



Practice
During the
Pandemic

HANDBOOK

2020/2021 Season
For Blue and Yellow Coronameter Levels

November 2020

FOR COACHES

Pre-Practice

1. Arrive at the Nordic Center (NC) at your designated time to grab your groups gear (see Gear Sheet)
2. Perform regular health screening before enter NC, including temperature check
3. Wear mask and hand sanitize immediately once inside
4. Grab gear and transport it to van
5. Drive to trailhead with mask on
6. Wear mask at trailhead
7. Set up tarp and boots
8. Set up gear sets all 6' apart
9. Once athletes arrive, one coach/parent volunteer takes attendance and does temperature check and health screening
10. Allow athletes to put boots on on tarp, two at a time
11. Have athletes grab skis and poles and meet on the ski trail for practice
12. Have activity set up to keep kids moving

During Practice

1. Monitor athletes' health throughout practice
 - a. If athlete comes down with symptoms, have them and the parent volunteer ski to trailhead, call parent/guardian of athlete and have them get picked up immediately
2. Do your best to keep athletes 6' apart during practice
3. If an athlete needs to use the restroom, they must wear a face covering and hand sanitize when finished (unless they are able to wash their hands)

After Practice

1. Athletes and coaches return to trailhead and put masks on upon arrival at trailhead
2. Collect and sanitize gear from all athletes, then place gear in van to return in to the Nordic Center
3. Make sure all athletes have left with their rides
4. Drive back to NC with mask on
5. Return gear to NC and spray boots, being sure to coordinate with other coaches who may be trying to do the same
6. If any extra gear or pieces from the Hypothermia kit were used, bring them to the cat barn to be washed
7. Place all attendance sheets back in your Program Folder

FOR PARENTS & GUARDIANS

Athletes will start and end practice at different trailheads around town this year to minimize large groups. Program start times, pick up times and locations will be communicated weekly from individual coaches. Please pay close attention to these communications. We will also have this information on the website <https://cbnordic.org/team/>. Striders and Gliders will only ever meet at Town Ranch, behind the school, or the Nordic Center so they may take the Activities Bus.

Nordic Center/Trailheads

1. No athletes or parents/guardians are permitted in the Nordic Center this year.
2. We will have Vehicles, Hand/Toe Warmers and Hypokits (hypothermia kits) at all trailheads for athletes to stay warm.
3. There will be porta potties at every trailhead
4. We will have tarps/vehicles at each trailhead for athletes to put boots on, ski clothes should already be on, and so that they can keep their gear dry during practice

Gear

1. Every athlete's gear (skis, boots and poles) will be brought to the designated trailhead.
2. Athletes should get dressed at school or at home before meeting their coach and group at the trailhead
3. There will be tarps and folding chairs for athletes to use to put boots on
4. Backpacks and other personal items will be stored in the vehicle at the trailhead
5. If your athlete has their own gear they are responsible for bringing it to the trailhead for the start of practice

Health Screenings/Safety Protocols

1. If an athlete has any symptoms of sickness (runny nose, cough, temperature, sore throat etc...) they are not permitted to practice with us
2. If your athlete did not attend school because of sickness (even if they are feeling better come their practice time) they are not permitted to practice with us
3. We will do arrival to practice temperature checks and ask each athlete to confirm they are feeling healthy
4. Athletes, coaches and parents/guardians must wear masks at the trailhead and while putting on gear, athletes are allowed to remove their mask once they start skiing and are able to maintain a social distance
5. If an athlete starts to show symptoms during practice, the coach or parent volunteer will ski them back to the trailhead where we will call their parent/guardian for an early pickup
 - a. The coach of the group will follow up with the athlete and family to determine if more action is needed and when the athlete will be allowed to return to practice
6. After practice is over, athletes will put masks on to return to the trailhead

Other Information

1. Parents/guardians/drivers are asked to stay in their vehicles at the trailheads. If they absolutely must speak to the coach, they are asked to

wear a mask fully covering their nose and mouth and stay more than six feet away from the coach and other athletes

2. Communications should take place over the phone or electronically when possible
3. All gear will be sanitized before and after use, including the boots
4. Coaches will have lysol wipes and hand sanitizer on them always, but we recommend athletes have their own as well

FOR ATHLETES

The Most Important Rules

1. Wear a 🧐 at the trailhead at the beginning and end of practice, once you start 🏂 you can take it off
2. You must stay 🏠 from practice if you missed school due to not feeling well or if you are having any symptoms of sickness at all
3. Always cough or 🤧 into your shoulder or elbow and remove yourself from others before you do
4. Wash your 🖐️s for 20 seconds MINIMUM after using the restroom or eating, hand sanitizer is acceptable when you are at the trailheads or on the trails

Arrival at Practice

1. Come to practice with your ski clothes on
2. Your practice may meet at the Magic Meadows Trailhead on Butte Ave, Town Ranch or the Nordic Center
3. All your gear will be at the trailhead, where you meet your coach and other group members
4. We will have a tarp and a folding 🗑️ or two for you to put your boots on
5. Once your boots are on, take your shoes and other personal items and put them in the designated place assigned by your coach
6. Each athlete's gear will be placed six feet apart, please find your gear, put it on and proceed to the starting activity

During Practice

1. Remain six feet apart from your teammates and coaches at all times
2. If you start to feel sick, let your coach know and your coach or parent volunteer will ski you back to the trailhead to be picked up early by your parent or guardian
3. No sharing of food, water, sunscreen or clothing with other athletes

End of Practice

1. When you return to the trailhead wear your 
2. Leave your skis and poles in the place you found them and six feet apart from your other team members
3. Grab your shoes and personal belongings
4. Change out of your boots
5. Find your ride and head home