
- Follow your primary health care provider's guidance on testing
- If testing is not required, your athlete may return to training no less than 48 hours after ALL symptoms have gone away without the use of fever reducing or pain-relieving medications.
- If tested, your athlete must stay home until (1) they have received a negative test result AND symptoms have been gone for 24 hours without the use of fever reducing or pain-relieving medications, or (2) they have completed any quarantine required by your local Public Health organization after receiving a positive test result, and are completely symptom free for a minimum of 48 hours.
- Contact Program Director or Head Coach with any questions.