

The Gritty Details

1) Stay home if you're sick. If you are sick or have symptoms, you must isolate yourself from practice & racing for a period of 2 weeks. Although there will be a daily reminder & screening during morning check in, ultimately the responsibility lies with the athlete to know their body & to notice any changes that may indicate illness before it becomes an issue. We all deserve a safe place for recreation, let's work together to do unto others what we would want done to us. We respect & appreciate the gravity of the decision to isolate from practice & racing in the event of a possible case & we will support any athlete & their family that decides to isolate for the health of our community with bountiful zoom sessions & tales of terrible weather. We will be keeping an attendance record for the purposes of contact tracing in the event of a positive case.

2) Limit access to the lodge spaces. No more than 1 person per room upstairs & no more than 15 minutes. We will be masters of the quick warm up breaks & coaches will be enforcing this. No eating together & we will schedule & rotate break times for groups so no one gets stuck outside in the cold. Car boot-ups encouraged, but we also will not freeze young athletes on the hill.

3) Wear masks. Always when inside, encouraged on the chairlift & anywhere on the hill where you can see more than 3 people. If that buff drives you nuts, I encourage you to flee to less crowded spaces. As always, ski with 3: going solo on the slopes is still a no go.

4) Ski pole rule. If I can poke you with a ski pole, you're too close! Obviously we will be enforcing this with the soft squishy grip of the ski pole, & the safety concerns regarding pointy objects remain in effect & hitting with ski poles will be punished by hiking laps on the course.

5) Wash your hands. If you touch anything, wash it off. Hand sanitizer will be made available, use this crisis to build at least one solid healthy habit.

6) Call your Mother. Keep an open & honest dialogue within your household about risk & exposure to people outside your household. Communication regarding our social circles & possible disease exposure is a critical life skill that we all must practice as a lifelong habit. The more often we practice mindful communication the better we get at making difficult conversations easy.