



DCWST

**2020 – 2021
SKI SEASON**

COVID-19 PLAN

NOTE: This is a working document and is subject to change

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DCWST COVID-19 TEAM STRUCTURE CHANGES

The DCWST will provide streamlined options to our members for the coming season. As always, we will continue to serve those who wish to improve their skills, and those who wish to compete in various alpine ski racing and snowboarding events. The overall program structure and the membership options are explained below.

- **Alpine Team** - \$600*

Open to athletes age 7 to 18 who meet the basic ability requirements during tryouts. Training in a structured group setting that blends all mountain skiing fundamentals, drill work USSS SkillsQuest activities, and slalom and giant slalom training to prepare for all races hosted by DCWST and all other regional USSS events**.

Members of the Alpine Team enjoy coaching at Wisp Resort starting with a Holiday Mini-Camp*** in December, and on Tuesday****, Friday****, Saturday, and Sunday (except for race days at Wisp) through early-March (weather permitting). In addition, Alpine Team members also receive coaching during USSS races held at Wisp Resort, at regional USSS events throughout the season, and at state level post-season events.

* Alpine Team membership also requires USSS Competitor Membership and PARA Competitor Membership (visit <https://usskiandsnowboard.org/>). First year members are eligible for membership at a discounted rate of \$450.

** Participating in every race is encouraged but not mandatory – race fees are paid directly to race organizers and are not included in the team registration fee.

*** With permission of Wisp and weather permitting, loosely organized gate training will be offered to all returning members of the Alpine Team on weekends in December prior to Holiday Minicamp.

**** Tuesday and Friday practices are loosely organized and may not be appropriate for all members.

- **Snowboard Team** - \$575*

Open to athletes age 7 to 18 who meet the basic ability requirements at tryouts. Training in a structured group setting focused on developing alpine and freestyle riding skills to prepare for the USASA Appalachian Series and events hosted by Wisp. Members of the Snowboard Team enjoy coaching at Wisp Resort starting with the Holiday

Minicamp in December, and every Saturday and Sunday through mid-March (weather permitting). Members are encouraged to participate in Wisp Rail Jams and will receive coaching during three USASA** Appalachian Series events and the Governor's Cup snowboard event at the end of the season***.

* Snowboard Team membership also requires USSS General Membership (visit <https://usskiandsnowboard.org/>) First year members are eligible for membership at a discounted rate of \$450.

** USASA Membership required for competition in USASA events (visit www.usasa.org)

*** Participating in all coached competition events is encouraged but not mandatory – event fees are paid directly to USASA and are not included in the team registration fee.

The DCWST acknowledges that, while our intent is to provide our members with the same high-quality experience that we always do, COVID-19 could create disruptions to our normal operating schedule. We want our members to know that while a full refund is not possible (due to upfront costs that the team incurs), in the case of severe disruption or cancellation of part of the season we will offer an appropriate refund to all members of the team.

DCWST COVID-19 Exposure Guidelines

A. **Suspected Exposure to COVID-19** – If DCWST learns that an athlete or coach may have been exposed from close contact to someone positive for COVID-19, the following steps shall be taken:

1. **Quarantine the Exposed Individual** – DCWST shall ask the exposed individual to quarantine from all DCWST activities for 14 days from exposure or until proof of a negative test result. In all cases, however, the individual shall be expected to follow local health department guidelines if such guidelines are stricter.

Pursuant to CDC guidelines, close contact is:

- a) You were within approximately 6 feet (2 meters) of someone who has COVID-19 for at least 15 minutes.
- b) You provided care to someone who is sick with COVID-19.
- c) You had direct physical contact with the person (i.e. touched, hugged, or kissed them).
- d) You shared eating or drinking utensils.
- e) The COVID-19 case sneezed, coughed, or somehow got respiratory droplets on you.

