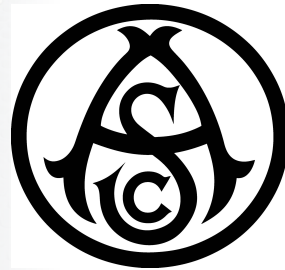


ASC Biathlon Winter Orientation



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In This Presentation

1. ASC COVID-19 protocols
2. Range Safety and Rules



1. ASC COVID-19 RULES

- I. General Rules
- II. Winter Operations
- Sources of Inspiration
 - CDC
 - Local government officials
 - United States Ski and Snowboard
 - United States Biathlon Association

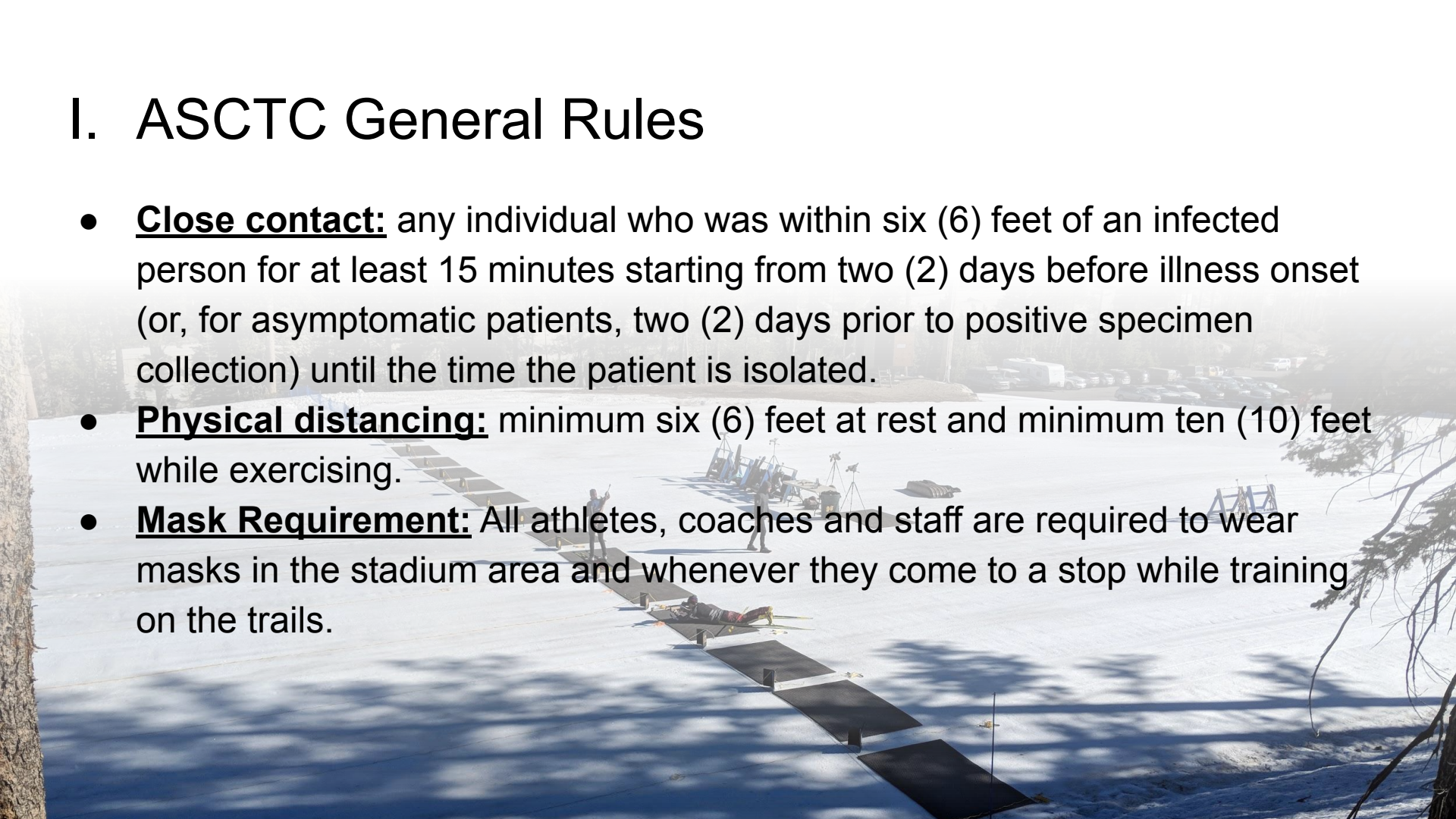


CDC Youth Sports Guidelines for Risk Assessment

- a. **Lowest risk:** Performing skill-building drills or conditioning at home. Alone or with family
- b. **Increasing risk:** Team-based practice
- c. **More risk:** within-team competition
- d. **Even more risk:** Full competition between teams from the same local geographic area.
- e. **Highest risk:** Full competition between teams from different geographic areas.

