**Plain Valley Nordic Team**

**Return to Practice Plan for Covid-19 Pandemic**

(Competition considerations will be covered separately)

Updated 10/14/20

*At PVNT, we believe our mission depends on healthy athletes within a healthy community.  Our top priority is the safety of our skiers and coaches, as well as compliance with local and state guidelines.  We believe that individuals have two basic responsibilities: not to contract the virus and not to spread the virus.  Our policies below are designed to mitigate any risk of transmission during activities.  Should you have any questions about PVNT policies during COVID 19, please direct them to Rob Whitten, Executive Director,* *Director@skiplain.com**.*

**Cross-country skiing is considered low risk activities; however, precautions do need to be followed to maintain the low risk environment for all involved.**

**Everyone’s Responsibilities:**

**High-risk individuals**: persons with underlying health conditions should consult their health care provider regarding participation.

**You MUST STAY HOME if you:**

* Feel unwell!
* have had any signs of Covid-19 within the last 72 hours (symptoms include: fever or chills, cough, difficulty breathing, fatigue, body aches, headache, loss of taste or smell, sore throat, congestion, nausea or vomiting, or diarrhea), or
* have been diagnosed with Covid-19 (have not recovered, or are still within the 10-day window since diagnosis or first symptoms), or
* have had close contact with a person that has been diagnosed with Covid-19 (in the previous 14 days).

**Face Coverings** shall be worn directly before and after exercise and are recommended at all times when not engaged in strenuous exercise.

**Distancing** Maintain a *minimum* of 6 feet of distance between yourself and others whenever possible.  Brief close contact (in drills, etc.) is permitted.

**Self-sufficiency** Participants should be self-sufficient for food, drink, clothing and equipment.  Anything shared shall be washed and sanitized prior to use by another person.

**Hand Washing** At a minimum, everyone should wash their hands with soap and water for 20 seconds before going to practice and upon returning from practice.  Coaches will have hand sanitizer available as well.

**Ride sharing**

Ride sharing occurs between households: face coverings must be worn in the vehicle, individuals must spread out as much as possible within the vehicle and family members should sit together.  We recommend cleaning and sanitizing frequently touched surfaces daily following use (including handles, seatbelts, seatbacks, rails, etc.).  If conditions permit, windows should be kept open in vehicles to increase ventilation.

**Group size** Groups size is based on Covid Activity in Chelan County.  The two key metrics are the incidence rate of infection per 100,000 people over a two-week period, and the positivity rate of testing.

If the incidence rate is greater than 75 cases/100,000/2 weeks **OR** the positivity rate is greater than 5%, then practices will be conducted in groups of 6 or fewer that will be separated by a buffer from other groups.

Current infection rates can be found at [this link](https://www.coronavirus.wa.gov/what-you-need-know/covid-19-risk-assessment-dashboard).  Scroll down and click on ‘Summary Data Tables.’  The state has directed sports teams to review data on the 1st and the 15th of each month and make appropriate changes to group management beginning the following week.

**Coach Responsibilities:**

*The coach leading the session is required to make sure that all procedures are followed by everyone present.*

**Safety Briefing:** The coach will conduct a safety briefing before every session which covers the participant responsibilities and includes symptom screening.  A record of attendance and screening will be logged and submitted to the program director for record keeping for at least 28 days.

**Sanitation**:

* Coaches are responsible for ensuring sanitization of any shared equipment before use by another individual.
* Coaches will have hand sanitizer availableat the start and end of practice.
* If vehicles are used to provide transport, in addition to the requirements listed above, coaches are required to keep a seating chart for every ride in the vehicle, and the vehicle should be cleaned and sanitized daily after use with special attention to frequently touched surfaces (including handles, seatbelts, seatbacks, rails, etc.).

***Background****: These procedures are adopted from the* [*https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%202%20and%203%20Sporting%20Activities%20Guidance.pdf?utm\_medium=email&utm\_source=govdelivery*](https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%202%20and%203%20Sporting%20Activities%20Guidance.pdf?utm_medium=email&utm_source=govdelivery)