



2020 – 2021 SKI SEASON COVID-19 PLAN

**NOTE: This plan was updated on 2.1.21. It is also a working document
and is subject to change.**

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INTRO

This plan is meant to act as a guide for the DCWST and its affiliates to use while operating in the ever changing conditions of the ongoing coronavirus pandemic. DCWST expects its participants (athletes, coaches, parents, officials, and volunteers) to follow and abide by the rules and guidelines laid out by the team and applicable state/local authorities, and to answer all health checks truthfully and honestly. Should the team become aware of any violations of the rules or guidelines, the board may take disciplinary action.

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 Thursday****, 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.

**** Thursday 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 who are affected.

DCWST COVID-19 Exposure Guidelines

A. Exposure to COVID-19 – If DCWST learns that an athlete or coach may have been exposed to COVID-19, the following steps shall be taken:

1. Quarantine the Exposed Individual – Assuming no symptoms have developed, DCWST shall ask the exposed individual to quarantine from all DCWST activities for 10 days from exposure or after 7 days if the individual can provide proof of a negative test result taken at least 5 days after exposure. In all cases, individuals must continue to monitor for symptoms for a full 14 days after exposure. If local health department guidelines are stricter, then they apply.

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. Isolate 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 (all of the following must be satisfied):
 1. At least 10 days have passed since the positive test and
 2. You have had no fever (100 degrees F / 37.8 degrees C or higher) for at least 24 hours without the use of fever-reducing medications and
 3. Other symptoms are improving (ex. Cough, shortness of breath) 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 should follow the guidance under part A.

D. **Contact Tracing & Team Communications** – In the event that a DCWST member tests positive for COVID-19 different 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 self-monitored exposure, athletes in the same age group may opt for self-quarantine pursuant to section A above. It is, however, the DCWST policy that any lift buddies of the athlete diagnosed with COVID-19 would need to quarantine from DCWST activities, if the following circumstances apply. According to CDC guidance <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> quarantine is required for close contacts of positive cases when that close contact occurs within 48 hours of the onset of symptoms or a positive test. Close contact is defined as less than 6 feet of contact for an integrated 15 minutes in a 24 hour period regardless of mask usage. Partnering a lift buddy with a positive case within 48 hours before the onset of symptoms or the positive test constitutes exposure. Quarantine should last for 10 days post-exposure or for 7 days conditioned on a negative COVID test taken more than 5 days after exposure. If an athlete is asked to 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

Go/No Go Decisions

The COVID Committee will regularly present COVID updates (guidelines, restrictions, data) to the DCWST Board. The Board will share all pertinent info with a 3 person group - composed of the Team President, the Program Director, and the COVID Coordinator - that will decide on a weekly basis (on Tuesday) if team activities can/will continue. The weekly decision will be decided by the majority of votes from the 3 person group. In the case that one of the above group members are not able to be present for the vote, they may designate an alternate to stand in for them in the go/no go voting process. In the case that COVID related conditions change rapidly, such that a decision needs to be made more urgently, the 3 person group will convene to review the changes and hold a vote that would then supersede the most recent weekly decision.

Schedule Changes

Practices may be postponed, shortened, and/or cancelled when conditions will not allow for appropriate avoidance of indoor spaces and/or adequate social distancing at all times. Parents will be notified of changes via Remind and are asked to be ready and available to pick up athletes at all times.

Staggered Start

During mini camp, and on Saturdays and Sundays a staggered start time system will be used to reduce large group gatherings and allow for social distancing. When the staggered start is in place the Snowboard/U16/U19 groups should arrive at the regular start time. The U12/U14 groups should arrive 15 minutes after the regular start time. The U8/U10 groups should arrive 30 minutes after the regular start time. On Thursday and Fridays all ages are permitted to arrive at the regular start time.

Training Pre-Screening Process - Coaches

On the day of each training session every coach must self screen by filling out the online form found [HERE](#).

Training Pre-Screening Process - Athletes

On the day of each training session every athlete (or the parent of our younger athletes) must self screen by filling out the online form found [HERE](#). Upon physical arrival at practice, coaches will verify/validate that the athlete "passed" the prescreening. Once validated, the coach will

give the athlete the daily attendance sticker to be applied to the poles or to the snowboard (over any old stickers)

Note: During all training sessions coaches will monitor all training areas/groups for any athletes without the COVID clear sticker. Anyone without it will not be permitted to participate. Also, the results of the COVID pre-screening process will only be shared with members of the coaching staff, the Team President, and the COVID Coordinator.

