



Team Summit COVID-19 On-snow Protocol 6.1.2020

COVID-19 is a highly transmissible virus with no vaccine and limited treatment options that poses a serious health risk that can result in severe illness and even death in otherwise healthy individuals. Even when taking all reasonable precautions, there is no guarantee that an infection will not occur.

In order to return to team activities, as safely as possible, the following guidelines must be strictly adhered to by staff, athletes and parents for outdoor training activities. It is the responsibility of each individual to comply with these guidelines in order to participate in Team Summit Colorado activities.

General Guidelines

1. If you are sick, do not come to training or work. If your symptoms are consistent with COVID-19, please self-isolate immediately and seek medical attention.
2. If you have been exposed to someone with a confirmed COVID-19 infection, please self-quarantine for 14 days after exposure before returning to training.
3. All health guidelines established by county, state and federal health officials, as well as, procedures established by the hosting resort will be enforced.
4. When conflicting guidelines exist between Team Summit, hosting resorts and County or State health officials the more restrictive guideline will apply.
5. Physical distancing practices will be followed at all times. A minimum of 6 foot physical distance must be maintained.
6. A face covering must be worn over the mouth and nose by all staff and athletes at all times except when training alone such as during an on-snow training run, hiking, running or cycling as part of a conditioning activity while maintaining physical distancing.
7. There will be no group transportation offered in Team Summit Vans or personal vehicles.
8. There will be no individual or group meetings for video analysis, technical presentations or other reasons. Videos will be posted on-line and essential meetings will take place via video conferencing.

Before Training

1. All coaches and athletes will self-evaluate for COVID-19 symptoms daily including Fever, Dry Cough, Shortness of breath, Sore throat or congestion, Headache or chills, Muscle or joint pain, Nausea or vomiting, Loss of sense of smell or taste, Diarrhea, OR any current health advisories put forth by the CDC. If any symptoms are present, stay home and seek medical attention.
2. Staff and athletes will be screened daily upon arrival for symptoms or close contact exposures.
3. Coaches and athletes will wash or sanitize their hands immediately before arriving at training and wear a face covering once outside their vehicle.
4. Athletes will arrive at training by personal vehicle and remain in their vehicle until 5 minutes before the designated time for their group. Only members of the same household should share rides.
5. Sunscreen will be applied before departing from the vehicle and may not be shared between individuals.
6. Bags should either remain in vehicles or left in a location, approved by the host resort, where a minimum of 6 feet spacing can be maintained between bags.
7. Athletes must maintain their own equipment, including proper binding adjustment and must have their own tools to make adjustments.
8. Coaches and athletes will access, load and ride lifts according to resort protocols.

whole athlete | whole team | whole community

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During Training

1. Proper nutrition and hydration are the individual responsibility of each coach and athlete. Food or beverages may not be shared
2. A face covering must be worn at all times. Athletes may remove the mask to allow for unobstructed breathing during their training run and must again cover their mouth and nose immediately following their run before approaching teammates, their coach or other individuals.
3. Instructions and feedback will be provided by the coach to individual or multiple athletes while all participants wear face coverings and maintain a minimum of 6 feet of distancing.
4. A coach or volunteer will be posted at the top of the training venue with a radio to eliminate athletes' use of start radio.
5. When utilizing timing equipment, the surfaces will be disinfected both before and after use. Only the coach – operator will touch the timing buttons.
6. Coaches and athletes will wash or sanitize hands before and after handling gates, tools or other shared equipment.
7. Athletes and coaches will only go inside for medical reasons or to use restroom facilities. Hands must be washed or sanitized before returning to training.
8. Athletes will be restricted to interactions with only the coaches and athletes within their group cohort. Riding lifts, attending training sessions with other groups or other interactions is not permitted.
9. If emergencies require coaches to have physical contact with an athlete, they will first sanitize their hands, put on latex gloves and insure their face is covered. Immediately following contact coaches will remove gloves and sanitize hands.

After Training

1. Rides must be available at the designated pick-up times. Coaches cannot supervise athletes once training is completed.
2. Athletes will return to their personal vehicles immediately after being released from training.
3. Congregating in groups will not be allowed.
4. Wash or sanitize hands once home and take normal health hygiene precautions before interacting with other family members.
5. Discard or wash face covering used during daily training session.

*These protocols will be in place until specifically modified or cancelled.

**Any lost training days due to precautions to avoid spread of disease will result in a refund of fees for unused training.