



COVID-19 Protocols

January 21, 2021

BMRC is committed to the health, safety and wellbeing of our Athletes, Coaches, Staff, Volunteers, Parents, Spectators and other participating individuals- "Participants"- at all times. The nature of the COVID-19 pandemic demands that we all take an active role in helping to ensure the best possible outcome for the season that lies ahead. Therefore, the BMRC Board has developed the BMRC COVID-19 Protocols to establish requirements designed to protect all individuals participating or otherwise involved in BMRC affiliated training, races, other events and activities , "BMRC Activities", and is requiring all Participants to adhere to the BMRC COVID-19 Protocols at all times while participating in BMRC Activities. In addition to these requirements, Participants must also adhere to all requirements provided by ski areas, ski clubs, NYSSRA, club and venue officials, or other locations, personal and groups where participating. Failure to comply with these requirements can result in actions up to and including removal from an activity, removal from BMRC, and actions as dictated by the ski area.

The BMRC COVID-19 Protocols have been developed with guidance from NYS DOH, CDC, USSS and will be modified from time to time based on latest available guidance and changes to the pandemic. The BMRC COVID Coordinators are Eric Howe and Jennifer Werges. They can be contacted at covid@bristolraceteam.org

1. Participant Registration for Races

- Athletes and coaches need to register for races and race related events (e.g., sanctioned training with registration) by the deadline on AdminSkiRacing. A pre-screen COVID form (health check) will be available through AdminSkiRacing and will need to be filled out prior to the day of the event. Additionally, each athlete and coach must complete daily symptom screening (as indicated below) the day/morning of the event before reporting to the site.
- Daily self- symptom screening for the morning of the event will be done via AdminSkiRacing(if available), or through each club's system for daily symptom screening.

2. Symptom Screening

Daily COVID-19 self-symptom screening to be performed by all Participants remotely before reporting to the location for participation.

- **Athletes, Coaches, Staff and Volunteers** - Must perform and submit (on the day/morning of the event) daily COVID-19 screening remotely before reporting the site and will not be permitted to participate until completed for the day.
- **Screening Questions** - Screening will include the following questions which may be modified from time to time.
 1. Have you experienced any of the following symptoms of COVID-19 in the past 14 days that are new and not usual?
 - Fever of 100.4 degrees F or higher
 - Chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat

- Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
2. Have you knowingly been in close or proximate contact in the past 10 days with anyone who has tested positive for COVID-19?
 3. Have you tested positive for COVID-19 in the past 10 days?
 4. Are you currently required to quarantine or self-isolate by a health professional, government agency, or due to travel to a location requiring quarantine?
- Participants who answer yes to any of the COVID-19 screening questions above must stay home, notify the BMRC COVID Coordinator at covid@bristolraceteam.org, and are encouraged to contact their healthcare provider for assessment and testing. Participants will not be permitted to participate unless and until they are able to answer no to all of the COVID-19 screening questions above.
 - Participants will not be permitted to participate if the daily COVID-19 self-symptom screen is not completed by the deadline.

3. Participant Groups

- Athletes will be placed in participant groups by Coaches and Staff to minimize potential exposure, and will be required to stay with their assigned participant group throughout the day unless otherwise indicated by Coaches and Staff. In most instances, participant groups will remain the same over a training weekend (Saturday and Sunday), or for the entire series of events (e.g., race events).
- Athletes must receive approval from their Coach to leave their participant group, briefly, as needed (e.g., short break, equipment change), and may not be able to rejoin their participant group for the day if they leave for an extended period of time (e.g., 30 min without reason or purpose).
- The number of Athletes and Coaches per participant group will be based on guidelines from NYS DOH, CDC, USSS, and the ski location.
- Coaches will maintain attendance with a list of participant names per participant group each day.

4. Face Coverings

Participants shall bring their own acceptable (based on CDC guidelines and ski area requirements) face coverings and have them available for use at all times. Face coverings must cover the nose and mouth.

- **Indoors** – Participants shall follow all requirements as dictated by the facility. In the event BMRC hosts activities indoors all Participants must adhere to the face covering requirements for that activity /event. Participants must wear face coverings at all times indoors except while eating or drinking, so long as seated and maintaining 6’ of social distancing.
- **Outdoors**
 - Participants must wear face coverings at all times outdoors (including in parking lots, base areas and while on the ski lift), with the following exceptions:
 - Temporarily while eating or drinking, so long as maintaining 6’ of social distancing.
 - Temporarily while skiing down the mountain, so long as maintaining 6’ of social distancing.
 - Face coverings must be worn while stopped on the mountain (e.g., waiting for group, receiving instruction).
 - Participants must also follow all requirements as directed by the venue.

5. Social Distancing

- **Indoors** – Participants shall follow all requirements as dictated by the facility and shall maintain 6’ of social distancing at all times. In the event BMRC hosts activities indoors all Participants must adhere to the social distancing requirements for that activity / event.
- **Outdoors**
 - Participants shall maintain 6’ of social distancing to the maximum extent possible, allowing for occasional, brief contact that may be closer than 6’ to address a health or safety risk (e.g., demonstrate exercise, correct

form or posture). This may require actions such as modifying activities and/or setting up and following distance markers as dictated by Coaches and Staff.

- Participants must also follow all requirements as directed by the venue including for ski lifts.

6. Signage, Distance Markers

- All Participants must adhere to all COVID-19 signage and distance markers as communicated by BMRC, BMRC Coaches and Staff, and/or locations of BMRC Activities.
- Coaches and Staff shall set up signage and distance markers where deemed appropriate.

7. Equipment

- Participants shall not share equipment, water bottles, or other items.
- Participants must adhere to all ski area requirements pertaining to equipment including no putting on ski boots indoors, and no bags or other equipment allowed to be left indoors.
- Equipment that must be shared between coaches shall be sanitized, as appropriate, between uses.

8. Hygiene, PPE, Disinfectants

- Participants shall adhere to hygiene requirements as indicated by the CDC including frequent washing of hands and use of hand sanitizers.
- BMRC shall have available for all BMRC Activities:
 - Disposable masks
 - Hand sanitizer
 - Cleaning agents for sanitizing equipment
 - Disposable gloves

9. Breaks, Food, Beverage, Restrooms

- Athletes will be permitted to take breaks (as dictated by their Coach) as needed to warm up and use restroom facilities. Coaches will identify the appropriate location for breaks. Athletes and Coaches must adhere to all facility requirements during break including face coverings and social distancing.
- While engaged in a BMRC training activity, Athletes will not be provided a lunch break.
- During an event (e.g., race event), in some instances Athletes may be provided a break for lunch/meals and must adhere to all ski area and event requirements for meals.
- Athletes are permitted to consume a snack and beverage while on a break, provided they adhere to all requirements of the ski area, including social distancing.

10. Illness During BMRC Activity

- If an Athlete feels ill during a BMRC Activity, they must immediately notify the Coach they are currently working with who will immediately isolate the individual from the group, and notify the parents and the BMRC COVID Coordinator. The athlete must leave the BMRC Activity as soon as their parents are able to facilitate. The athlete and parents are encouraged to contact their healthcare provider for assessment and testing.
- If a Coach, Staff or Volunteer feels ill during a BMRC Activity, they must immediately isolate from the group, notify the BMRC COVID Coordinator, and leave the BMRC Activity. The individual is encouraged to contact their healthcare provider for assessment and testing.