



COVID-19 ALPINE DOMESTIC COMPETITIONS GUIDANCE

October 1, 2021

COVID-19 Alpine Strategic Planning Commission

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I. Introduction

U.S. Ski & Snowboard is committed to assisting all members, clubs, volunteers, and competition organizers to navigate the 2021-22 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 differing rates of vaccination exist. The COVID-19 Delta variant and other emerging variants remain a considerable concern at the time of publishing. The COVID-19 Delta variant is extremely contagious and appears to be causing higher rates of hospitalization in younger individuals as well as breakthrough infections for vaccinated individuals. COVID-19 is spread mainly from person-to-person through respiratory droplets and can lead to severe illness and death in high-risk individuals and the unvaccinated population, which includes those not eligible for vaccination.

This Alpine Guidance has been developed by the COVID-19 Alpine Strategic Planning Commission to guide the planning of all domestic FIS and U.S. Ski & Snowboard sanctioned alpine ski racing competitions. The Alpine Guidance is based on recommendations from the U.S. Centers for Disease Control and Prevention (CDC) and the U.S. Ski & Snowboard COVID-19 expert Medical Panel. This Alpine Guidance is based on known factors at the time of writing. As such this document will be updated as appropriate, and new version(s) will be released to the U.S. Ski & Snowboard Alpine membership and competition organizers.



For hosting events:

- Primary considerations: Participants must follow the rules and regulations set forth by public health authorities and state and local governments, which will be different across the country.
- Secondary considerations: Follow this guidance. In either case, the portions of each regulation which are more restrictive should be the guidance that is followed.
- Stricter considerations: Associations, local clubs, and competition organizers may adopt stricter or more conservative approaches than those mandated by local public health authorities or recommended by U.S. Ski & Snowboard.

This guidance is not all encompassing and does not account for every variable. There remains an inherent risk of COVID-19 exposure and contraction when leaving the confines of one's home, and while the associated risks are substantially lower for vaccinated individuals, mitigation measures cannot guarantee that you will not become infected with COVID-19. The CDC recommends [delaying travel until you are fully vaccinated](#).

II. General

Masking:

- At the time of publication, the CDC provides that, in general, masks are not needed in outdoor settings except in areas with high numbers of COVID-19 cases where individuals should consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.
- Following the CDC guidance, for unvaccinated participants, we recommend wearing a well-fitted mask both indoors and outdoors when you cannot have physical distance (at least 6 feet).
- For vaccinated participants, to maximize protection from the Delta variant and prevent possibly spreading it to others, U.S. Ski & Snowboard requires that participants wear a mask indoors unless actively eating/drinking and that they maintain physical distancing while doing so.

Vaccinations:

- For participants eligible to receive a [COVID-19 vaccination](#), it is highly encouraged.



- Vaccination status remains a significant factor in determining whether someone will need high-level care for COVID-19.
- The CDC has reported that vaccinated individuals are 10 times less likely to die of a COVID-19 infection than unvaccinated.
- Vaccination also helps reduce stressors on communities that host events, the medical community, children below the age of vaccination, and vulnerable individuals.

COVID-19 Symptoms:

- If you are [exhibiting any symptoms of COVID-19](#) do not travel to a venue until you receive clearance from a doctor.

Close Contact:

- If you have been in close, sustained contact with someone with COVID-19 in the last 14 days, please refer to the [CDC guidance](#) on quarantine and travel requirements.

Travel and Participation in Events:

- Do not travel if you are experiencing or have been in close contact with anyone who has experienced the symptoms listed in the [CDC link](#) above.

At the Event, if you have symptoms or receive a positive test result:

1. Immediately separate anyone who has tested positive or has COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath). The local health department and the event **COVID-19 Coordinator** (defined below) should be notified and arrangements should be made to transport the individual home or to a quarantined area. If an individual tests positive in the 48 hours after the conclusion of the race, they should notify the race's COVID Coordinator. Any participant who tests positive for COVID-19 must follow the current [CDC guidelines](#) for quarantine prior to returning to training and competitions.
2. 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.
3. Unvaccinated individuals who have had close contact with a person who is COVID+ should isolate for a period of 10 days, which can be shortened to 7 days with a negative test result taken between days 5-7 per the [CDC](#).



III. Alpine Policies and Procedures for Season 2021-2022

1. COVID-19 Coordinator is required as part of the Race Organizing Committee (ROC)
 - Requirements
 - i. Medical background preferred.
 - ii. U.S. Ski & Snowboard Volunteer membership required.
 - Duties include, but are not limited to:
 - i. Act as the central contact point for all COVID-19 questions and concerns.
 - ii. Working with the ROC, communicate to all participants about the risks of COVID-19, symptoms of COVID-19, transmission routes, mitigation strategies, and any additional local safety protocols.
 - iii. Work with local health authority on specific rules and regulations around COVID-19, including but not limited to: mass gathering limits (including field size), out-of-state quarantine rules (if any) and emergency protocols.
 - iv. Work with venue/resort partner for specific COVID-19 policies and procedures at the venue (including lift lines distancing, chairlift capacity, ski patrol, emergency protocols and indoor lodge use).
 - v. Make recommendations to the jury in cases of non-compliance with local health regulations.
 - vi. Follow protocols in the event of symptoms or a positive test reported (outlined above in section II).
 - vii. Communicate, in collaboration with the relevant club, if a participant tests positive within 48 hours of the conclusion of the race.
 - viii. Inform U.S. Ski & Snowboard for monitoring purposes and external communications protocols. Please contact U.S. Ski & Snowboard Sports Medicine Director Jaron Santelli, jaron.santelli@usskiandsnowboard.org.
2. Team Captains Meetings (TCMs) and Race Administration:
 - Outdoor TCMs are encouraged on the morning of non-FIS events.
 - Indoor TCMs must include an option for virtual participation. Mitigation efforts must be taken including following the [CDC guidelines](#) and using a room that allows for physical distancing, proof of vaccination, and mask wearing. Unvaccinated attendees should attend the TCM virtually.
 - All race documents will be delivered electronically.
 - Reports by the Referee will be posted electronically. Notification of protests must be made orally or electronically, in accordance with the protest period deadlines. A paper protest form and fee must be filled in accordance with the rules. Protest



hearings should be done in person, with proper face coverings and in observation of physical distancing rules.

- Venues with no wifi or cell service will require an alternative plan for distribution of race documents that adheres to physical distancing rules.

3. Registration:

- 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.
- One-way passage required for registration and lift tickets to be collected by Team Captain.
- Online registration and entry payment is preferred.
- For multiple runs or events in one day, athletes should keep the same bib.

4. Awards & Celebrations:

- To be held outside with “contactless” award giving.
- U.S. Ski & Snowboard advises against unnecessary indoor gatherings as part of an athletic event in the 2021-22 competitive season.
- In regard to non-race based meetings / gatherings, please refer to [U.S. Ski & Snowboard Risk Mitigation for Gatherings](#).

5. Travel:

- Participants must follow all travel restrictions and quarantine requirements of the regions and countries of travel.
- The CDC discourages travel both internationally, and domestically for all unvaccinated individuals. Based on this recommendation, out-of-region competition is discouraged for all unvaccinated athletes and coaches.