

# HHRT COVID 19 PLAN

There are some essential questions that are related to the overall pandemic, to start, we shall analyze some of the broad ranged questions.

.1. Will HHRT conduct an athletics/activities regular season or championship if all or some public schools statewide are closed to in-person learning?

HHRT will follow the guidelines set by NYSSRA and US Ski and Snowboard, which are the two governing bodies of Alpine Ski Racing. HHRT will also adhere to shutdowns mandated by the state or federal government.

2. Will HHRT conduct an athletics/activities regular season in sports deemed “lowerrisk” for COVID-19 transmission?

Per NY State Department of health [Guidance](#), low risk sports involve the greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all. Low risk sports also have the greatest ability to maintain physical distance and/or be performed individually.

3. Are there recommendations unique to your state – or regions of your state – that you need to take into consideration when developing return-to-activity?

1. Responsible Parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.
2. Responsible Parties should modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities. Responsible Parties must ensure that employees use face coverings when interacting with patrons/players/spectators, regardless of physical distance.
3. Responsible Parties must post signs throughout the site, consistent with DOH COVID-19 signage. Responsible Parties can develop their own customized signage specific to a workplace or setting, provided that such signage is consistent with the Department’s signage. Signage should be used to remind individuals to cover their nose and mouth with a face covering and adhere to physical distancing instructions.

4. For spectators, the following additional safety measures apply for sports events (e.g. races). Responsible Parties must limit spectators to two spectators per player and must ensure spectators maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained
5. For sports and recreation activities that may involve group interaction. Responsible Parties should discourage sharing of equipment among patrons/players, unless it is able to be cleaned and disinfected between use. Responsible Parties should discourage employees and patrons/players/spectators from hand-to hand contact.
6. Responsible Parties must provide and maintain hand hygiene stations on site, for hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.

4. What are the screening recommendations unique to your state – or regions of your state – that you need to take into consideration when developing return-to-activity?

Responsible Parties must implement mandatory daily health screening practices for employees and, where practicable, vendors, but such screenings shall not be mandated for delivery personnel or patrons/players/spectators.

# The Plan

## Sections

- I. Coaches Responsibilities
- II. Covid Coordinator
- III. Athletes Responsibilities
- IV. Parent Responsibilities
- V. On Hill Race Team Activities
- VI. Race Venues
- VII. Race Team Building
- VIII. Cancellation Policy

## Section I: Coaches Responsibilities

- A. Screening at a predetermined area prior to the start to each practice
  - a. Coaches must complete the Covid questionnaire each day prior to coming to practice.
  - b. Coach's need to adhere to any requests made by the Covid Coordinator.
- B. Attendance Policy
  - a. Coaches must take attendance of the athletes at the start of each practice.
  - b. Athletes that are not at practice must be reported by the end of the practice.
  - c. Any athletes that go home sick, should be reported to the head coach.
- C. HHSC Lodge and Policy
  - a. All HHRT coaches must follow the HHSC policies that are put in place.
  - b. HHRT will not operate as a group or a team inside the lodge, unless it is used as a bathroom or 15 minute warm up break. If there is an extreme case where we must use the lodge, all parties will be required to follow the HHSC policy.
  - c. If a coach goes into the lodge with their group during practice hours, the group must stay together, with the coach.
- D. Coaching Groups
  - a. Each coach will have a designated group for the duration of the year and athletes should not be moving between groups. The groups may not have more than 10 athletes.
  - b. Coaching assignments may be changed, but the groups must remain intact.
  - c. Coaches will be required to wear a face covering, covering their mouth and nose
  - d. Coaches are not permitted to transport athletes, to practice or races.
- E. Equipment
  - a. Athletes/coaches may not at any time share any equipment with other athletes/coaches. This includes but is not limited to skis, ski poles, clothing, helmets.

## Section II: Covid Coordinator

- A. Start of training responsibilities (HHRT board members and head coaches are permitted to help)
  - a. Review the screening of all coaches/employees and athletes to ensure it has been completed.
  - b. Responsible for collecting and reviewing daily attendance.
    - i. Follow up with any unknown absence

## Section III: Athlete Responsibilities

- A. Athletes will be required to wear a face covering, covering their mouth and nose at all times.
- B. Future Stars
  - a. Athletes must be able to ride the lift on their own, no exceptions.
  - b. They will need to be able carry and put on their own equipment ( parents can help with this) Coaches will not be permitted to help with this.
- C. Equipment
  - a. Athletes/coaches may not at any time share any equipment with other athletes/coaches. This includes but is not limited to skis, ski poles, clothing, helmets.
- D. HHSC COVID Policy
  - a. All HHRT athletes are required to follow the COVID guidelines set by the HHSC.
- E. Groups
  - a. **Athletes must stay with their groups**, and may not ski off on their own. If an athlete is leaving early, they need to notify the coach.

## Section IV: Parent Responsibilities

- A. COVID Questionnaire.
  - a. **Parents must complete the COVID form regardless of attending practice.**
  - b. Athletes that do not complete the form will be pulled from the hill.
- B. HHSC Lodge and Policy
  - a. Groups will have a designated break time, and will break in the race hut.
  - b. In the event groups come into the lodge, athletes must stay as a group with their coach during practice hours.
- C. Snacks and Water
  - a. Please make sure your athlete carries a snack and water bottle with them.
- D. Parent's Plan
  - a. Please talk to your athlete and have a plan for them if they were to leave practice early for any unforeseen reasons.

## Section V: On Hill Race Team Activities

### A. Practice

- a. Each coach will meet with their group at the bottom of the lift, spread out, that follows the social distancing guidelines.
- b. Coaches will remain with athletes for the entire practice
- c. We will follow the guidelines of NYSSRA where it pertains to on hill training
- d. Groups will be staggered for training times, and times will be conveyed to parents/athletes prior to the start of the season.
  - i. Training times do not include a lunch break.

## Section Vi: Race Venues

- A. Install signage across the venue (such as Start/finish areas as well as spectator areas). The displays shall remind everyone to maintain a high level social distancing and wearing of a mask.
- B. Event organizers will review organization and flow within areas that require closer distances between persons such as the pre-start area and spectator area.

## Section VII: Race Team Building

- A. Ensure alcohol-based hand-gel and hygiene facilities at locations throughout the venue facilities.
- B. Install hygiene signage in the building.. The displays shall remind everyone to maintain a high level of personal hygiene, including hand-washing and minimising physical contact.
- C. Athletes are not permitted to enter into the race team building without being accompanied by a coach.

## Section VIII: Cancellation Policy

- A. If the season comes to a halt, money will be refunded with the exception of our fixed and overhead expenses.
  - a. A prorated amount will be determined based on the length of the ski season.
  - b. If there is no halt as of February 1st, no refund will be given.
- B. The last day to withdraw from the race team for a full refund without penalty, as described during registration is November 15th.
- C. In 2020, athletes may withdraw from HHRT by December 15th, for a 50% refund with the remaining 50% being applied to next year's balance or to be donated to HHRT.