

**Agamenticus Ski Club 2020/2021
COVID-19 Participant Protocols**



In order to create the safest environment possible for participants, families and coaching staff, Agamenticus Ski Club has created the below protocols on how programs will run this ski season. Families who feel that they cannot adhere to the below protocols or have questions about them should immediately contact: Agamenticus.skiclub@gmail.com to have a discussion whether or not Agamenticus Ski Club is a good fit for this year. We will happily refund any family who decides that they are uncomfortable with our protocols by December 1, 2020.

Our intent is to be as transparent as possible and will post the latest versions available on our website.

Athlete Protocol

Prior to the first day of in-person session with the Agamenticus Ski Club, Athletes must complete the [Covid-19 Pre-Screen Questionnaire](#).

Before EVERY in-person session, athletes must answer the following Covid-19 Symptom check/Health Screen questions each day using our Agamenticus Ski Club Team Snap Application. This must be done prior to each practice and event.

Those who have NOT completed the Symptom check using Team Snap, will be asked the below questions in person. *Participants will not be allowed to participate in the program without completing either the Team Snap Symptom check form and/or the below health screen questions:*

- Have you had a fever or felt feverish in the last 24 hours?
- Are you experiencing any symptoms of COVID-19?
 - Feel feverish or have a fever of 100.4 F or greater
 - Respiratory symptoms: cough, runny nose, sore throat, shortness of breath
 - Flu-like symptoms such as: headache, muscle aches/pains, chills, and severe fatigue
 - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea
 - Changes to your sense of taste or smell
- Are living with anyone who is sick or quarantined.
- Become sick with COVID-19 or if anyone in their household is sick;
- Have you had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days?
- If you have you traveled outside of Maine in the past 14 days, and did not follow Maine CDC travel quarantine mandates and/or provide a negative Covid-19 test as outlined per Maine CDC: [Current Maine Mandates for out-of-state travel, as well as Maine residents returning to Maine are listed here](#)

IF YES TO ANY OF ABOVE, YOU WILL BE ASKED NOT TO PARTICIPATE

COVID-19 Additional sick policies that requires athletes to stay home:

- If a participant becomes sick during the program, they will need to be picked up immediately and will be immediately be moved to an isolated area.
- Participants must perform a daily temperature check and visual inspection items of note could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, etc. Participants with a temperatures of 100.4 F or above or signs of illness will be sent home. Parents/guardians should not leave until their child has been cleared for program participation.
- Agamenticus Ski Club will be following the quarantine requirements set forth by the State of Maine. By registering for our programs, participants agree that, should they travel to a state where quarantine is required by the State of Maine, that they will follow these state guidelines.

My responsibilities as an athlete:

- Self-monitor for COVID-19 symptoms.
- Arrive 10 mins. before EVERY practice start time to complete the required Covid-19 Symptom Check/health screen.
- Upon arrival to practice, wait in or near my vehicle until all parents have arrived; at finish of practice immediately get into your parent's vehicle.
- Maintain 6-12 feet of social distance at all times.
- Come wearing my cloth face mask; practice hand hygiene if I touch my face or my cloth mask.
- NO Carpooling to races or travel training locations. I agree to ride to and from ALL in-person races or training locations outside of great York, Maine with a member of my own household.
- Carpooling to and from in-person practice is STRONGLY DISCOURAGED with members outside of my own household. If I must Carpool to and from practice with a member outside of my own household, it is recommended per CDC guidelines that a mask be worn for the entire duration of the carpool while inside of the vehicle, and open windows in the car to provide fresh air.
- Refrain from spitting, blowing your nose without a tissue, licking fingers and chewing gum
- Keep my equipment and clothing distanced from other athletes' equipment by a minimum of 6-12 feet (e.g. water-belts, heart rate monitors/watches, helmets, rollerski gloves, poles etc.).
- No sharing of equipment.
- No sharing of water or snacks.
- No unnecessary physical contact, such as high-fives, hugs, fist-bumps, handshakes, etc.
- Follow guidelines for hand hygiene (see above).
- Wear clean clothes to each in-person session & race (and wash after single use).

Shared Gear & Facilities

- Program participants will be responsible for personal belongings and will not share any personal items while participating in any ASC program.
- Participants will be encouraged to limit personal belongings brought to the program.
- When Agamenticus Ski Club equipment is used, cleaning and disinfecting will occur between each athlete and at the end of each program day.
- Only in case of emergency will a program participant be transported in an Agamenticus Ski Club staff vehicle. Masks will be worn should this occur.

