



2020-21 Fall/Winter Programs COVID-19 Protocol

The Durango Winter Sports Club (DWSC), including Gromlins, Freestyle, Freeride and Alpine, is dedicated to the health and safety of our athletes, coaches and community. COVID-19 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.

During the COVID-19 epidemic we have sought to ensure we are fully complying with all county, state and federal regulations to prevent the spread of the virus. We have established protocols and adjusted training to allow DWSC programs to continue while strictly adhering to all operating guidelines and best practices. Recreational sports in Colorado are currently permitted under the [Colorado public health order for organized recreational sports](#), effective June 4, 2020. Below are the protocols the DWSC is following for physical distancing, cleaning and sanitizing, screening and symptom checks, PPE use and limiting group size during this phase. The below policy is based on the guidance provided by La Plata County and the State of Colorado as well as recommendations from the US Olympic and Paralympic Committee, the United States Ski and Snowboard Association (USSA) and the International Freeskiers & Snowboarders Association (IFSA). DWSC will closely monitor changes to local, state and national guidelines and will respond as necessary to any new public health orders.

It is critical that we have the full cooperation of our coaches, athletes and parents during this time. All participants and staff must agree to comply with the DWSC COVID-19 policies during our training. *Participants and coaches will be dismissed from training sessions and/or suspended for repeated violations of this policy.*

This policy will be updated as necessary to remain current with the most recent guidance and best practices

General Guidelines

- 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.
- 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.
- All health guidelines established by county, state and federal health officials, as well as, procedures established by the hosting resort will be enforced.
- When conflicting guidelines exist between DWSC, hosting resorts and County or State health officials the more restrictive guideline will apply.
- Physical distancing practices will be followed at all times. A minimum of 6 foot physical distance must be maintained.
- 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.
- 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

Symptom Monitoring:

- All athletes must self-monitor for [signs or symptoms of COVID-19](#) daily. If any signs or symptoms of infection are present, the participant must not attend practice, must notify their coach and contact their healthcare provider.
- Any participant experiencing symptoms is required to remain home until they are fever-free for 72 hours **and** 10 days have passed since their first symptom *unless they have a clear alternative diagnosis from a medical provider or a negative COVID-19 test result after the onset of symptoms.*
- Prior to beginning any training sessions, athletes should complete a pre-screen questionnaire.
- At the start of each training session coaches must take attendance (for the purposes of contact tracing).
- If an athlete exhibits any signs or symptoms of COVID-19 during training, they shall be sent home, instructed to contact their health care provider and the recommendation made that they be tested immediately ([Testing for COVID-19](#)).

Positive Test or Exposure to COVID-19:

- In the event that a participant has a confirmed case of COVID-19 or has had close, sustained contact with an individual known to have COVID-19 (defined as closer than 6 feet for more than 15 minutes cumulatively), they or their family must immediately notify their coach, program director, or the DWSC COVID-19 Coordinator, Kyle Nast. The San Juan Basin Public Health Department and the Colorado Department of Public Health will then be notified. The DWSC response

will follow the most current and specific guidance of our [local public health agency](#) on next steps. All athletes and staff with potential exposure will be notified.

- *Individuals who have had a positive test or have had close sustained contact may only return to group training after completing a 14 day quarantine from the last date of exposure or the positive test date.*

During Training

Group Sizes and Physical Distancing:

- Group sizes must be limited to a maximum of 25 when outdoors and 10 when indoors. ([Subject to SJBPH Advisories and Orders](#)). Although, group sizes may be smaller.
- Groups should not mix with other groups at any time during the session. Staff and athletes should remain with the same cohort to the greatest extent possible during the duration of each program. Riding lifts, attending training sessions with other groups or other interactions is not permitted.
- Maintain 6 feet of physical distance at all times (both athletes and coaches).
- Athletes and coaches will access, load and ride lifts according to resort protocols.
- 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.
- Activities that include direct contact between athletes or coaches are prohibited.
- 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.

Masks or Appropriate Face Coverings:

- All participants and coaches must wear appropriate cloth face coverings or masks that cover both the nose and mouth. Athletes and coaches may remove the mask to allow for unobstructed breathing during their ski run and must again cover their mouth and nose immediately following their run before approaching teammates, their coach or other individuals.
- Masks must be worn at all times when indoors or on chairlifts.

