



COCHRAN'S SKI CLUB COVID-19 GUIDELINES

Due to the COVID-19 pandemic, the following document outlines how the Cochran's Ski Club plans to keep all our members, staff, and volunteers safe. Keeping everyone safe is our top priority this fall, and winter. We will rely on members to do their part by following the guidelines outlined below. These guidelines are intended to meet both the state and federal guidance. Please reach out if you have any questions, comments, or concerns.

This document is living and will adapt as needed as the pandemic progresses.

Covid-19 Health Screening: Please check for the following 7 symptoms daily for all members of your household. Do you have a fever of 100.4 F or greater? Do you have a cough? Do you have shortness of breath or difficulty breathing? Do you have chills? Do you have muscle aches? Do you have a sore throat? Do you have a new loss of taste or smell? If you show any of these symptoms, we ask that you stay home until symptoms subside. There will be a daily at home health screening for each member to fill out prior to training (details to follow).

Face coverings: Coaches: It is mandatory for adults to wear a face covering at all times except during strenuous activity. Athletes: All athletes are required to have a face covering accessible at all times and are required to wear it when 6 feet distancing cannot be maintained (e.g., first aid scenarios). We recommend wearing face coverings at all times except during strenuous activity.

Bathroom: We highly recommend all participants use the bathroom prior to arrival at the venue. We will have Cochran's Ski Club Specific Porta Potties available if needed.

Lodging: Plan on not using the lodge (final details TBD). We will provide pop up tents for warming up with heaters and/or fire pit.

Hand Sanitizer: We strongly recommend all athletes and coaches bring their own hand sanitizer. We ask that all athletes and coaches use hand sanitizer immediately upon arrival at the venue.

Drop off and Pick up Protocol: We will have a program specific protocol to reduce crowding at drop off and pick up. Come prepared to ski by putting as much equipment on at home as possible.

Covid- 19 Health and Travel Screening: Parents will perform a temperature check and health screening prior to drop off. We ask for a travel disclosure if anyone in your household has traveled in the past 14 days.

Groups: Group sizes will be less than 15 people in total including coaches for group activities such as dryland training, etc.

Social Distancing: All Cochran's Ski Club members must maintain 6 ft apart both on and off skis. Dryland and in season training will be modified to maintain social distancing. Social distancing when waiting in the lift line and at the top of the course. We will have a 10 person line rule at the top of the course to avoid crowding, if the line is more than 10 people long, the athlete will be asked to go take a free run.