



2020/2021 COVID-19 Safety Protocols

The McCall Nordic and Biathlon Ski Club will follow CDC and Idaho Central District Health guidelines for youth sports in order to conduct our program in the safest way possible during the pandemic. All participants are free to opt out of the program if they do not feel safe. The following precautions will be in effect for the 2020/2021 season.

- Face coverings will be required at the start of practice until your coach indicates you can take them off once we begin activities where a distance of at least 6 feet can be maintained between athletes and coaches (i.e. running during dryland and skiing once on snow)
- Face coverings must be available at all times during practice to put on when 6 foot spacing is not practical. Our U12 and younger athletes, where distancing is not practical in their groups, will be required to wear masks at all times.
- Upon the completion of practice, face coverings are to be put on.
- Parents and other family members are required to wear face coverings, per Valley County ordinance, when in proximity to program participants and 6-foot distancing is not practical.
- No hanging out and grouping up before or after practice
- Upon arrival, kids report to their pre-determined coach and ski group location.
- Do not attend practice if you are feeling ill or have any signs and symptoms of COVID-19 (i.e. fever, chills, body aches, sore throat, cough) or have been exposed to someone who may have COVID-19. If you test positive, please contact your coach for contact tracing purposes.
- Attendance will be taken by coaches at every practice in the event there is a need for contact tracing
- Do not share water bottles, snacks, ski equipment, clothing, or any other personal items while at practice.
- For dryland practice, we will avoid large groupings and games in the nature of capture the flag. More emphasis will be placed on hiking, jogging, and agility drills where distancing is more practical. Dryland practice will be from 3:30 to 4:30.
- Adherence to these protocols is critical to our efforts in maintaining a safe environment for our children and coaches, and getting the kids outside and skiing through the winter. We're one team and in this together. Your support is much appreciated!

Coaches and Athletes Expectations

Come Prepared With:

- Personal water
- Personal face covering
- Personal snacks, clothing and gear to be self-sufficient. Sorry, no cookies this year : (
- Personal hand sanitizer

Keep Clear

- If you develop any symptoms suggestive of COVID-19, do not come to practice. You are encouraged to see your physician and get tested for COVID-19. If testing is negative, you may return to practice. If you choose not to get tested, do not return to practice until 10 days after your symptoms started. If anyone in your home is diagnosed with COVID-19, follow the instructions of your physician or Central District Health for when you may return to practice.

Keep Away

- Practice physical distancing- stay 6 feet away from coaches and teammates. Give plenty of room when passing or allowing others to pass. Plan ahead for stopping areas to maintain distance.

Keep It Chill

- On the trail, stay within your limits. Have fun but save the gnar for another time. Get rad later.

Keep Covered

- Wear a face covering at the beginning of practice and don't remove it until your coach tells you to.

Keep it to yourself

- Be prepared, you will not be able to share equipment-- make sure your skis are working properly, bring all the water, snacks, warm clothes, and anything else you need to be self-sufficient on the trail.
- Biathlon: Rifles will be for use on rifle rack for each athlete to pick up when entering the range. Athletes will wipe down the rifle before use (there will be cleaning supplies at range). During rifle cleaning inside, all athletes, coaches and volunteers must wear masks and gloves.

Keep it quick

- If you need to use a public restroom or other public facilities, be quick.

Keep it clean

- Wash your hands, use hand sanitizer often, avoid touching your face, keep your skis and other equipment clean and sanitized.