



Sport Education COVID-19 Domestic Guidance

Version 2: 10/27/2020

I. Introduction

This document is an addendum to the [U.S. Ski & Snowboard COVID-19 Domestic Competitions Guidance](#).

The U.S. Ski & Snowboard Guidance will act as the master document, this document will add specific details for coach and club development and in-person opportunities. The guidelines in the master document should always supersede anything in this document.

The U.S. Ski & Snowboard Sport Education department is committed to assisting all members, clubs, coaches, and coach developers navigate the upcoming 2020-21 domestic 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. Participation in sport always has a risk of contracting a communicable disease.

This sport education guidance document (Sport Education Guidance) on domestic coach development clinics hosting considerations post-COVID-19 has been developed by U.S. Ski & Snowboard's COVID-19 Task Force and the Sport Education Department. This Sport Education Guidance is based on the U.S. Ski & Snowboard Guidance 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).

Primary considerations for returning to domestic in-person clinics 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 the U.S. Ski & Snowboard Guidance and 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, clinic organizers and coach developers from adopting stricter or more conservative approaches than those mandated by local public health authorities or recommended by the U.S. Ski & Snowboard Guidance.



This Sport Education 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 clinics and COVID-19, this Sport Education Guidance will be updated as appropriate, and new version(s) released to the U.S. Ski & Snowboard membership and coach developers.

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.

In person clinics generally fall into one of the three highest risk tiers, given the need for directed communication and travel.

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 mitigation efforts can be taken 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 document:



- **Close contact:** any individual who was within six (6) feet of an infected person for at least 15 minutes (accumulated over any 24 hour period) 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 resort staff
- **Physical distancing:** minimum six (6) feet

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

- ❑ **Are exhibiting any symptoms of the coronavirus.** 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.
 - ❑ Coaches and coach developers should complete a pre-screen questionnaire ([example](#)) to verify the above
- ❑ Consult with a healthcare professional if you are at higher risk of developing serious disease.

III. Coach Developers/Organizers/Venue Considerations

1. Coach Developers will also assume the role of “COVID-19 Coordinator”
It is imperative that these considerations be accounted for, and if necessary, assigned out to another club member or host.
 - 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 ski patrol and emergency protocols).
 - iii. Central contact point for all participants 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 of the practicum (clinic) for notification and [contract tracing](#) purposes.
 - vi. Notification to all participants in the practicum (clinic) of a positive COVID-19 case reported within 48 hours of practicum (clinic). The identity of the positive COVID-19 case should be kept confidential.
 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. Conduct virtual training for coaches on all safety protocols.
2. As per the [CDC Considerations for Youth Sport](#) risk stratification model, full competitions and clinics between teams from different geographical areas is considered “high risk.” Therefore local competitions and clinics with participants from the same geographical locations should be prioritized, so that the need for overnight stays and/or air travel is minimized. [Please refer to CDC travel guidelines for more information.](#)
- a. Recommend running inter-club clinics with coaches that already have [close contact](#) with each other as frequently as desired.
3. Assess current levels of COVID-19 within your community (and communities where participants are traveling from):
- a. Please refer to [this resource](#) to make the above determination and refer to local county public health departments for further local information.
 - b. High community spread is defined as more than 25 new reported cases per day per a population of 100,000 over a seven day rolling average.
 - i. In the event of high community spread it is recommended you speak with your local health authority regarding ICU bed utilization and ventilator availability in the location’s level 1 medical center catchment.
 - ii. In the event of high community spread there is higher risk for community transmission. Consider the following strategies to mitigate risk:
 1. Lower risk: fully private lodging, no public dining and private transport and on hill access.
 2. Higher risk: shared lodging, eating in public restaurants, shared chairlift/gondola rides and public resort hill access.



- iii. Whether or not pre-competition COVID-19 testing and asymptomatic COVID-19 screening during the competition are being conducted should guide your decision making.
 - c. In the event of high levels of community spread, it is recommended to not hold the clinic and to not travel outside of your community.
4. Clinic organizers and all participants should be made familiar with: risks of COVID-19, symptoms of COVID-19 and transmission routes and mitigation strategies.
5. Limit clinic size to 10 participants plus Coach Developer or less so that physical distancing can be maintained at all times. Specific consideration should be given to particularly high traffic areas including: chairlifts, lodges used for changing and/or between runs, etc. Avoid gathering as a group where possible.
6. Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
7. Registration must be conducted in advance and online. Candidates must have attended the virtual pre-clinic meetings and acknowledged the protocols that have been put in place by the CDC and U.S. Ski & Snowboard.
8. Limit or prohibit person-to-person transfer of equipment (i.e., pens, notebooks, cell phones etc). *If person-to-person transfer of equipment is required, properly sanitize in between uses.*
9. Individuals over 65 years old and/or 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 instance of symptoms or positive test reported:

1. Immediately separate anyone with COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath). Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow [CDC guidance for caring for oneself and others](#) who are sick. Individuals who have had [close contact](#) with a person who has [symptoms](#) should be separated and sent home as well, and follow [CDC guidance for community-related exposure](#) . If symptoms develop, individuals and families should follow [CDC guidance for caring for oneself and others](#) who are sick.



