

# Coach Practice Expectations revision 1

related to RNST COVID-19 plan  
updated 12/30/20

Coaches are expected to:

- At the check-in table:
  - Note on the trail map where you plan to take your skiers that day. Coaches need to choose a location that's not being used by another group.
  - Pick up a flyer with that day's announcements. Announcements will be given within the coaching groups, instead of to the team as a whole.
  - Pick up the list of skiers assigned to your group and a marker pen. Before heading out with your skiers, mark off the skiers in attendance. If you pick up skiers during practice, add them to your list. Turn in your list to Don at the end of practice. (This is being done so that if necessary, we can give exposure info to COVID trackers. We want to avoid mixing groups if at all possible, but other safely considerations may prevail when out on the trail.)
  
- Give their skiers these daily reminders:
  - mask protocol - All skiers need to have face masks (RNST pocket buffs). The newest MDH & MSHSL guidelines state that **masks (i.e., pocket buffs in our case) must be worn at all times, even when skiing.**
  - to cover sneezes & coughs
  - avoid touching their faces.And give them the daily announcements.
  
- Keep your group of skiers (your "pod" according to MN Dept of Health) at least 12' from other groups.
  
- Wear RNST pocket buffs **at all times.**
  
- Support the plan when discussing with parents and skiers.
  
- Provide feedback to Joan or David if you anticipate or encounter problems when trying to execute the plan.
  
- If a coach has ONE of these symptoms and feels well enough to attend practice, they may do so:
  - sore throat
  - nausea
  - vomiting
  - diarrhea

- chills
- muscle pain
- excessive fatigue
- new onset of severe headache
- new onset of nasal congestion
- runny nose
- If a coach has TWO of the above symptoms or ONE of the following symptoms, they must not attend practice, and must be evaluated by a health care provider.
  - fever greater than or equal to 100.4°F
  - new onset and/or worsening cough
  - difficulty breathing
  - new loss of taste or smell
- If a coach learns that a skier at practice meets the above criteria, that student should be separated from others and asked to leave. Please notify Joan Rabe or David Herbert. Parents of any skier asked to leave will be notified (and of course, may need to pick that student up.)
- It will not be possible to check temperatures at practice due to the low air temperatures, so skiers (or their parents), coaches and check-in/out volunteers are asked to check their temperature each day they intend to attend practice.