



**U.S. Ski & Snowboard COVID-19 Alpine Domestic Competitions Guidance**

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## **COVID-19 Alpine Strategic Planning Commission**

### **Members**

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### **Goals**

- Provide rules and direction for hosting alpine ski races during the COVID-19 pandemic (COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact and can lead to severe illness and death).
- Help to minimize the risk and spread of COVID-19 infection at U.S. Ski & Snowboard races
  - U.S. Ski & Snowboard to provide best practice direction on social distancing, forms for clubs/teams to manage pre-screen questionnaires and daily symptom checks
  - Compliance with local health authority mandates and diligence in hosting events gives everyone the best opportunity to avoid cancelations
  - Partner with our host resorts for hosting alpine ski races



## I. Introduction

U.S. Ski & Snowboard is committed to assisting all members, clubs, volunteers and competition organizers navigate the upcoming 2020-21 domestic competition season as impacted by the COVID-19 global pandemic. We recognize that COVID-19 has impacted different parts of the country in different ways and with different timing. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact and can lead to severe illness and death.

All U.S. Ski & Snowboard members and participants are expected to follow all local, state and federal public health mandates during competition participation. Everyone's compliance and diligence are required in order to help minimize risk in the competitive environment and the ability to run a 2020-21 competitive season. Compliance with mandates and diligence in hosting events gives everyone the best opportunity to avoid cancellations.

This alpine guidance document (Alpine Guidance) on domestic alpine competition hosting considerations during the COVID-19 pandemic has been developed by the COVID-19 Alpine Strategic Planning Commission and is intended to guide the planning of all domestic FIS and U.S. Ski & Snowboard sanctioned alpine ski racing competitions. Other sport-specific protocols will be released separately and in a timely manner. The Alpine Guidance is based on [U.S. Ski & Snowboard's COVID-19 Domestic Competitions Guidance](#) and includes portions of specific content from the U.S. Olympic and Paralympic Committee (USOPC) and the U.S. Centers for Disease Control and Prevention (CDC).

Primary considerations for returning to domestic competition are the rules and regulations set forth by public health authorities and state and local governments, which will be different across the country. The secondary considerations should be the specific recommendations set forth in this document and [U.S. Ski & Snowboard's Guidance](#). In either case (State/Local or U.S. Ski & Snowboard), the portions of each regulation which are more restrictive should be the guidance that is followed. This also does not prevent associations, local clubs, and competition organizers from adopting even more strict or more conservative approaches than those mandated by local public health authorities or recommended by the U.S. Ski & Snowboard Guidance.

This Alpine Guidance should be considered a "living document." This document's criteria and recommendations are based on known factors at the time of writing. As more information becomes available concerning alpine competition and COVID-19, this Alpine Guidance will be updated as appropriate, and new version(s) released to the U.S. Ski & Snowboard alpine membership and competition organizers.



U.S. Ski & Snowboard COVID-19 mitigation documents are designed to help reduce potential exposure and mitigate risk of viral transmission. However, they are not all encompassing and while they provide guidance for a wide range of scenarios, they do not account for every variable. Until a vaccine or other therapeutics are widely available, there will be an underlying, inherent risk of COVID-19 exposure and contraction when leaving the confines of one's home. Preventative measures cannot guarantee that you will not become infected with COVID-19.

## II. General

As per [CDC considerations](#), the risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

Consideration of the inherent potential for disease transmission associated with different sports should be part of the planning process. Per the [USOPC's](#) Return to Event Considerations, skiing and snowboarding are sports that are conducted outdoors and, in many circumstances, can account for physical distancing and proper sanitization procedures, and therefore can be planned according to public health mandates.

## Definitions

U.S. Ski & Snowboard defines the below terms as follows for the purpose of this Alpine Guidance:

- **Close contact:** any individual who was within six (6) feet of an infected person for at least 15 minutes (accumulated over any 24 hour period) starting from two (2) days before illness onset (or, for asymptomatic patients, two (2) days prior to positive specimen collection) until the time the patient is isolated.
- **Physical distancing:** minimum six (6) feet at rest and minimum ten (10) feet while exercising.



**Do not compete/travel to a competition venue if you:**

- [Are exhibiting any symptoms of COVID-19](#). Symptoms range from mild to severe illness and may appear 2-14 days after exposure to the virus, including: fever or 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, and diarrhea.
- Have been in close, sustained contact with someone with COVID-19 in the last 14 days.
  - Athletes and staff should complete a pre-screen questionnaire ([example](#)) to verify the above.
- Consult with a healthcare professional if you are at higher risk of developing a serious disease.