2. 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.
3. 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).
4. 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.

IV. Participant Pre Clinic Considerations

1. Practicums (clinics) must be scheduled through U.S. Ski & Snowboard in advance. You must submit this form to do so:
[FORM HERE](#)
2. Practicums (clinics) may be reduced to one (1) day to minimize travel and overnight stays
3. There will be no in person classroom components of the clinic.
 - a. These will be replaced by a 90 minute virtual call prior to the clinic to go through introductions, portfolios, expectations and outlining the in person plan.
 - b. There will be a follow up virtual call of 90 minute to conduct a wrap up discussion and individual calls to inform coaches if they passed or failed.
 - c. Virtual calls will be set up and facilitated by the Coach Developer.
4. [Symptom checks](#) should be performed daily (exclude positive symptom/history) and collected/maintained by practicum (clinic) organizers.
5. Temperatures should be checked and recorded daily (exclude participation by anyone with a temperature over 100.4°F).
 - a. If possible, screen all participants before they arrive at the venue.
 - b. Individuals who have a fever of 100.4°F or above, or other signs of illness, should not be admitted to the venue.



6. Participants should arrive at the venue changed and ready (try not use mountain lodges or changing rooms at the mountain, unless necessary (restroom)).
7. Participants should bring their own water bottles (filled), towels, radios, drills, cameras and other equipment needed. Do not allow sharing of items.
8. Participants should bring a fully sealable bag to store all personal items in.
9. All individual participant equipment should be sanitized before, during and after participation each day, or as often is reasonable within the Clinic parameters.
10. Clubs and/or clinic venues should ensure all participants have Personal Protection Equipment (PPE): face covering, gloves, hand sanitizer, antibacterial wipes and soap, on their person.
11. Warm up activities should be conducted outside where physical distancing is possible (i.e. parking lot or base area)
12. Waxing activities should take place outside or in a well ventilated indoor space and physical distancing should be maintained at all times.

V. On Hill Considerations

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. 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. Participants do not need to wear face covering when skiing/riding, but are encouraged to do so, especially when skiing with other coaches, and should always do so when not skiing/riding.
4. In communal areas, such as in the lodge in between runs, physical distancing should be maintained. Close contact should be prohibited among individuals from different clubs/teams and staff.



- a. Limit unnecessary use of lodges and indoor spaces

VI. Post Clinic Considerations

1. Individual conversations and group wrap up meetings should be conducted virtually after completion of the clinic.
2. Participants should leave immediately after the clinic and not linger, chat, or socialize at the resort or competition area.
3. If you test positive 48 hours from the conclusion of the clinic, please contact the Coach Developer or the COVID-19 Coordinator to initiate proper protocols.

COVID-19 Symptom Check

U.S. Ski & Snowboard recognizes that COVID-19 has impacted different parts of the country in different ways and with different timing. Since COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact and can lead to severe illness and death, before making plans to return to on-snow or sport-specific (ie. water ramps and airbags) group training, we recommend you familiarize yourself with local, state and federal public health orders, as well as the USOPC's return to training considerations and the [CDC's considerations for youth sports](#).

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Symptom/Temperature Questions

During training, athletes and staff should monitor for COVID-19 symptoms twice daily. Below is an example of information to collect and monitor.

Anyone indicating experiencing COVID-19 symptoms should immediately be instructed to call the local COVID-19 hotline for testing instructions, or contact their personal health care provider, and club protocol should be followed to follow up with them.

- Name
- Email
- Phone
- Have you experienced any COVID-19 symptoms in the last 24hrs (e.g. cough, shortness of breath, fever, chills, muscle pain, headache, sore throat, new loss of taste or smell, vomiting, nausea, diarrhea)?



- If Yes - Please select all symptoms experienced
- cough
- shortness of breath
- fever
- chills
- muscle pain
- headache
- sore throat
- new loss of taste of smell
- diarrhea
- nausea
- vomiting
- other: _____
- Please record your temperature