



2020-21 Snowshoeing Season - Return to Play (R2P)

This document has been developed utilizing guidance from SOI, CDC and state of Kentucky Governor's Office. All content is subject to change.

PHASE 1 (Practices only)

November 15, 2020: – Individuals/Teams that wish to practice in the sport of snowshoeing may begin practice. You can practice at a ski facility on snow or you can do dryland training on any open grass area (including your own yard).

NOTE: All participants must have a signed and dated SOKY COVID-19 Disclaimer on file at the SOKY office to participate. Participants include athletes, coaches, unified partners, volunteers, etc.

***Travel Advisory:** On July 20, 2020, the Kentucky Department for Public Health issued a travel advisory with the recommendation of a **14-day self-quarantine** for travelers who travel to a "hot spot", which is any area that has a COVID positivity rate of 15% or higher. To find current list visit; <https://coronavirus.jhu.edu/testing/testing-positivity>

SOKY Snowshoeing Protocol – these are in addition to ski facility protocols

NOTE: *If you are dryland training at home and around household members only, these protocols do not apply to you. If you choose to train/practice at a ski facility, the following applies;*

- **Arrival to facility:** All participants and spectators should be shown/asked the COVID-19 Health Screening questions. Document can be found on the SOKY website under the COVID-19 Resources. Questions can be sent out prior to each practice/training session asking participants to review, or questions can be asked as participant is being picked-up or participants can be asked as they enter the practice/ski facility.
 - Participants are asked to stay home from snowshoeing activity if they are feeling unwell or are immunocompromised and wish to limit exposure.
 - All participants will be required to sanitize their hands prior to the start of practice.
 - Congregating of athletes, coaches, or other persons should be limited as 6 ft social distancing should be practiced and all participants **must** wear a mask.
- **Education prior to Activity:** Each snowshoeing activity should begin with a reminder to all participants to wear a mask and practice social distancing. Coaches/Unified Partners should also properly educate athletes on proper handwashing, coughing into arm, etc. You are encouraged to hang signage (if facility has none) to help remind participants about the mandatory mask rule, social distancing expectation, etc. You can find and download signs from the COVID-19 Resource page on the SOKY website.
- **Mask/Face Coverings:** A mask/face covering **must be worn by all participants** all times, even when outside. (Includes athletes, coaches, peers, volunteers, etc.)
- **Best Practices:** All participants should adhere to the physical six-foot distancing guidelines (to the greatest extent practicable). No shared food/drinks are permitted.



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- **Equipment:** No equipment should ever be shared unless you are from the same household. This includes but is not limited to gloves, snowshoes, and helmets.
- **Attendance Tracking:** Coaches should use the SOKY Attendance Tracking Form to keep an accurate attendance record for all practices. Coach should keep forms from all practices as this will allow for contact tracing should an occurrence of COVID-19 occur to a participant. (Form can be found on SOKY website/COVID Resource page)
- **Symptoms:** Any participant that experiences COVID-19 symptoms (shortness of breath, fever, cough, etc.) should be immediately removed from the snowshoeing activity and instructed to seek medical attention immediately. At this time, the SOKY **COVID-19 Exposure Protocol** should be followed (form can be found on SOKY website/COVID Resource page) which includes contacting the SOKY State Office immediately.
- **Celebratory Best Practices:** To encourage sportsmanship coaches and unified partners should encourage alternative, socially distanced, signs of mutual respect (i.e. tip of the cap, wave, salute, or bow).
- **Virtual Meetings:** Team meetings can occur in-person, but we strongly encourage virtual meetings. If meetings are in-person, all protocols regarding social distancing and wearing masks should be practiced.
- **Spectators:** Any individual not essential for the conduct of any snowshoeing activity is encouraged not to attend. Any parent/guardian attending a snowshoeing activity must adhere to the physical six-foot distancing guidelines and wear a mask/face covering.
- **Departing the facility:** Following all snowshoeing activities, participants will be required to sanitize hands prior to leaving the facility. Congregating of athletes, coaches, families, or other persons prior to or following any Snowshoeing activity is not allowed.
- **Transportation:** Bus or large Passenger Vans (church vans, 15-passenger vans, etc.) are not allowed. All participants are encouraged to either drive, ride independently or with those from the same household. **If ridesharing is necessary, then all passengers in the vehicle must wear a mask.**
- **Concessions/Food Services:** The facility will be responsible for running their food services in accordance with current orders and guidelines provided by the local/state authority. If individuals are planning to bring their own food/meal into the facility, it may not be shared with other participants. If a team meal is necessary outside of the facility, all guidelines and protocols should be followed regarding restaurants.
- **Restrooms:** Follow all facility restroom rules/guidelines as provided – you should monitor the number of individuals in the restroom at the same time.
- **Overnight Hotel Stays:** Only members from the same household may be lodged in the same room at a hotel. Otherwise, team/delegation overnight hotel stays are prohibited.
- **Ski Facility Resources:**
 - **Perfect North Slopes:** Please visit <https://perfectnorth.com/covid-19-information>
 - **Paoli Peaks:** Please visit <https://www.paolipeaks.com>