**In the event of symptoms or positive test reported:**

1. Do not take public transportation if you are sick or exhibiting symptoms, or have tested positive for COVID-19. Immediately separate anyone who has tested positive or has COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath). The local healthcare facility should be notified and arrangements should be made to transport the individual home or to the facility as directed.
2. Individuals who have had close contact with a person who has [symptoms](#) or has tested positive should be isolated and should quarantine for 14 days at the competition site, or at home if they are able to travel alone (i.e. in a car by themselves).
3. In accordance with state and local privacy and confidentiality laws and regulations, notify [local health officials](#), staff, participants and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the [Americans with Disabilities Act \(ADA\)](#) and other applicable laws and regulations.
4. Close off areas used by a sick person and do not use these areas until after [cleaning and disinfecting](#) them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
5. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure [safe and correct use](#) and storage of [cleaning](#) and disinfection products, including storing them securely away from children. Always use proper personal protection equipment with any cleaning and disinfecting steps.



### III. New Alpine Policies and Procedures for Season 2020-21

This Alpine Guidance is supplemental to the [U.S. Ski & Snowboard Guidance](#), both documents should be considered for competition planning and participation.

1. COVID-19 Coordinator is required as part of the Race Organizing Committee (ROC)
  - a. Requirements
    - i. Medical background preferred.
    - ii. U.S. Ski & Snowboard Volunteer membership required.
  - b. Duties include, but are not limited to:
    - i. Works with local health authority on specific rules and regulations around COVID-19, including but not limited to: mass gathering limits, out-of-state quarantine rules (if any) and emergency protocols
    - ii. Works with venue/resort partner for specific COVID-19 policies and procedures (including ski patrol and emergency protocols).
    - iii. Acts as the central contact point for all COVID-19 questions and concerns.
    - iv. Collaborates with local health authority and ski area management, in conjunction with the ROC, to determine appropriate field size for the race.
    - v. Working with the ROC, communicates to all participants about the risks of COVID-19, symptoms of COVID-19, transmission routes, mitigation strategies, and any additional local safety protocols.
    - vi. Working with the ROC, communicates social distancing rules for liftlines, chairlifts, and indoor lodge facilities.
    - vii. Working with the ROC, recommends older individuals and/or people of any age with underlying health conditions, or those living with or that have consistent contact with those populations, consider limiting their participation, or not participating.
    - viii. Working with the Team Captains, verifies that participants (athletes, coaches, officials, and volunteers) pre-screen questionnaires ([example](#)) are completed before each competition or series of competitions.
    - ix. Working with the Team Captains, verifies that participants (athletes, coaches, officials, and volunteers) symptom checks ([example](#)) are completed daily the morning of each race day.
    - x. Follows protocols in the event of symptoms or a positive test reported (outlined above in section II).



- xi. Communicates, in collaboration with the relevant club, if a participant becomes symptomatic during or within 48 hours after the race
      - 1. Inform U.S. Ski & Snowboard for monitoring purposes and external communications protocols (contact U.S. Ski & Snowboard Sports Medicine Director & Lead Physical Therapist Gillian Bower, [gillian.bower@usskiandsnowboard.org](mailto:gillian.bower@usskiandsnowboard.org))
      - 2. Any participant who tests positive for COVID-19 must follow U.S. Ski & Snowboard [Return to Sport](#) guidelines
      - 3. Any participant who has had close contact with a positive COVID-19 case must follow CDC [When to Quarantine](#) guidelines before participating in a subsequent U.S. Ski & Snowboard race
- 2. All race participants (athletes, coaches, officials, and volunteers) must complete a pre-screen questionnaire ([example](#)) within 24-48 hours before the start of the competition or series of competitions.
  - a. Team Captains must confirm all athletes and coaches have completed a pre-screen questionnaire.
  - b. All officials and volunteers must submit a pre-screen questionnaire to the COVID-19 Coordinator before each race day.
- 3. All race participants (athletes, coaches, officials, and volunteers) must complete a daily symptom check ([example](#)) the morning of each race day.
  - a. Team Captains must confirm all athletes and coaches have completed a daily symptom check.
  - b. All officials and volunteers must submit a daily symptom check to the COVID-19 Coordinator before each race day.
- 4. All Team Captains Meetings will be virtual. All race documents will be delivered electronically.
  - a. All attending coaches must register for the race electronically, with a valid U.S. Ski & Snowboard membership and a current email address and cell phone number.
  - b. Reports by the Referee will be posted electronically. Notification of protests must be made electronically, in accordance with the protest period deadlines. Protest hearings should be done in person, with proper face coverings and in observation of social distancing rules.
  - c. Venues with no wifi or cell service will require an alternative plan for distribution of race documents that adheres to social distancing rules.



