

Covid & Team Guidance

2020-2021 Season

Amidst a global pandemic of the Covid-19 virus, risks to our health and changes to our lives are commonplace. Fortunately, our sport has been able to continue without incident on Mt. Hood since May. Here is some guidance to help you plan for the 2020-2021 season.



Stay informed on announcements and orders from authoritative sources

Understand what Covid-19 is, its risk factors, how to best prevent its spread, and what to do if someone is infected or suspected to have been in contact with someone infected or suspected of being infected. Follow these sources as they determine what we can and should do according to the current understanding and state of the pandemic:

- **Centers for Disease Control:**
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- **Oregon Health Authority:** <https://www.oregon.gov/oha/>
- **Oregon Dept. of Education:**
<https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID19.aspx>
- **Washington County:**
<https://www.co.washington.or.us/HHS/CommunicableDiseases/COVID-19/index.cfm>
- **Clackamas County:** <https://www.clackamas.us/coronavirus>
- **Multnomah County:** <https://multco.us/novel-coronavirus-covid-19>

Directives and orders regarding Covid (general)

Governor's office and Oregon Health Authority > County > City

Directives, policies and orders (School/K-12)

Governor's office and Oregon Dept. of Education > District > School

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Keeping your team and community healthy

Covid puts everyone at risk, but educating and vigilantly monitoring for best practices among participants in your team can help keep us all safe, healthy, and ensure we don't have to interrupt or shut down our sport. Here are some basic practices:

- Require each participant bring a clean, good fitting mask and personal hand sanitizer to any team event. Make it standard practice.
- Enforce mask-wearing whenever indoors and whenever within 6ft of others outside.
- Encourage hand washing and sanitizing regularly.
- Maximize distance from others whenever possible.
- Use Zoom meetings and phone/email correspondence in place of in-person meetings
- Discourage your athletes from socializing with others in close proximity
- Educate your athletes on the risks of Covid and how it can be spread to vulnerable people around them. Make sure they understand it is a responsibility they are a part of as a member of your team.

Recruitment

Believe it or not, our sport is in an advantageous position as one of the few relatively safe sports that can operate responsibly. Ski racing camps have run from May through August with no incidents of Covid despite high rates of infection elsewhere. Promote the naturally distanced, covered, and outdoor nature of our sport. Let your school athletic directors and principals know this and of your intent to keep it safe and operate responsibly this season.

- Parents and students still want activities and sports when safe and available.
- Seek to be promoted in your school's newsletter and website.
- Spread the word from your racers and parents via social media.

Dryland conditioning

It is highly encouraged to make dryland conditioning optional and outdoors only. This limits exposure and risk to each other, and takes any undue pressure off athletes and their families to participate when they don't feel safe doing so. Scheduling optional dryland workouts outdoors when weather permits is a good compromise given the circumstances.

- Encourage athletes to work out at home if they aren't joining dryland practices.
- Zoom workouts are a good alternative for those that can participate.
- When working out together, make sure adequate 6 ft spacing is preserved when possible.
- Wear masks when participants may come within 6ft of others.
- Sanitize shared equipment between uses.
- Prohibit sharing of water and snacks.
- Prohibit high fives, hugs, huddles, hands-on cheers, etc.

Transportation

This presents perhaps one of the main challenges to conducting the sport as a team. Here are some suggestions:

- Regarding carpooling: drivers should only transport others if they are comfortable in doing so and believe that the passenger and their family are healthy to the best of their knowledge. Masks should be worn by all passengers and utilizing outside airflow within the cabin via the air controls, or with windows down when possible. Sanitize touched surfaces before and after allowing passengers outside your family.
- Regarding buses: Take current busing capacity restrictions into account and explore the options of mixed carpooling and busing, or procuring a second bus if your budget allows.

On-Snow training and races

Assuming the state and county allow skiing, training, and competitions to commence this season, the resorts have the say on safe behavior and what the rules are. You can expect the following:

- Lodges could be closed or limited to very few people at a time (think bathroom use only). Arrive at the resort in ski clothes, ready to proceed immediately to the ticket window or chair lift. Make sure your athletes understand this and have backpacks to come prepared with all they'll need for the practice or competition including water and food. Encourage backup gloves, rain gear, and goggles to stay warm, dry, and effective.
- Athletes and coaches should practice maintaining 6ft distance when possible and wear masks/face coverings any time you or they are near others.
- Mask/face coverings must be up before getting into lift lines and while on the chair. Help enforce 100% adherence to this rule. Resorts must do so to stay open.
- Observe all pertinent signage on-hill regarding distancing and mask wearing.
- Observe 6 ft spacing in lift lines (approximately the distance between your boots and the next person when you factor in ski/snowboard lengths, so it's not that hard to do.)