B. **Displays Symptoms of COVID-19** – In the event that a DCWST athlete or coach displays symptoms of COVID-19, the following step shall be taken:

1. **Quarantine the Athlete or Coach** – DCWST shall ask any athlete or coach displaying symptoms of COVID-19 to seek medical attention and stay home from all DCWST activities until:

a. The athlete or coach has had no fever for at least 72 hours without the use of fever-reducing medication; AND

b. Other symptoms have improved (e.g. cough, shortness of breath) without the use of symptom-altering medicines, like cough suppressants.

2. **Quarantine Household Members** – If the symptomatic individual is in a household with additional DCWST participants, those additional participants shall also be asked to quarantine from all DCWST activities until all DCWST members within the household are symptom free.

C. **Tests Positive for COVID-19** – In the event that a DCWST athlete or coach tests positive for COVID-19, the following steps shall be taken:

1. **Quarantine the Diagnosed Athlete or Coach** – The diagnosed athlete or coach shall be asked to stay home from all DCWST activities for the following:

a. If you had no symptoms:

1. At least 10 days have passed since the positive test

b. If you had symptoms:

g1. At least 10 days have passed since the positive test

2. You have had no fever (100 degrees F / 37.8 degrees C or higher)

3. Other symptoms have improved (ex. Cough, shortness of breath) without the use of altering medicines like cough suppressants;
and

4. At least 10 days have passed since the symptoms first appeared.

2. **Quarantine Household Members** – If the diagnosed individual is in a household with additional DCWST participants, those additional participants shall also be

asked to quarantine from all DCWST activities until all DCWST members within the household are symptom free.

D. **Contact Tracing & Team Communications** – In the event that a DCWST member tests positive for COVID-19 two forms of communications will be sent:

1. **Quarantine Notice** - The DCWST COVID-19 Representative will inform the members of the diagnosed individual's age group of their potential exposure. Depending on the level of exposure, those individuals may be asked to self-quarantine pursuant to section A above. If an athlete is asked to self-quarantine, the Notice will provide a specific date upon which the athlete can resume interaction with the DCWST.
2. **Symptom Monitoring Notice** - For the sake of open communications and transparency, in the event that a DCWST athlete or coach is positively diagnosed with COVID-19, the DCWST COVID-19 Representative will send an email to all DCWST participants to inform them of the positive diagnosis. While this email will not require its recipients to self-quarantine, it will recommend that individuals monitor for symptoms of COVID-19.
3. **Confidentiality** - Throughout this communication process, the DCWST shall take all reasonable steps and precautions to maintain the confidentiality of the individual diagnosed.

DCWST COVID-19 Training Guidelines

Training Arrival

[PLACE HOLDER FOR STAGGERED START AND AGE GROUPS]

Social Distancing

Social distancing among our athletes and coaches will need to be a constant and consistent habit, as it is a best practice to help prevent the spread of COVID-19. Pursuant to CDC guidelines, social distancing means keeping a physical distance of at least 6 feet from other people who are not from your household both in indoors and in outdoor spaces. *(For our skiers, keep in mind that 6 feet is the height of a typical race gate from the snow to its top.)* Social distancing must be maintained during all aspects of training, including while receiving or giving instruction, while skiing or snowboarding, and while at rest.

Chairlift Rides - to minimize the risk of the spread of COVID-19 among our athletes, the DCWST will limit all chairlift rides to 2 people. In addition, at the start of each training session all athletes will be assigned a chairlift buddy and will ride all chairlift rides for that weekend with that individual only. In this way, the maximum number of individuals that any one athlete is exposed to on a chairlift on a training weekend is limited to one, thereby mitigating COVID-19 risk significantly.

Warm-up Breaks – to minimize the risk of the spread of COVID-19 among our athletes, racers shall take breaks with only those individuals with whom they are training for the day and only in designated DCWST Warm Up Areas. Those racers within those small training groups shall maintain social distancing from one another and shall maintain additional distancing from other training groups.

Face Coverings

Athletes, coaches, and parent volunteers shall be required to wear masks/face coverings at all times, but for: (1) when actively training in gates; (2) while racing; and (3) when eating and drinking. To be clear, this mask requirement includes while skiing and snowboarding when not in gates. During those times when the face covering is removed for eating and drinking, athletes and coaches are reminded to be extra diligent at maintain social distancing of at least 6 feet apart. For ease of use, the DCWST recommends that athletes use the “gator” form of face covering which will allow for athletes to raise and lower their face covering with while wearing race helmets and other cold weather gear.