I. ASCTC General Rules

- **Close contact:** any individual who was within six (6) feet of an infected person for at least 15 minutes 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.
- **Mask Requirement:** All athletes, coaches and staff are required to wear masks in the stadium area and whenever they come to a stop while training on the trails.



I. ASCTC General Rules cont.

ASCTC athletes may not participate in ASCTC programs or be present at the Training Center if:

- 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 to verify the above (one available on the ASC Biathlon page)

II. Winter Operations

- a. Car-Snow-Car
- b. Shop will be converted into a restroom area
- c. Block Time Scheduling
 - i. Non-team skiing (general public) will be blacked out on busy team days
 - ii. Check the website ahead of time
- d. Team Pods
 - i. 14 athletes, 2 Coaches
- e. Pods will stagger Facility use
- f. General Public Ski in “XC Open Ski” Time Slots
- g. XC School Teams will also need to be scheduled ahead of time



II. Winter Operations Cont.

H. Team events will cancel more frequently due to snow storms and poor weather

I. Training Center capacity is set at 25% of maximum capacity (150 participants)

J. No outside groups



II. Winter Operations Cont.

K. Training center boundaries will be increasingly marked

L. Daily surface disinfecting will increase

M. Program Director will serve as compliance officer for their discipline.



Response and Reporting

- a. Staff and athletes who exhibit symptoms will be quarantined until transportation can be arranged
- b. If you test positive, notify your Program Director immediately
- c. Any “pod” with a positive case will suspend practices for 14 days
- d. Reporting will be kept confidential
 - i. “Must” is a better legal term according to my lawyer



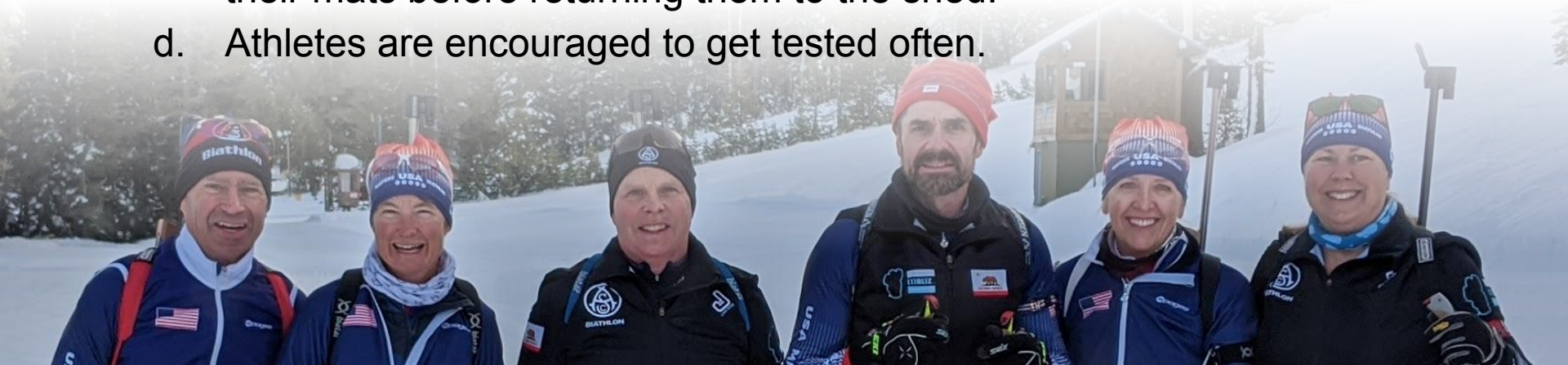
Parking Lot

- Boreal will restricting access to their parking lot
 - Boreal Pass
 - Boreal Pre-Purchased Ticket
 - ASC Pass
- Passes will be printed soon
- No congregating in the parking lot
 - No tailgating



Biathlon Specific COVID Protocols

- a. All athletes, coaches and spectators, are required to wear a face mask at all times except when on the mat shooting or when training
- b. Athletes will choose a shooting lane at the beginning of practice and be limited to that lane and shooting mat for that practice session
- c. At the end of practice, athletes must spray, wipe down and disinfect their mats before returning them to the shed.
- d. Athletes are encouraged to get tested often.



Biathlon Race Protocols

Overview

- All ASCTC protocols apply
 - PPE
 - Social distancing
 - Operating capacity at 25%
- All races will be individual start races
- Zeroing will happen in waves of 14 athletes
- No day-of registration
- **No spectators** will be allowed on the snow or in the stadium. Athletes, Coaches, Volunteers and Staff only
- USBA/IBU classes only



2. Range Safety Rules

- Standard Rules everyone already knows
- IBU Rules
 - Found in the “downloads”
 - <https://www.biathlonworld.com/downloads/>



4 Major Rules

1. Treat all firearms as if they are loaded
2. Don't point a rifle at anything you are not willing to shoot
3. Keep your finger off the trigger until you are aiming and ready to shoot
4. Be aware of your backstop and surroundings.



