



Lakeland Nordic Ski Team

COVID 19 Protocols and Guidelines for the 2021/2022 Season

Dear ski families, coaches, volunteers and friends,

We are all still living through unprecedented times, and we've had to make adjustments and adapt our daily routines to minimize exposure and further spread of the COVID 19 Virus.

The Lakeland Nordic Ski Team (LNST), Board and Coaches are implementing protocols for training and racing, developed in part through guidance provided by the national and regional and state Nordic organizations we compete under and belong to such as USSA, CXC and WNSL, our Federal, State and local government, and our area schools and venues.

For the 2021/2022 Dryland training and Nordic Ski Season we are implementing the following guidelines and modifications to minimize and manage the spread of the Pandemic and provide a fun and safe Nordic Ski season for our young skiers.

Participation Health Standards (for Transportation, Practice and Competition):

Coaches, Volunteers and Participants will monitor their health on a daily basis and pledge to refrain from attending practice if they experience 2 or more symptoms associated with COVID 19, such as runny nose, body aches, sore throat, flu-like symptoms, fever and coughing.

High School Transportation: PPE use will be enforced for all team provided transportation for regular practice and meets.

Elementary and Middle School Transportation: The LNST will not provide transportation for the Elementary School and Middle School teams (Practice or Competition) during the season.

Competition Guidelines

As with many other sport activities, live competition with spectators is not guaranteed during a pandemic. Any competition in the calendar is subject to change or cancellation due to changing circumstances. As a team we pledge to follow the guidelines set forth for each competition, and we strongly encourage parents and other guests to our competitions to respect the local rules and procedures which may include limiting spectators with little notice.

Before Competition: The LNST will work with the competition venues to respect the rules set forth by the venue which may include wearing PPE while indoors at a venue.

During Competition: Coaches, Volunteers and Participants will bring and wear Personal Protective Equipment (PPE) such as face masks and wear them in accordance to the guidelines set forth by the Race Director for each meet.

LNST Covid 19 response for Coaches and Assistant Volunteers

1. If a Coach or volunteer becomes symptomatic

- Coach gets a COVID 19 Test ASAP & reports results to Team Manager. While waiting on results the coach does not attend any practice.
- Athletes Parents are NOT notified at this point, as we do not want to cause any unnecessary alarm.

If results come back positive

- Parents of the division your child is in will be notified if we are aware that the child had close contact with the coach
- Coach refrains from practice for the amt of time suggested by the CDC guidelines.

If results come back negative

- No phone calls are made to parents
- Coach remains out of practice until cold symptoms are over to reduce the chance of spreading a cold with similar characteristics as to the athletes

LNST Covid 19 response and contact tracing protocol for Participants

If we are notified that an athlete has become symptomatic

- We ask that they get a test and refrain from attending practice until test results are back and that they notify us as soon as test results are back
- We do NOT notify parents at this time

If the test is positive

Team manager or Coach will notify the parent of other participants that were at a practice that they had someone at practice had close contact with their child and has tested positive. Skiers refrains from coming to practice-following current CDC guidelines.

If the test is negative

We ask that participants do not come to practice until cold symptoms subside as they may be mistaken as COVID 19 symptoms and we want to assist in reducing spreading of even colds to other athletes at this time.

Assumption of the Risk, Waiver of Liability and Indemnity Agreement
Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact and can lead to severe illness and death.** As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. An inherent risk of exposure to COVID-19 exists in any public place where people are present.

The Lakeland Nordic Ski Team, Inc. has put in place preventative measures to help reduce the spread of COVID-19; however, Lakeland Nordic Ski Team cannot guarantee that you will not become infected with COVID-19. Further, attending trainings and competitions could increase your risk of contracting COVID-19. I understand that the risk of becoming exposed to or infected by COVID-19 at any NGB-led activity may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Lakeland Nordic Ski Team, Inc., staff, my teammates, volunteers, and other program participants including operators of training facilities and resorts.

I agree that I will not participate in any indoor or outdoor Club activity including any training or competition including entering Minocqua Winter Park, or other training and competition venues if I have experienced any COVID-19 symptoms in the last fourteen (14) days. I agree that if I am diagnosed with COVID-19 that I will work with local, state, and federal public health officials.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and I voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending any Lakeland Nordic Ski Team, Inc. activity and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I also acknowledge that my use of public restrooms at Minocqua Winter Park and other training and competition venues, and any shared equipment is at my own risk.

Prior to participation in any Lakeland Nordic Ski Team, Inc. activity, I will confirm a negative response to The Lakeland Nordic Ski Team, Inc. pre-screening questionnaire.

I agree to follow all direction from Lakeland Nordic Ski Team, Inc staff regarding COVID-19 specific restrictions applicable to my participation in any Lakeland Nordic Ski Team, Inc Lakeland Nordic Ski Team activity, including but not limited to limits on the number of people in group size, use of and disinfecting equipment, social distancing protocols, team/group activities, use of any personal protective equipment (PPE) and closure of any specific areas.

I agree that failure to follow such restrictions may forfeit my invitation to Lakeland Nordic Ski Team, Inc activities. I acknowledge that public health orders may change at any time and that I will adhere to the changes communicated to me.

ACKNOWLEDGEMENT BY ADULT PARTICIPANT: By acknowledging and signing below, I agree and verify the following: 1) I have read the ENTIRE **COVID 19 Protocols and Guidelines for the 2021/2022 Season**

2) I consent and agree to assume the risks of participation in these programs.