Food & Beverage

- Participants will bring their own water and food to practices and or races.
- No sharing of food will be allowed between participants.

Waxing

- Program participants are responsible for:
 - Waxing their own skis in their own home using their own equipment;
OR
 - Signing-up for a coach designated individual waxing time-slot to be announced by coaches prior to each ski race. Participants in this case MUST:
 - Purchase & bring their own Plexi Scraper (5mm), Groove Pin Scraper, Nylon stiff brush (all items MUST be kept in a labeled ziplock bag) and disposable gloves;
 - During individual waxing time-slots, ALL Ironing of wax will be performed by one coach to minimize equipment sharing. Scraping and brushing to be performed by participant using their own equipment and promptly put away in their own ziplock upon completion.
 - Wax station disinfection and clean-up must be performed by the participant immediately following each scheduled waxing time-slot session includin: spraying and wiping down all clamps, wax bench top and any other waxing surface.

Required to bring to EVERY in-person session:

- Mask
 - All coaching staff and athletes should bring and wear reusable/washable cloth face coverings.
 - Masks must be worn over the nose and mouth, when around others and not actively engaged in athletics and when social distancing is not possible.
- Alcohol-Based Hand Sanitizer
 - Athletes should carry hand sanitizer in a personal equipment bag.
 - Hand hygiene (use of hand sanitizer) is required:
 - Upon arrival
 - Before and after going to the bathroom
 - Before and after touching the face or face covering
 - Before and after touching any shared equipment
 - Prior to leaving
- Personal Water and Snacks
 - Have enough water for yourself; there will be NO sharing of water or food between athletes.

Athlete Illness - to return to program, participants must:

- Anyone with suspected or confirmed COVID-19 will refrain for attending in-person practices. Persons must stay home until symptom-based criteria are met for discontinuation of self-quarantine including, but not limited to:
 - Be fever-clear without medication for 48 hours; and
 - Self-quarantine for 14 days (from onset of symptoms) and track symptoms using Symptom Tracking Sheet provided by ASC or provide a Negative Covid-19 – PCR Test Result taken no sooner than 72 hours prior to your planned return to in-person training. Drive-up Covid-19 testing is available through the York Hospital. Appointments are made through your regular healthcare provider for the test. [This link provides all details.](#)

- If you are asymptomatic, but had close contact with someone suspected or confirmed with COVID-19, or report a travel-related risk factor, you should self-quarantine for 14 days from last exposure (or return from travel). [Quarantine rules for any person entering the State of Maine](#)
- If you or someone with whom you have had contact is diagnosed with COVID-19, or is suspected of having COVID-19, please report that information to the Agamenticus Ski Club: contact your coach directly and email Agamenticus.skiclub@gmail.com as soon as you learn about it.

I have read Agamenticus Ski Club’s COVID-19 Athlete Protocol* and the [CDC Cloth Face Mask Summary](#). I agree to comply with these guidelines, which are based on the CDC’s Considerations for Youth Sports, Maine’s CDC guidelines for community sport activities and US Ski and Snowboard’s return to training and competition. I will refrain from attending training if not safe to do so, per the guidelines. I agree that I will hold Agamenticus Ski Club harmless for any illness or injury. I am aware that no activity is free from risk, and even with these additional guidelines in place, all social interactions carry an increased risk of infection. I understand that the actions that I take directly impact the health of others and that participation in Agamenticus Ski Club programming is contingent upon compliance with these guidelines. Aer signing, please e-mail document to Lew Chamberlain or Julie Sprague at Agamenticus.skiclub@gmail.com. All participants agree to the COVID-19 Athlete Protocol during Agamenticus Ski Club registration in SkiReg. *COVID-19 Athlete Protocol last updated 10/11/2020

Athlete Signature

Date

Parent Signature

Date

Guideline Links

The links below are the ones Agamenticus Ski Club uses for its source of information.

[Maine CDC guidelines for Community Sports Activities](#)

[CDC Covid-19 Considerations for Youth Sports](#)

[US Ski & Snowboard Association Covid-19 Return to Dryland Training](#)

[Quarantine rules for any person entering the State of Maine](#)

[Travel rules for Maine residents](#)

[Covid-19 Symptom Pre-Screen Questionnaire](#)

[Maine’s framework for returning to school](#)

[NENSA Cross Country Promise](#)

NENSA COVID Considerations