Firing Line

- Anyone on or around the range can call “Ceasefire”
- Upon hearing the command “Ceasefire” all athletes are to immediately stop shooting, open their bolts and shoulder their rifles.
- Rifle muzzles must be across the firing line during shooting.
- In the prone position, forward hands may be across the firing line while up against the handstop while shooting.



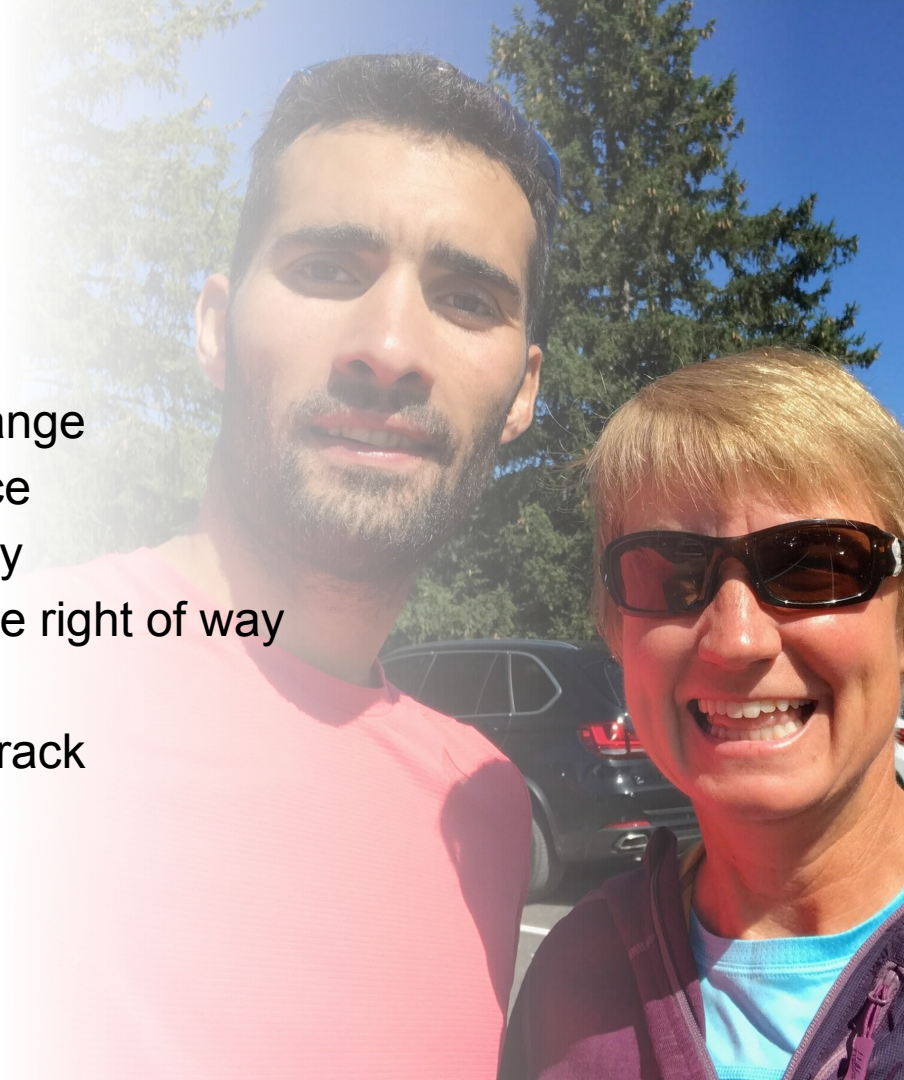
Bolts

- Bolt must be open when rifle is on the rack
- Bolt must be closed while on the back of athletes when they are skiing
- Bolt must be open when reaching in front of muzzle to open front sight cover
- Bolt must be open when doing maintenance on rifle.

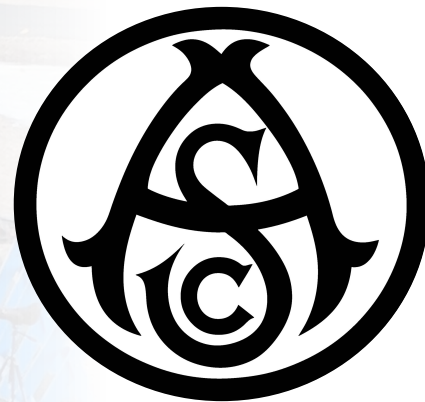


Biathlon Etiquet

- a. No Talking on the mat
- b. Ski one direction on the range
- c. Do not stand in the middle of the range
- d. Appreciate other range user's space
- e. Appreciate other range user's ability
- f. People coming off the matt have the right of way
- g. Anticipate what comes next.
- h. When adjusting rifles, do so at the rack
- i. Don't camp on the mat.
- j. RSVP for Training Sessions



Thanks



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