What to do if someone is sick

Coaches should know the most common symptoms of Covid-19 and treat anyone reporting them as a possible case. **General rules:** If they're calling in from home, have them stay home for 14 days. If they're reporting from a practice or competition, isolate them immediately and make sure a family member takes them home, wearing masks, and quarantine for 14 days. Have them follow up with a physician. Determine whom else they were in close contact with and follow up immediately, treating them too as possibly infected until determined otherwise with testing or following 14 days of self-quarantine.

- ❖ If they're reporting in as COVID-positive or possibly infected, have them quarantine at home and follow CDC guidelines.

- ❖ If they are present and complain of symptoms, isolate them from others immediately and make sure they are masked. Arrange for parents to take them home into quarantine
- ❖ Track and notify any known exposure of the sick individual among others, defined as a combined total of 15 minutes in a day, within 6 ft outdoors or while within an enclosed space
- ❖ Make sure county health authorities are notified of a likely case of infection within 48 hours, then report confirmed cases to your team and the league

*Athletes who are **not immunocompromised** and were **asymptomatic** throughout their infection:*

- Return to training/competition when at least 14 days have passed since the date of their first positive viral diagnostic test.
- Medical Clearance to cease isolation and to safely resume training/competition

*Athletes with **mild to moderate illness** (did not require supplemental oxygen or hospitalization), and who are not immunocompromised:*

- At least 10 days have passed since symptoms onset *and*
- At least 72 hours have passed since last fever without the use of fever-reducing medications *and*
- All respiratory symptoms have resolved
- Medical Clearance to cease isolation and to safely resume training/competition

*Athletes who have had **severe to critical illness** or who are **immunocompromised**:*

- At least 20 days have passed since symptoms first appeared
- At least 72 hours have passed since last fever without the use of fever-reducing medications *and*
- Respiratory symptoms have resolved
- Medical Clearance* to cease isolation and to safely resume training/competition

*Athletes who are **immunocompromised but who were asymptomatic** throughout their infection may return when at least 20 days have passed since the date of their first positive viral diagnostic test.*

- As described in the most recent known data and research, an estimated 95% of severely or critically ill patients, including some with severe immunocompromise, no longer had replication-competent virus 15 days after onset of symptoms; no patient had replication-competent virus more than 20 days after onset of symptoms.

**** Anyone possibly exposed (total of 15 minutes within 6 ft. in a day) to someone with COVID**

but has remained asymptomatic may rejoin others after 7 days quarantine and a negative test, or after 10 days if not tested and still asymptomatic.

Covid response kit

In the event someone in your charge is suspected of having Covid, coaches should put together a Covid response kit to have with them at any team event. The kit should include at least 2 masks of the best filtration quality you can procure (N95/KN95 or surgical is best), at least 2 pairs of nitrile gloves, a small bottle of hand sanitizer, and a gallon size ziploc bag to place their personal effects in. Contain the kit within a gallon size ziploc bag.

Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- 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
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

What to do if you think you have contracted Covid-19/Coronavirus

[If you are sick](#) with COVID-19 or think you might have COVID-19, do not visit public areas. Stay home except to get medical care. As much as possible stay in a specific room and away from other people and pets in your home. If you need to be around other people or animals, wear a cloth face covering (including in your home).

More information:

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

When to seek emergency medical attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion

- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Testing

Rapid testing is now available at several local hospitals. Testing should be administered by a qualified medical center when infection is suspected or someone you've been in contact or close proximity with is suspected or confirmed.

When you can be around others when you've had or think you've had Covid-19

In general, 10 days after you suspect you contracted the virus or were symptomatic, AND 24 hours after you have been symptom free with no fever while not on fever-reducing medication (ibuprofen, acetaminophen, etc.), you are safe to rejoin others. Tests, especially two of them to rule out false negatives, are a way to potentially expedite your safe return.

More information:

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_r efVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick %2Fwhen-its-safe.html