Sanitizing Materials

All DCWST athletes are encouraged to bring hand sanitizer for use during training, for example a small bottle to keep in the athlete’s jacket. In addition, DCWST shall ensure that all athletes, coaches, and parent volunteers have ample access to sanitizing materials, including hand sanitizer and cleansing wipes. Each athlete will be asked to sanitize his/her hands upon arrival to training, and before and after all breaks. In addition, sanitizing wipes will specifically be placed in DCWST Warm Up Areas, and athletes will be encouraged to disinfect their areas (for example where they have a snack or take a drink) before and after the break.

Personal Equipment

To mitigate the risk of COVID-19, all athletes shall be exclusively responsible for their personal equipment and outer garments. Athletes are not to share equipment with or touch the equipment of another athlete.

DCWST Equipment

To mitigate the risk of COVID-19, all DCWST equipment shall be maintained and used exclusively by team coaches or volunteers specifically designated to use such equipment. In other words, the list of people touching the equipment on any given day shall be limited to only coaches and those that coaches designate. In doing so, the risk of COVID-19 spread is minimized.

DCWST Race Hosting

Race Planning

- A COVID-19 Coordinator will be designated to perform the duties enumerated by USSS in Section III of the [U.S. Ski & Snowboard COVID-19 Alpine Domestic Competitions Guidance](#) (the “USSS Guidance”) including verifying pre-screen questionnaires and symptom checks are complete, following protocols in the event symptoms are reported, and acting as a central point of contact for questions and concerns.
- At all times racers, volunteers, and coaches should comply with the USSS Guidance, as updated. In addition, DCWST’s training guidelines regarding social distancing, face coverings, sanitizing materials, personal equipment, and DCWST equipment shall be generally applicable.
- DCWST will work with Wisp Resort management and other Western PARA leadership to ensure efficiency and consistency, where possible.
- Registration:
 - Racers will register exclusively online through AdminSkiRacing, with a deadline of 10-14 days prior to the race.
 - DCWST will request that Wisp allow their waivers to be completed via the online registration system.
 - Per the USSS Guidance, registration will be limited to 100 racers.
 - There will be two races scheduled for each race day to accommodate the expected field: a female race and a male race.
- Pre-Screening:
 - All athletes, coaches, officials, and volunteers must complete a [pre-screen questionnaire](#). Per the USSS Guidance, Team Captains must confirm that is complete for their athletes and coaches, and the COVID-19 Coordinator shall collect those for officials and volunteers.
 - DCWST plans to use a Google form to collect and manage this data. Race communication may be sent to athletes using AdminSkiRacing and to volunteers using SignUpGenius.
- Daily Symptom Check:
 - All athletes, coaches, officials, and volunteers must complete a [symptom check](#) the morning of each race day. Per the USSS Guidance, Team Captains must

