

Coulee Alpine Racing, Inc.

COVID PREPAREDNESS PLAN & PROCEDURES

Coulee Alpine Racing is committed to providing a safe and healthy training environment for all members, volunteers and our coaching staff. Our goal is to make this ski season as fun and productive as possible. In order to do so, we are taking steps as best as possible to ensure the health of our community. We are closely following guidelines provided by Public Health of La Crosse County as well as US Ski & Snowboard and will make adjustments to our procedures as necessary.

Hygiene Policy:

- Everyone is required to wash hands with soap and water for at least twenty (20) seconds as frequently as possible or use hand sanitizer prior to the start of practice.
- All athletes and coaches should have their own supply of hand sanitizer (minimum 60% alcohol content).

Cleaning Policy:

- Any shared use devices or equipment (such as Ipads, timing equipment or video cameras) will be disinfected frequently.

Protective Measure Policy:

- Athletes and coaches should not attend practice if they have or have recently had any of the following symptoms:
 - Temperature of 100.0 or above
 - Coughing
 - Difficulty breathing
 - OR if they are exhibiting any other symptoms of COVID-19
- If your athlete may have been exposed to COVID-19 or a high-risk area, please do not send them to practice or a race.
- If an athlete becomes ill while at training, we will call and request that a parent or guardian comes to pick the athlete up.
- Parent/guardian must agree to pick an athlete up immediately when contacted if athlete becomes ill.

- All athletes and coaches will be required to wear a face covering (mask) while on the ski hill at all times. The mask must be covering their mouth and nose at all times. The only exception is when they are skiing down the hill where it may be around their neck (neck gaiters) or secured in a pocket.
- Athletes and coaches are expected to socially distance and stay 6 feet apart as much as possible.
- Athletes and coaches are expected to cover coughs or sneezes (into the sleeve or elbow, not hands).
- Carpooling to the ski hill outside of a family unit is not recommended.
- Spectators are not allowed in the training venue.
- For team events or competitions, spectators in attendance will be required to wear a mask.
- If your athlete presents with symptoms of COVID-19, you and your athlete have 2 options before returning to practice or racing.
 - Option A: Get your athlete tested and they are medically cleared to return.
 - Option B: Quarantine for 14 days and return to practice after.

Practice Session Procedure:

- Everyone is required to use hand sanitizer upon arrival to the ski hill.
- All athletes and coaches are encouraged to come to practice ready to go. If they choose to get ready in the lodge; a face mask must be worn at all times, they must practice social distancing and hand washing or hand sanitizing is required prior to heading out to practice.
- Time spent in the ski lodge should be limited. Athletes may use the ski lodge for bathroom use or a quick warm-up on cold days. A facemask must be worn at all times when inside and hand washing or hand sanitizing is required prior to coming back on the ski hill.
- Social distancing will be kept throughout practice as much as possible.
- Masks will be worn throughout practice as outlined above.

Please take these measures seriously. We look forward to a great season outside enjoying the fresh air!

Coulee Alpine Racing, Inc. Board of Directors