



Ishpeming Ski Club COVID Policy and Protocol

January 1, 2021

The Ishpeming Ski Club (ISC) is committed to allowing our athletes to train and compete while still providing the safest environment possible to do so. The ISC will monitor all training practices, competitions and events along with local, state, and federal health and government guidelines to ensure the proper decisions are being made.

All athletes, parents, staff, and volunteers are required to follow the guidelines and mandates established by our local, regional, state and national health authorities as well as any established by the ISC, USA Nordic, and US Ski and Snowboard if participating in any ISC activities.

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed followed by touching of mouth, nose, or eyes. Due to this easy manner of transmission, an infant, child, young person, or adult who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, coaches and players. Infected persons with mild or even no symptoms can spread COVID-19.

Parents should monitor the health of their children and not send them to participate in events if they exhibit any symptom of COVID-19. Adult participants should do the same. They should seek COVID-19 testing promptly if appropriate and report results to team staff and sports organization officials given the implications for other participants, families, and staff.

The following are minimum guidelines to reduce COVID-19 transmission risks for ISC athletes, coaches, parents/guardians, and spectators (when allowed). The use of the term “event” applies to all practices, games, tournaments, and other approved activities.

- **State And Local COVID-19 Guidelines:** In addition to these guidelines, all state and local guidelines in regards to COVID-19 and youth sports shall be followed including but not limited to start dates and limitations on crowd sizes.
- **Waiver / Release:** A COVID-19 waiver/release should be signed by all parents/guardians, athletes, volunteers and anyone else who will be present at an ISC event prior to participation.

- **Clubhouse Use:** The clubhouse will be off limits to parents and athletes during practices and competitions. It is expected that parents and athletes will use their own personal vehicles for changing and as a warm space if needed.. Hand sanitizer must be used upon entering the clubhouse. A hand sanitizing station will be located just inside to the right of the door. Proper hand washing should occur after bathroom use. Please use bathroom only and exit clubhouse promptly after use.
- **Duty To Disclose, Quarantine, And Return To Activity:** If an athlete, parent, coach, or volunteer has tested positive for COVID-19, exhibits symptoms but has not been tested, or has had close contact, the ISC board must immediately be notified and said person must remain in quarantine until meeting state or CDC Criteria For Discontinuing Home Isolation. Return to activity should be cleared by the ISC board who may require written clearance from a health care professional.
- **Social Distancing:** All parents/guardians, athletes, volunteers and spectators not of the same household should practice social distancing of 6 feet whenever possible. Athletes are encouraged to remind each other of this with the phrase “Keep your six”.
- **S Home When Appropriate:** Players, staff, parents/guardians, and spectators should stay home (or the motel under isolation if at a tournament) when they are showing signs of COVID-19, have a temperature, or have had close contact with a person with COVID-19.
- **If COVID Symptoms Exhibited At Event:** If a staff member, player, parent/guardian, or spectator exhibits symptoms during an event, they should immediately be separated and sent home or to a health care facility depending on the severity of the symptoms.
- **Notification Of Third Parties:** The COVID-19 coordinator should notify local health officials, staff, and family members of participants immediately of any lab confirmed case of COVID-19 for any volunteer or athlete while complying with local and state privacy/ confidentiality laws as well as with HIPAA and the Americans With Disabilities Act.
- **Daily Screening:** Conduct pre-event observation and/or questioning of all players and staff about the existence of any COVID-19 symptoms including cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit, or known [close contact](#) with person who is lab confirmed to have COVID-19.
- **No Congregation:** Staff, players, parents/guardians, and spectators should not congregate prior to the event and should stay in cars until right before warm ups and should avoid other groups that are leaving the prior event. Team staff, players, parents/guardians, and spectators should quickly exit after the event and go directly to their cars without congregating with other teams or spectators in common areas.
- **Team Check In Process:** Team staff and players should continue social distancing during the team check in process for competitions. Teams should designate a single

- **Pre-Game Warm Ups:** During pre-game, players and staff should maintain the 6 ft. distance if possible during warm ups and drills and should only have close contact during actual competition.
- **Staff Face Coverings:** Staff are encouraged to wear face covering whenever within 6 ft. of another player, staff member, or parent.
- **Player Face Coverings:** Players are encouraged to wear face coverings in close contact areas and situations where applicable. Players should be allowed to wear face coverings in competition should they choose to do so and long as they don't compromise their safety.
- **Parent / Spectator Face Coverings:** Parents and spectators are encouraged to wear face coverings whenever they are at the facility and within 6 ft. of a person not of the same household.
- **Personal Hygiene:** Staff, players, parents/guardians, and spectators should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use hand sanitizer (at least 60% alcohol), abstain from touching their face (mouth, nose or eyes), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. In addition as a back up, players and staff should carry their own hand sanitizer.
- **Player Equipment:** Player provided equipment should be kept in a bag and should be spaced to encourage social distancing. Players should bring their own disinfectant wipes to wipe down their own equipment between use.
- **Shared Equipment:** The use of team provided equipment should be limited to the greatest extent possible and should be disinfected between each use if possible. Balls should be disinfected whenever possible and an adequate supply should be kept on hand.
- **Water Bottles:** No team or dugout coolers should be provided. Parents/guardians should provide separate marked water bottles or sports drink for their child.
- **No Contact: No Handshake Policy:** A strict no contact policy will be observed for customary game-related activities such as pre-game coaches' handshakes, umpire-coach-player introductions, and post-game handshakes between members of opposing teams. Instead, officials, players, and coaches should use verbal queues such as saying "good game", without shaking hands, high-fiving, or fist-bumping.
- **Facility Modification:** Facility entrances and exits should be set up at separate locations whenever possible. Discontinue the use of physical posting of brackets, rules, etc. and instead post online.
- **Facility Washing / Hand Sanitizer Stations:** The facility owner/operator and/or sports organization should provide hand washing and/or hand sanitizer stations throughout the facility and near dugouts.
- **Facility Sanitation:** The facility owner/operator and/or sports organization should regularly clean and sanitize all common areas including dugouts, other seating, water fountains, bathrooms,

concession stands and similar areas between games and activities. The facility owner/operator and/or sports organization should also provide cleaning supplies and hand sanitizer near all dugouts or other player seating areas. See [CDC guidance on cleaning and disinfecting your facility](#) including what cleaning products to use and steps for safe disinfectant use.

- **Concessions:** Concession staff should wear gloves and face coverings; practice social distancing whenever possible with co workers; frequently wash hands with soap and water for at least 20 seconds and after all potential contamination events; may use hand sanitizer (60% alcohol) but not as a substitute for hand washing; frequently sanitize all surfaces; mark off 6 ft. spacing for patron lines; and minimize handling of cash, credit cards, and mobile devices whenever possible.
- **Before The Event:** Team staff should wipe down and sanitize all dugout and other sideline seating areas including railings and equipment racks.
- **After The Event:** After the completion of the event, the team staff should remove and dispose of all trash.
- **Shower / Wash Clothes:** After every event, players and staff should take a shower and wash all clothes.
- **Awards:** All team or player awards will be presented wrapped up and given to the team manager, or his/her designee. There will not be any presentation on the field.