

Summary of RNST COVID-19 Plan Revision 1

updated 12/29/20

(removed pre-season information, and updated based on MDH & MSHSL 12/28/20 guidelines)

Social distancing

The following changes are being made to allow adequate social distancing and cleanliness during practice and other RNST events:

- There will be no away ski camp this year. given the Covid-19 risks in group travel and lodging. However, RNST is exploring ways we might have a Saturday/Sunday local camp where the team and coaches train at one of our local trails.
- All skiers and coaches need to wear RNST pocket buffs, which will be supplied to them by RNST. This buff has a pocket into which an additional filter (kleenex, coffee filter, etc) should be tucked. ~~These do NOT need to be pulled up while skiing, but must be pulled up over the mouth and nose when checking in, meeting for instruction, waiting for post-practice pickup, etc.~~ **NOTE:** The newest MDH & MSHSL guidelines state that masks (i.e., pocket buffs in our case) must be worn at all times, even when skiing.
- Check-in/out volunteers must wear masks at all times.
- Ski practice check-in and check-out process has been changed to eliminate congestion at the beginning and end of practice. Through the use of cones, temporary directional signs and signs with Pod numbers, skiers will be directed to move from their car (either in the parking lot or when they're dropped off) to their Pod with minimal interaction except a socially distanced pass of the check-in area where a volunteer will note their arrival and post-practice departure. Skiers will line up 6' apart while waiting to check in or out, and will give their name to the check-in/out volunteers, who will mark them off, and verify that each skier has a mask. Skiers waiting for pickup after practice will line up 6' apart. At Essex, the first row of the parking lot will be blocked off to allow space for the line. At Quarry Hill, the sidewalk on the north side of the parking lot will be used for the line.
- Registration is limited to 160 skiers. Coaching groups (a "pod", which includes skiers and coaches) is limited to a maximum of 25, and most pods will be smaller. We will keep pod membership as stable as possible, anticipating a small amount of movement at the beginning of the season. Each pod will practice in a different part of the trail system. As pods gather at the beginning of practice, they will remain more than 12' from any other pod. Daily announcements will be given in the pods, rather than to the entire team. Coaches will turn in a list of all skiers in their pod that day at the end of practice.

- Plans for races are still in-progress. It's likely there will not be any group start races or races with more than 2-3 teams. Any competitions that are scheduled will align with state and other guidelines including the most recent guidance that no winter sports competitions shall occur prior to Jan. 14.
- At the beginning of practice, coaches will remind skiers about mask protocol, to cover sneezes and coughs, and to avoid touching their faces.
- Skiers may leave backpacks, keys, etc at the check-in table as usual, and will be asked to handle their own items.

Ensure sick skiers, coaches and other volunteers stay home and prompt identification and isolation of sick persons

Skiers, coaches and other volunteers are asked to self-monitor for signs and symptoms of COVID-19. RNST is asking parents, skiers, coaches and other volunteers to use the following info to decide whether to attend practice.

- If a person (skier, coach or other volunteer) 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 person (skier, coach or other volunteer) 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 skier, coach or other volunteer at practice meets the above criteria, they will

be separated from others and asked to leave. Parents of any skier asked to leave will be notified.

- It will not be possible to check temperatures at practice due to the low air temperatures, so skiers (or their parents), coaches and other volunteers are asked to check their temperature each day they intend to attend practice.
- Any positive COVID-19 test results will be reported by the testing agency to the Minnesota Dept of Health, who will initiate contact tracing, and RNST asks parents or volunteers to also immediately report positive test results to coach Joan Rabe (507-269-3162) or Head Coach David Herbert (507-269-9312).

RNST has also implemented a policy for informing skiers and volunteers if they have been exposed to a person with COVID-19 at ski practice and requiring them to quarantine for the required amount of time.

- Kristin Sorenson will retain the daily check-in sheets that indicate which group each skier and coach is in, and that information will be used to identify skiers and coaches who have been exposed to COVID-19.
- RNST will make that info available to MN Dept of Health COVID-19 contact tracers, who will contact those exposed, and give them guidance on proper action.
- If MN Dept of Health advises exposed skiers, coaches or other volunteers to be quarantined, those persons will not be allowed at practice until the quarantine expires.
- RNST will use team email and text messaging systems to notify the RNST community of the situation. To protect health information privacy, names of the affected parties will not be used.