Social Distancing

Social distancing among our athletes, coaches, volunteers and parents 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 when indoors and in outdoor spaces. Social distancing must be maintained during all aspects of training, including while receiving or giving instruction, while skiing or snowboarding, and while at rest. In addition, parents are not permitted to gather in the “drop off/pick up area” at the bottom of Squirrel Cage.

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 session 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 day is limited to one, thereby mitigating COVID-19 risk significantly.

Warm-Up Breaks

Come prepared to stay out for the entire session. If a parent believes that his/her child may not be able to stay out for the entire session, they should remain on the premises so that they can be called upon if/when needed.

Coaches will limit the number of breaks as much as possible. When needed, coaches may take groups inside to warm up or to use the bathrooms. However, due to capacity limits within facilities and the size of our groups, the whole group may not be able to go into a facility at one time. Coaches may need to send only a few athletes in at a time.

If groups take a break:

- Observe building capacity limits
- Limit duration to 10 minutes
- Keep groups as isolated from general public as possible

- Equipment should be contained and handled only by the owner of the equipment --- don't touch other people's things!!!
- No eating
- Wear masks at all times
- Wash hands before leaving

Once practices begin, DCWST will attempt to maintain our regular training schedule as outlined in this document. But, the head coaches may end sessions early when cold temperatures or other inclement weather conditions are likely to increase exposure risk due to the need to spend significant time indoors/warming up.

Face Coverings

Athletes, coaches, volunteers and parents 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 actively riding the park. To be clear, this mask requirement includes drop off/pick up AND at all times while skiing and snowboarding when not in gates or in the park. The DCWST recommends that athletes wear a form of two-layer face covering which will allow for athletes to raise and lower their face covering 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, volunteers and parents will have ample access to sanitizing materials, including hand sanitizer and cleansing wipes, while in all DCWST managed areas.

Personal Equipment

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.

Race Shack Access and DCWST Equipment

During training sessions, no one except DCWST Staff is permitted in the Race Shack. 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 coaches and those that coaches designate. All coaches and volunteers will use hand sanitizer prior to handling team equipment and all equipment will be wiped with sanitary wipes after usage and prior to storage.

DCWST Hosted Races

General

- 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.
- DCWST will make a final Go/No-Go decision on the hosting of a given race 3 days in advance of the event.

Registration/Pre-Race Symptom Check Distribution

- Racers will register exclusively online through AdminSkiRacing, with a registration deadline of 4:00pm 3 days prior to the race. No day of registrations will be permitted.
- Wisp waivers must be completed via the online registration system.
- Registration will be limited to 100 racers and will only be open to athletes that train and race within the Western Region of PARA.
- Coaches will be required to register through AdminSkiRacing. Volunteers will sign up with DCWST in advance as well (either via Sign Up Genius and/or email communication).
- All athletes and coaches will be sent a symptom check form via AdminSkiRacing within 48 hours of the start of the event.
- Volunteers, workers, and officials will be sent a symptom check via Google Forms within 48 hours of the start of the event.
- Pre-Race communication will be sent to athletes, coaches, and officials using AdminSkiRacing and to volunteers using SignUpGenius and or direct email.

Race Day Symptom Check

- All athletes, coaches, officials, workers, and volunteers must complete the symptom check by noon the day before the race (approx. 21 hrs before the race starts).
- Per the USSS Guidance, Team Captains will confirm on the morning of the race that the symptom check is complete for their athletes and coaches and that no symptoms have

changed since the form was submitted. The COVID-19 Coordinator will confirm on the morning of the race that the symptom check is complete for officials, workers, and volunteers.

- DCWST plans to use adminskiracing and Google Forms to collect and manage this data

Team Captains Meeting, Official Postings, Protests

- Team Captains meetings will be virtual per the USSS Guidance. The virtual team captains meeting will be held the day prior to the race at 4pm.
- Ref reports and protest periods will be posted to LiveTiming and, when possible, transmitted to coach emails and/or cell phone numbers.
- No hand written protests will be allowed. All protests should be emailed to the RA.
- Protest hearings will be conducted outside in the finish area.

Lift Tickets and Bib Pick-up

- Paper (i.e. disposable) bibs will be used.
- Team Captains are responsible for bib pickup and athlete check in. This will occur at a designated time and place in the finish area on the morning of the race.
- DCWST volunteer(s) will organize bibs into two bags for each team (male and female) along with shirts, bib assignments, and start lists. These bags will be made available to Team Captains outside near the race shack, using a one-way passage system as required by the USSS Guidance.
- Lift tickets for coaches and Team Captains will be available at the bib pickup location.
- DCWST will work with Wisp Resort to provide racers with instructions for purchase of their lift tickets.