- confirm that the symptom check is complete for their athletes and coaches, and the COVID-19 Coordinator shall collect those for officials and volunteers.
- DCWST plans to use a Google form to collect and manage this data. Race communication can be sent to athletes using AdminSkiRacing and to volunteers using SignUpGenius.
 - Team Captains Meeting and Protests:
 - Team Captains meetings must be virtual per the USSS Guidance, and coaches must provide a cell phone number and email address in advance of the race.
 - Ref reports and protest periods will be posted electronically and transmitted to coach emails and/or cell phone numbers.
 - Bib Pick-up:
 - Team Captains are responsible for bib/shirt pickup, according to the USSS Guidance.
 - DCWST volunteer(s) will organize bibs into two bags for each team (male and female) along with shirts and bib assignment information. These bags will be made available outside near the shack for Team Captain or designated volunteer pickup, using a one-way passage system as required by the USSS Guidance.
 - Lift tickets should also be available for coaches and Team Captains in their respective bags.
 - DCWST will work with Wisp Resort to provide racers with instructions for purchase of their lift tickets.
 - Volunteer Coordination:
 - Additional work will be required to ensure that all volunteer roles are filled in advance of race day and all required paperwork is completed virtually including the USSS volunteer form, the pre-screen questionnaire, and the daily symptom check.
 - Scoreboard recorders and day-of registration roles will be eliminated per the USSS Guidance.
 - The Head Gate Judge should have a method to communicate virtually with gate judges, like the Team Captain meeting restrictions.
 - Volunteers will be required to wear masks at all times and maintain social distancing to the extent possible.
 - We will request hand timer and recorder volunteer pairs from the same household to minimize risk for these critical positions that cannot be performed at a distance.
 - The Starter will reset the gate and then attempt to maintain distance from the racers.
 - Bib collection will be performed by a volunteer who maintains distance from the racers and asks racers to deposit their bibs into a bin. Additional consideration will be made for the finish corral to ensure racers stop for bib collection. One adult per racer may assist in the bib removal, but the bib collection volunteer should not be required to do so. All bibs will be cleaned after each race.

Race Shack Guidelines

General:

In the past, the race shack has been the huddle point for all pre & post-race activities. It is critical to ensure the safety of the team, coaches, and volunteers. Below are guidelines that this sub-committee is recommending for the activities before, during and after the race, in and around the race shack.

- Restricted access:
 - Given this area is small and does not allow for proper distancing, access will be limited to the following:
 - Head Timer
 - Timer A
 - Timer B
 - RA
 - All personnel listed above and required to be in the race shack for an extended amount of time, will be required to have a negative COVID test result prior to race day.
 - Ventilation will be required through a cracked window, or the like.
 - The announcer will be outside with the necessary equipment to know who is at the start, mid-course, and finish.
 - Signage will be posted on the race shack door to notify all the restricted access.
- Morning Setup:
 - Given the announcer is most susceptible to spreading particulates, we are suggesting a tent with a heater to be set up outside of the race shack near the scoreboard to allow protection for the announcer, official, etc. This will also be a huddle point for all race interaction which will reduce or eliminate the need to access the interior of the race shack. Equipment and materials for race officials and volunteers will be placed on a table under/near the tent so eliminate the need for those persons to enter the shack.
 - Timing crew will unpack all the equipment and set up as usual. Any exterior equipment will be placed outside for the coaches to set up.
 - If Coaches need to access the race shack, this will be the time to do it. However, their time must be limited, and face masks will be required.

During the Race

- Per USSS Guidance, face coverings are required by all participants (athletes, coaches, officials, and volunteers) at all times when not socially distanced (less than 6 feet from others), except for training or racing. Competitors may remove their face covering in the start but must put it back on before leaving the finish corral. Non-compliance may result in sanction in accordance with ICR/ACR 223.1.1.
- Course setting should proceed per usual.
- Inspection:
 - Per USSS Guidance, inspection times must be scheduled at intervals by team.
 - Teams must maintain six feet of distance between one another during inspection.
- Chairlift:
 - Athletes will be required to wear facemasks while riding the chairlift.
 - Racers will be advised to ride the lift with their teammates (per their level of comfort), and to not ride the lift with members of other teams.
 - Wisp indicates that there will be no single rider line.
- Spacing Racers at the Start:
 - The USSS Guidance states that “Start areas must be expanded with team zones demarcated six feet apart from each other.”
 - Any athlete not in line to start must be behind the Squirrel Cage rope and out of the venue.
 - For non-scored races, athletes will be called into the start area by team.
 - Race participants should not yell/cheer in the start area.
- Start Order:
 - Per the USSS Guidance, “Non-scored races will be seeded by teams. The start order can be reversed for the second run.”
 - DCWST will coordinate with other Western PARA teams to provide consistency as to the start order of home/away teams and reversing the order of the second run.
 - It is assumed that we will still use an age group order within each team or leave additional time if we are mixing age groups to minimize the likelihood that a faster racer is impeded by a slower racer.
 - Where the second run start order is known in advance, DCWST will work to print and distribute all start lists in the team bags available at bib pickup.
- Finish Corral:
 - DCWST will configure the exit on skier’s left away from the race shack. This will help mitigate people gathering at the exit and at the base of the shack.
- Setting Second Run:
 - There will be two races: female and male.
 - DCWST plans to reset the course between the races but use the same course for the second run of each race to minimize the time of each race.
- Teardown:
 - To minimize contact between coaches and athletes of different teams, course teardown will be largely completed by DCWST, with the option of assigning specific tasks to volunteers from another team that allow for spacing/distance.

