

Coach Practice Expectations

related to RNST COVID-19 plan

Coaches are expected to:

- Give their skiers these daily reminders:
 - mask protocol - All skiers need to have face masks (RNST pocket buffs) – these do NOT need to be worn while skiing, but must be used when checking in, meeting for instruction, waiting for post-practice pickup, etc.
 - to cover sneezes & coughs
 - avoid touching their faces.
- Wear RNST pocket buffs while not skiing, including during close-up interactions with skiers while stopped on the trail.
- Support the plan when discussing with parents and skiers.
- Provide feedback to Joan or David if they anticipate or encounter problems when trying to execute the plan.
- If a coach has ONE of these symptoms and feels well enough to attend practice, they may do so:
 - sore throat
 - nausea
 - vomiting
 - diarrhea
 - chills
 - muscle pain
 - excessive fatigue
 - new onset of severe headache
 - new onset of nasal congestion
 - runny nose
- If a coach has TWO of the above symptoms or ONE of the following symptoms, they must not attend practice, and must be evaluated by a health care provider.
 - fever greater than or equal to 100.4°F
 - new onset and/or worsening cough
 - difficulty breathing
 - new loss of taste or smell
- If a coach learns that a skier at practice meets the above criteria, that student should be separated from others and asked to leave. Please notify Joan Rabe or David Herbert. Parents of any skier asked to leave will be notified (and of

course, may need to pick that student up.)

- It will not be possible to check temperatures at practice due to the low air temperatures, so skiers (or their parents), coaches and check-in/out volunteers are asked to check their temperature each day they intend to attend practice.