

Mountain Racing, Inc.

COVID-19 plan

The coronavirus is identified by its crown like spikes, this structure is common in all 7 coronaviruses. There are four subgroups of coronavirus, alpha, beta, gamma, and delta. Two alpha and two beta coronaviruses are common in humans. There are an additional three coronavirus's that affect both humans and animals, MERS, SARS, and COVID-19. MERS and SARS are beta coronaviruses. However, COVID-19 does not have a subgroup, it is unique and new, sometimes referred to as the novel coronavirus. This novelty has made it an unknown virus in regards to how it spreads, what it does to the body, for how long, possibly immunity, and how to fight it, we are learning as we go through it.

New research at Boston General Hospital has identified that with COVID-19, children (ages 0-22) carry a substantially higher virus load which results in higher contagiousness and greater risk of transmission. This virus load in an otherwise healthy appearing and acting youth is substantially greater than the virus load of an intubated adult with the virus in ICU, what was thought to be the most contagious state of the disease. Children are not immune, they only have fewer symptoms. These findings do contradict previous reports from the initial phase of the pandemic, which found children less likely to be the index case for viral transmission within a household. Findings now show that children of all ages, once infected, can carry high SARS-CoV-2 viral loads. Symptom monitoring is an ineffective strategy for identifying infected children. Potential transmission of SARS-CoV-2 between children and families should be considered when designing strategies to mitigate the COVID-19 pandemic. Instead, infection control measures should minimize the possibility of viral spread, with focus on strategies including social distancing precautions, mask use, and/or remote learning.

Knowing this, Mountain Racing must act to protect our children, families, coaches, volunteers, other skiers and riders, and ski area staff. By complying individually we can minimize the possibility of ski areas becoming COVID hot spots and being forced to close, as happened in the spring. Mountain Racing would like to aid in also protecting our ski season. Therefore, in an abundance of caution, during training and races we will limit how many people are inside an enclosed space (lodge, yurt, tent, start house, etc.) and do what we can to stay outdoors as much as possible, we will wear nose and mouth coverings (mask, balaclava, covering of barrier material which stays in place, no holes) at all times including when outside, skiing, warming up, inside, booting up, using restrooms, waiting in line, loading, and riding the lift. We will also practice intentional distancing of 6 feet or more when outside, gathered together, waiting in line, and moving around the lodge, yurt and base area. We may also take attendance and temperature scans of coaches, volunteers, and racers and ask about possible symptoms, at each practice for the safety of all involved. We will participate in contact tracing as requested by the health department if the situation arises. If you or your racer has a fever (100+) or is feeling sick, please skip practice,

even a cold doesn't need to be shared. Understand that if coaches get sick, practice may be canceled.

Please email the head coach (nordicmountainracing@gmail.com) if you or your racer ends up with COVID, or is in close contact with someone who currently has COVID.

Close contact exposure is:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

CDC guidelines for quarantine is currently 14 days, you will be asked to skip practice until a negative test result or 14 days pass with no further exposure during that time. If test results are positive, only parents of racers who were at a shared practice with a possibility of exposure will be notified, please do not ask who it was, that is protected information.

Races this year are unknown as they are run by other groups at other ski areas. We will do what we can to get to regional races on the calendar, please remember our focus is training. That said, Nordic Mountain has no plans of closing temporarily or for the season until March, however they do not have control over government mandates or regional health. There will be changes to lift riding; grouping with siblings and family or carpool friends will be key to faster lift lines. There may be groupings of racers who will ride the chair together all season to limit the number of people in close proximity. Other changes includes booting up in the parking lot (bring a floor mat) and needing to dress for being in very cold temperatures with limited indoor warm up time. Possible changes include but are not limited to; staggered arrival times, climbing the hill to train if lift lines are longer than 20 minutes, doing training at home, inline skating in parking lots or on paved rails this winter, schedule changes, race changes, or fewer training events. We will adapt and adjust to the realities at hand.

Thank you for your understanding and cooperation during this unprecedented time.

References:

<https://www.cdc.gov/coronavirus/types.html>

<https://www.massgeneral.org/news/press-release/Massachusetts-general-hospital-researchers-show-children-are-silent-spreaders-of-virus-that-causes-covid-19>

[https://www.jpeds.com/article/S0022-3476\(20\)31023-4/fulltext](https://www.jpeds.com/article/S0022-3476(20)31023-4/fulltext)

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>