Additional Provisions:

- Parents/athletes are asked to arrive promptly at the start and conclusion of each training session and to avoid congregating at meeting locations.
- Proper nutrition and hydration are the individual responsibility of each coach and athlete. The sharing of drinks or food is prohibited during all programs.
- All athletes and coaches must bring the following to each program session:
 - Cloth mask or face covering to be worn when feasible
 - Hand sanitizer for personal use

- Water bottle (to limit use of drinking fountains)

Use of Facilities

The Shack at Purgatory and the Clubhouse at Chapman:

- The Shack and Clubhouse are not open to the public, including parents at this time.
- Upon entering the Shack or Clubhouse, all athletes and coaches must sanitize their hands.
- Athletes may only use these facilities during the times assigned to their training group.
- Cloth face coverings or masks must be used at all times when in the Shack or Clubhouse.
- The group size in the Shack or Clubhouse must not exceed 10 at any time, with at least 6' of physical distancing maintained.
- To the extent feasible, lunches and snacks will be eaten outside in small groups.
- All reasonable efforts should be made to minimize use of the Shack or Clubhouse and time spent inside.
- The Shack and Clubhouse shall be cleaned and sanitized by staff after each day of use. A record of sanitization will be kept.

Bathrooms:

- During Bathroom breaks only 2 athletes from each gender will be allowed in the bathrooms at once.
- Hands must be washed or sanitized before returning to practice.

Van Policy:

The transportation of athletes using the DWSC van is currently prohibited. We understand the value of the transportation the DWSC provides to athletes, but at this time we cannot responsibly and safely transport athletes in vehicles due to the elevated risk of transmission. In the case of an emergency, the DWSC van may be used to transport athletes while adhering to protocols for wearing masks and sanitizing followed as closely as is feasible.

Coaches and Volunteers

Requirements for Coaches and Volunteers:

- All Coaches and Volunteers must self-screen for COVID-19 symptoms each day, including measuring the employee's temperature. DWSC will keep records of each daily screening. Any coach who exhibits COVID-19 symptoms or who has had close, sustained contact exposure within 14 days must be excluded from group training and work.
- Any staff member experiencing symptoms is required to remain home until they are fever-free for 72 hours AND 10 days have passed since their first symptom

unless they have a clear alternative diagnosis from a medical provider or a negative COVID-19 test result after the onset of symptoms.

- In the event that any staff member has a confirmed case of COVID-19, they should notify their program director or the DWSC COVID-19 Coordinator, Kyle Nast, who will immediately notify the San Juan Basin Public Health Department and the Colorado Department of Public Health. The DWSC response will follow the most current and specific guidance of our [local public health agency](#) on next steps. All athletes and staff with potential exposure will be notified.
- All staff must wear appropriate cloth face coverings or masks, unless the intensity or type of training prevents this.
- Each program must have a sufficient supply of personal protective equipment (PPE) in the event that close contact with another staff member or athlete is required. The backup PPE that should be on hand is:
 - Cloth face coverings or masks
 - Sterile gloves
 - Hand sanitizer
 - Disinfectant spray and wipes/cloths

DWSC Vehicle Use by Staff:

Vehicles that transport more than one staff member are a higher risk environment and therefore the following conditions must be met:

- Employees must use hand sanitizer prior to entering the vehicle.
- Employees must cover their nose and mouth with non-medical cloth face covering when in the vehicle (unless alone).
- The number of passengers in the vehicle must be limited to 50% of the vehicle's occupancy to increase the distance between passengers.
- Windows must remain open and or ventilation increased.
- High-touch surfaces in the vehicle must be disinfected daily

Protecting High-Risk Staff Members:

Any DWSC staff who are at a higher risk for COVID-19 and/or are concerned about their exposure during their work are asked to notify their program director or DWSC COVID-19 Coordinator, Kyle Nast in order to consider reduced interaction and potential exposure with other staff and athletes.

Additional Resources

[San Juan Basin Public Health COVID-19 Resource Page](#)

[State of Colorado Recreational Sport Guidance Under 'Safer at Home'](#)

[United States Olympic and Paralympic Coronavirus Resource Page](#)

[United States Ski and Snowboard COVID-19 Information](#)

[IFSA COVID-19 Information](#)

[CDC Coronavirus Symptom List](#)

[CDC Daily Home Screening Tool](#)