

COVID-19 Preparedness Plan for Rochester Nordic Ski Team (RNST) Revision 1

Updated 12/29/20 based on MDH & MSHSL 12/28/20 guidelines

RNST is committed to providing a safe and healthy environment for all our skiers and volunteers (both coaches and other volunteers, such as parents who help with check-in). To ensure we have a safe and healthy environment, RNST has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Skiers, coaches, other volunteers, and parents are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our communities, and that requires full cooperation among all parties. Only through this cooperative effort can we establish and maintain the safety and health of all persons.

The COVID-19 Preparedness Plan is administered by Joan Rabe, who maintains the overall authority and responsibility for the plan. However, skiers, coaches, other volunteers and parents are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. They have our full support in enforcing the provisions of this plan.

RNST is serious about safety and protecting the health of our skiers, coaches and other volunteers. Their involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved them in this process by creating a committee of coaches and volunteers who created this plan, and distributing this plan to parents, skiers, coaches, Olmsted County Health Department, Rochester Parks & Recreation Department and Rochester Century High School Activities Director Mark Kuisle, for feedback before the ski season begins. Feedback from those parties will be addressed and integrated into the plan.

RNST's COVID-19 Preparedness Plan follows the guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It also follows the guidance of the Minnesota Department of Health in the documents "COVID-19 Sports Guidance for Youth and Adults" and "COVID-19 Prevention Guidance for Youth and Student Programs". It addresses:

- ensuring sick skiers, coaches and other volunteers stay home and prompt identification and isolation of sick persons;
- social distancing – skiers, coaches and other volunteers must be at least six-feet apart;
- hygiene and face coverings;

- communications and training practices and protocol.

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

Skiers, coaches and other volunteers are encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess health status prior to arriving at ski practice and for skiers, coaches and other volunteers to report when they are sick or experiencing symptoms.

RNST is asking parents, skiers, coaches and other volunteers to use the following info from the Minnesota Department of Health “COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs” 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.

Social distancing

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

- All RNST registration will be online.
- We are planning an outdoor ski and pole pickup process that will minimize gathering.
- We will not hold the usual registration meeting, and to convey the necessary info to skiers and parents, will either hold a zoom meeting or provide on-line materials.
- The first-year skier orientation meeting (how to put on skis and poles, how to dress for skiing) will be via zoom (in small groups).
- 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.
- There will be no early-season indoor training sessions at the RCTC dome. We

may hold some outdoor dryland training sessions.

- 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 desk as usual, and will be asked to handle their own items.

Communications and training practices and protocol

This COVID-19 Preparedness Plan will be communicated online at the time of

registration to all skiers, parents and volunteers, and is available at the RNST website. It will also be covered in the pre-season information process. Additional communication and training will be ongoing by coaches and other volunteers.

Coaches are expected to monitor how effectively the program has been implemented and inform Joan Rabe or David Herbert of any problems and suggestions.

All coaches and other volunteers are to take an active role and collaborate in carrying out the various aspects of this plan. This COVID-19 Preparedness Plan has been certified by the RNST head coach. It will be updated as necessary by Joan Rabe.

Certified by:

_____ [Signature, RNST Head Coach]

_____ [Date]