Volunteer Coordination

- All volunteer roles will be filled in advance of race day and all required paperwork (including the USSS volunteer form and the COVID symptom check) will be completed virtually.
- Scoreboard recorders and day-of registration roles will be eliminated.
- The hand timer and hand time recorder will be the same person.
- A bib collector will not be needed as disposable bibs will be used.
- Finish times will not be announced and so no announcer will be needed. PA announcements will be made by a member of the timing crew.
- The Starter will reset the gate and then attempt to maintain distance from the racers.
- The Head Gate Judge will communicate virtually (when possible) with gate judges. all other meetings/communication will occur outside.

- Volunteers will be required to wear masks at all times and maintain social distancing to the extent possible.

Timing/Race Shack Guidelines

- The upper race shack will be a restricted access area. In general the maximum number of people in the upper race shack shall be 3. Access will be limited to the Chief of Timing and Calculations, Timer A, Timer B, the RA and the Jury. The Chief of Timing and Calculations, Timer A and Timer B will be required to have a negative COVID test result within one week of the event.
- Timing crew will unpack and set up all of the equipment as usual.
- Upper race shack ventilation will be maintained through a cracked window or door.
- The lower race shack door will be left open at all times. The number of people in this area shall be no more than 3 at a time. Access will be limited to race crew, coaching staff, and race officials.
- Signage will be posted on the race shack doors to notify all the restricted access.
- Equipment and materials for race officials, race crew, and volunteers will be placed outside so those persons do not need to enter the upper shack.
- Time in any part of the race shack must be limited and face masks and social distancing will be required at all times.

Setup, During Race, Tear Down

- Face coverings are required by all participants (athletes, coaches, officials, and volunteers) at all times, except when athletes are actively racing. Competitors may remove their face covering in the start, but must put it back on before leaving the finish corral.
- Course setting and the preparation of the race venue will proceed as usual.
- Inspection will be done by team and in small groups. During inspection groups from one team must maintain adequate distance between themselves and other teams. Individual athletes should also maintain social distancing of 6 feet or more.
- Chairlift: Racers will ride the lift only with their teammates. DCWST athletes will be expected to select a chairlift buddy for race day and to ride 2 per chair only.
- The Start Area:
 - The DCWST start tent will not be used.
 - Teams will be assigned “prep zones”, which will be appropriately distanced from other teams, in which they may prepare athletes for racing. These zones will be outside of the enclosed race course area to prevent athletes and coaches from congregating near the start.

- When an athlete is called to the line of racers preparing to start, he or she may move from the assigned prep zone into the enclosed race course area. He or she will assume the appropriate spot in line and will use provided markings to maintain social distancing while waiting. Any athlete not in line to start must be behind the rope.
- For non-scored races, athletes will be called into the start area by team in small groups.
- Race participants should not congregate inside the rope in the start area for any reason.
- Start Order:
 - Non-scored races will be seeded by teams. The start order will 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.
 - Scored races start lists will be created as per USSS norms.
 - First run start orders will be provided to Team Captains at the time of bib pickup. When the second run start order is known in advance, DCWST will distribute those start lists at bib pickup as well.
- Finish Corral: DCWST will configure the exit such that it will allow a racer to view his/her finish time on the scoreboard and then exit the finish on skier's left away from the race shack. This will help mitigate people gathering at the exit and in the vicinity of the shack.
- Due to physical constraints including limited space between the race venue, the lodge, and the lift lines, spectators will not be allowed.
- 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.
- Times will be displayed on the digital scoreboard and Live Timing only. Times will not be announced over the PA.

Results and Awards

- Results will be posted to AdminSkiRacing and to the DCWST website.
- No awards ceremony will be held. DCWST will send awards to Team Captains for distribution in the week following the event.

Considerations for Visiting Teams and Spectators

- Due to physical constraints including limited space between the race venue, the lodge, and the lift lines, spectators will not be allowed.

- Access to indoor facilities will be limited (both space and time) as per Wisp guidelines and no personal belongings may be stored in the Wisp lodge. Participants and families are encouraged to use their vehicles as their “base lodge” for race day and to come to the mountain prepared to be outside most of, if not all of the day.
- Lift lines will be long. Plan ahead to allow extra time to get to the start.
- Lift tickets must be reserved/purchased in advance through the Wisp Resort website. Wisp is not providing a “race rate” for races this season.

DCWST COVID-19 Away Race Guidance

At this time, DCWST is not attending, supporting, or facilitating travel to events outside of Maryland. The team will attempt to keep members informed of those events. If an athlete/family can attend these events within the current state/local guidelines, then they should contact the event organizer for additional steps that may need to be taken prior to registration.

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 Protocols: 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.

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.