

Skier & Parent Practice Expectations revision 1

related to RNST COVID-19 plan

updated 12/30/20

Parents are expected to:

- Ensure that only a healthy skier is sent to practice (see details below in **Skier** section).
- Make sure that skier has the required RNST pocket buff which will be provided to the skier by RNST. This buff has a pocket into which an additional filter (kleenex, coffee filter, etc) should be tucked.
- Ensure that skiers have read and understand the **Skier** expectations below.

Skier are expected to:

- Bring the required RNST pocket buff to all practices, and **wear it all the time they're at practice**, ~~unless they're actively skiing. It must be worn when checking in, meeting for instruction, waiting for post practice pickup, etc.~~ **NOTE:** The newest Minnesota Dept of Health & MN State High School League guidelines state that masks (i.e., pocket buffs in our case) must be worn at all times, even when skiing.
- Stay 6' apart from other skiers and coaches. Your ski pole and your arm combined will be at least 6' long, so if you stick your pole out ahead of you with a straight arm, and don't hit another person, you're far enough apart.
- Line up 6' apart while waiting to check in or out. Skiers will give their name to the check-in/out volunteers, who will mark them off and tell them which group they should join. Head directly to your group's area.
- Skiers waiting for pickup after practice must line up 6' apart across the first row of the parking lot at Essex (the row nearest the check-in area), and on the sidewalk along the north side of the Quarry Hill parking lot.
- Only attend practice when healthy. If a skier has ONE of these symptoms on a practice day, 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 skier has TWO of the above symptoms or ONE of the following symptoms on a practice day, 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 skier attends practice when the above criteria indicate they shouldn't, that skier will be separated from others and asked to leave. Parents of any skier asked to leave will be notified (and, of course, they will be called if their child needs a ride.)
- It will not be possible to check temperatures at practice due to the low air temperatures, so skiers (or their parents) are asked to check the skiers temperature each day they will be attending practice.