

RNST COVID-19 Plan
2021-22 Season
October 23, 2021

RNST wants to be a responsible member of our community. We will follow the COVID-19 guidance of the Minnesota Department of Health for organized sports and will update our procedures as the COVID situation changes, to mitigate risk for participants.

REPORTING EXPOSURE: Parents/Players/Coaches must notify RNST immediately if a player/coach has tested positive or been exposed to a positive person. Call Coach Joan Rabe (507-269-3162) or Head Coach David Herbert (507-269-9312). RNST will use the information from our practice check-in sheets to identify skiers and coaches who may have been exposed to COVID-19.

SKIERS: Do not need to wear masks when exercising outdoors. Skiers should bring a mask to practice and wear it when crowding is difficult to avoid, such as at check in. Unvaccinated skiers must wear masks when skiers congregate pre- and post-practice. A buff pulled up over the mouth and nose is an OK substitute for a mask. All skiers are strongly encouraged to continue being diligent in their risk management of Covid-19 (maintain social distancing whenever possible, cover mouth and nose when coughing or sneezing with arm or elbow, avoid handshakes, and most importantly DO NOT COME TO PRACTICE IF EXPERIENCING ANY SYMPTOMS).

COACHES: Must be fully vaccinated.

PRACTICES: Almost all practices will be held outdoors. We may have some practices in the RCTC Dome if it can be done safely.

HEARTWOOD TRIP: Only fully vaccinated skiers may participate in the trip to Heartwood on January 6/7/8. Necessary safety protocols for the trip will be determined as we get closer to January.

Coaches and skiers who are FULLY vaccinated: and have been exposed to a person with COVID-19 do not need to quarantine. However, they should get tested three to five days after exposure, even if they do not have symptoms. They should also wear a mask indoors in public until they get a negative test result or for 14 days following exposure.

Coaches and skiers who are NOT vaccinated: and have been exposed to a person with COVID-19 need to stay home and away from others (quarantine); get tested immediately; and, if the test is negative, get tested again three to five days after the last exposure.

Whether or not someone is fully vaccinated, if they have close contact with someone with COVID-19, they should watch for symptoms for 14 days, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. Anyone who develops these symptoms should separate from others, get tested and follow the recommendations at [If You Are Sick: COVID-19](#).