



To be able to practice as well as compete together this season, the Rails on Trails ski team is requiring all participants to follow the below considerations. Coaches may suspend practices if there are issues with participant adherence, when practicing safely together does not align with a County Health Dept. and/or State issued recommendation, or coaches, parents or participants have concerns practices are causing unsafe conditions beyond normal school/work exposure interactions. Your support of these practices is critical to our team being able to practice and compete, and any suggestions to improve these practices is welcome.

**3 big goals of the Rails on Trails ski program this year:**

1. Keep our community and our ski families safe.
2. Allow our skiers to practice and race as long as possible in a safe environment this season.
3. Have fun while growing as athletes and skiers.

**To meet these goals, we ask the following of all participants:**

- Coaches, volunteers and participants will monitor their health on a daily basis and pledge to refrain from attending practice if they experience any symptoms associated with 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.
- All skiers must "check in" with a coach before practice for tracking purposes.
- Masks/buffs are mandatory, to be worn at all times when not actively exercising.
- Skiers will be divided into groups as small as possible for practices and maintain those groups through duration of practices.
- Social (physical) distancing - 6 feet apart at all times whenever possible.
- Building use is limited to restroom or emergency use only.
- Asymptomatic participants (feeling fine) cannot attend practice or competition if on quarantine. An athlete would be on quarantine if they have had close contact with someone that has COVID.
- Athletes that acquire COVID must rest for 14 days and also require medical clearance prior to resuming exercise and returning to practice. COVID may cause inflammation of the heart, a condition called myocarditis, and therefore, medical clearance is needed. WIAA and the American Academy of Pediatrics also recommend rest and medical clearance for athletes with COVID.
- Building use is limited to restroom or emergency use only.

Summary – Don't come if you are sick or quarantined, check in at practice, bring a mask/buff, physical distance (6 ft), don't gather before/after practice, and only use building for restroom or emergency.

Thank you for your understanding and cooperation!

----Rails on Trails Coaches and volunteers