Considerations for Visiting Teams and Spectators

- The USSS Guidance recommends limiting access to indoor facilities and to minimize downtime for athletes during the day.
- Spectators below the finish area should be separated into team zones separated 6 feet apart from each other, pursuant to the USSS Guidance. Spectators will be encouraged to use cowbells or other noisemakers in lieu of cheering/yelling.
- For non-scored races, it is recommended that spectators shall be called by team and be permitted adjacent to the finish while that team's athletes are racing. Those spectators will be expected to promptly remove themselves from that area upon completion of their last athlete's finish.
- Participants should be encouraged to use their vehicles to keep warm and should come to the venue dressed/ready to race.
- No race participant belongings should be stored in the Wisp lodge.
- Awards ceremonies are prohibited, but DCWST may honor winners by posting photos on our webpage or social media.
- DCWST will discuss the below with Wisp management:
 - Can race parking be designated to the left of the lodge?
 - Can conference room space be provided to DCWST and/or visiting teams?
 - Can tent space outside be provided?
 - Can lunch options be provided (e.g., a food cart near parking, the conference rooms, or the finish)?

DCWST COVID-19 Away Race Guidance

Travel: DCWST Covid Coordinator shall monitor all state and local restrictions on travel to potential hotspots for potential test requirements. Families are asked to not ride-share to away races. Should host mountains impose restrictions or limits on the number of visitors, we may need to ask that only one parent per child attend.

On-mountain training: DCWST team members should, at a minimum, maintain all normal DCWST COVID-19 training, mask wearing and social distancing regulations when at a visiting mountain. However, it is possible that host mountain regulations may require additional steps – DCWST athletes are required to follow all host restrictions as well.

Race day particulars: Until the other teams and host mountains reveal their plans any further guidance will be dealt with on a case by case basis.

Hidden Valley Requirements

- TBD

Seven Springs Requirements

- TBD

Other PARA Location Requirements

- TBD

DCWST COVID-19 Social & Fundraising Guidance

Social activities: For the most part, DCWST will hold no organized social events in the 2020-21 season. The end of season banquet may be an opportunity to do something within whatever guidelines will be set by the State of Maryland at that point. The lodge can be reserved but plans for a virtual event should continue a parallel path. As per USSS guidance, there will also be no race award ceremonies held this season.

Fundraising Options:

- Auction: DCWST is heavily reliant on fundraising and the largest the silent auction held in conjunction with the team social is the prime event. Since there will be no in-person social event, the team should push back the auction to January or February and host the auction online. Several platforms are available that offer this capability either as a “live event” or as a longer period auction – like an eBay platform for the team. This is the preferred option as team members can then share a link to the auction to widen the potential pool of bidders to friends, family, grandparents, etc that wouldn’t normally attend the social. An auction coordinator is needed.
- Social: Instead of the Greene Turtle Social, the team will investigate “take out” opportunities to coordinate with a restaurant (during a non-holiday period) to have a kickback to DCWST for all take-out orders on a given weekend.
- Super Bowl Pool: Can proceed as normal – Shannon Kumpfmiller and Beth Scott to coordinate.
- FundRace – Given all the extra precautions related to training and new COVID restrictions the strain on additional staff time is likely not worth it for the coming season. Recommend to not host any FundRaces this season.
- Squadlocker: Can proceed as normal.
- Virtual 5k or mountain biking fundraiser possible.