5. One-way passage required for registration and lift tickets to be collected by Team Captain.
  - a. Online registration and entry payment is preferred.
  - b. Athletes will be provided with one bib for the duration of the races at the venue.
  - c. All bibs must be cleaned before the competition.
6. As a directive of the Jury at every competition, face coverings are required by all participants (athletes, coaches, officials, and volunteers) at all times when not socially distanced (less than 6 feet from others), except for training or racing. Competitors may remove their face covering in the start but must put it back on before leaving the finish corral. Non-compliance may result in sanction in accordance with ICR/ACR 223.1.1.
7. Inspection times will be scheduled at intervals by team. Teams must maintain at least six feet of distance between one another during inspection.
8. Non-scored races will be seeded by teams. The start order can be reversed for the second run.
9. Start areas must be expanded with team zones demarcated six feet apart from each other.
10. Physical scoreboards are prohibited. Unofficial results to be posted on a live timing website. Official results to be distributed electronically.
11. In-person awards ceremonies are prohibited. Recommendation to celebrate the winners virtually, for example with action photos on social media.
12. Any participant who tests positive for COVID-19 within 48 hours after the conclusion of the race must contact the race's COVID Coordinator to initiate proper protocols, and must follow U.S. Ski & Snowboard [Return to Sport](#) guidelines.
13. Recommended to limit participant access to indoor facilities, and to minimize downtime for athletes during the day.
  - a. Areas below finish can be expanded with team zones demarcated that are six feet apart from each other. The use of well-ventilated tents and heat lamps can be encouraged to provide shelter and warmth for participants on cold winter days.





- b. For venues with parking lots nearby, vehicles can be used to keep participants warm.
  - c. Programming should be considered to keep participants engaged through the day.
14. Recommended to limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations where spacing and social distancing cannot be maintained, especially with individuals not from the local geographic area (e.g., community, town, city, or county). Spectators in attendance must adhere to local health guidelines, limiting gatherings and contact with individuals where spacing of at least 6 feet between people cannot be maintained. No spectators permitted inside the race arena.
15. Calendaring Principals:
- a. Out of country racing is discouraged unless the experience is critically important for an athlete's career development.
    - i. Athletes must have a FIS world rank better than 350 on the current FIS List to be eligible to enter any races outside of North America, unless participating in a U.S. Ski & Snowboard regionally or nationally sanctioned trip.
      - 1. USA athletes who reside in a foreign country, or who are attending school in a foreign country, are exempt from this regulation.
      - 2. Travel to Far East Cup (FEC) races is highly discouraged. FEC results will not be considered in U.S. Ski Team selection criteria.
  - b. Adjustments to the NorAm calendar will be determined by the NorAm Subcommittee.
  - c. Regional FIS racing starts no earlier than the 2nd weekend in December.
  - d. Divisional U.S. Ski & Snowboard racing (except Masters) starts no earlier than January 1.
  - e. Out-of-division U.S. Ski & Snowboard racing is prohibited for U16 and older athletes (except Masters) until after February 1.
  - f. Out-of-division U.S. Ski & Snowboard racing is prohibited for U14 and younger athletes during the 2020-21 season.
  - g. U16 Regional and National Championships, Junior Nationals, and U.S. Alpine Championships will be calendared subject to county, state and federal rules.
  - h. U16 and U19 National Performance Series will not be held during the 2020-21 season.
  - i. U16 European trips will not be calendared for the 2020-21 season.



- j. Reduced field sizes.
  - i. Except NorAms, maximum field size for any U.S. Ski & Snowboard sanctioned race will be 100 total athletes at the venue at one time.
    - 1. Any further field size limitations will be set by the COVID-19 Coordinator, working in conjunction with local health authority, ski area management, the ROC and the Jury.
  - ii. Domestic USA FIS quota will be 70. Out-of-region quotas will be 5 per region and will not be expanded. After honoring all foreign quotas, the ROC may fill the field to 100 total athletes. If total foreign quotas exceed 30 athletes, the host region quota will be reduced so the total number of athletes does not exceed 100.
    - 1. Any further field size limitations will be set by the COVID-19 Coordinator, working in conjunction with local health authority, ski area management, the ROC, the Jury, and in compliance with FIS quota rules.
  - iii. Quotas to all Regional and National Championships will be reduced by 50% of the current Championship field size.
- k. Recommendation to calendar single-day and single-gender races. Hosting two races per day is also recommended, and approval is not required to do so.