



COCHRAN'S SKI CLUB MEMBER COMMITMENT TO GOOD HEALTH AND SAFE PRACTICES

Family last name: _____

Commitment to Cochran's COVID-19 Protocols:

As a member of the Cochran's Ski Club community, I understand my role in preventing the spread of COVID-19 and other illnesses to help make sure we can all have a healthy season.

You can count on me to:

- Use the Heja app to RSVP to Ski Club activities and update RSVP if / when plans change.
- Sign in as required upon arrival at trainings or other events, to facilitate contact tracing if needed.
- Wear an appropriate protective mask to cover my mouth and nose when indoors or can't maintain physical distancing.
- Practice physical distancing—stay a full GS ski length (at least 6 ft.) away from others—as much as possible.
- Wash my hands and / or use hand sanitizer frequently.
- Answer health screening questions honestly and cooperatively.
- Not show up if I am not feeling well, or if a member of my family or other my established social pod is sick—from COVID-19 or anything else.
- Inform my coach ASAP if anyone in my immediate group or family is diagnosed with COVID-19.
- Read and abide by all posted messages and updates including Cochran's Ski Area COVID-19 guidelines and policies.
- Follow the guidance from coaches and other leaders in the Cochran's community, as well as state and local guidelines for preventing the spread of COVID-19.
- Stay flexible if the guidance or plans change.
- Encourage my friends and family to take this seriously, too.

Each family member initial or sign: _____

Acknowledgment of U.S. Ski and Snowboard Abuse Prevention Policies:

USS&S works to provide a safe environment in which athletes can train and compete, free from abuse and inappropriate behavior. All adult members of USS&S are required to adhere to the SafeSport Code and USS&S Minor Athlete Abuse Prevention Policies. The U.S. Center for SafeSport is committed to building a sport community where participants can work and learn together in an atmosphere free of emotional, physical, and sexual misconduct. Annual SafeSport training is required for Cochran's Ski Club coaches and other adults in positions of authority. SafeSport resources, including training for parents and athletes, can be found at <https://usskiandsnowboard.org/safesport-athlete-safety>.

The USS&S Minor Athlete Abuse Prevention Policies are specific policies that USS&S has adopted to promote an atmosphere free of emotional, physical, and sexual misconduct. These include policies about one-on-one interactions between coaches and athletes; email and social media communications; and travel with coaches. Details of these policies can be found at https://usskiandsnowboard.org/sites/default/files/files-resources/files/2019/MAAPP-June-2019_0.pdf.

Each family member initial or sign: _____

Acknowledgment of U.S. Ski and Snowboard Concussion Policy:

USS&S concussion policy: Any athlete suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in U.S. Ski & Snowboard sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation by a qualified healthcare provider trained in the evaluation and management of concussive head injuries. Details of this policy can be found at <https://usskiandsnowboard.org/governance/policies/concussion-policy>.

Each family member initial or sign: _____