

Summary of RNST COVID-19 Plan

Social distancing

The following changes are being made to allow adequate social distancing and cleanliness during practice and other RNST events:

- All RNST registration will be online.
- We are planning an outdoor ski and pole pickup process that will minimize gathering.
- We will not hold the usual registration meeting, and to convey the necessary info to skiers and parents, will either hold a zoom meeting or provide on-line materials.
- The first-year skier orientation meeting (how to put on skis and poles, how to dress for skiing) will be via zoom (in small groups).
- There will be no away ski camp this year. given the Covid-19 risks in group travel and lodging. However, RNST is exploring ways we might have a Saturday/Sunday local camp where the team and coaches train at one of our local trails.
- There will be no early-season indoor training sessions at the RCTC dome. We may hold some outdoor dryland training sessions.
- All skiers and coaches need to wear RNST pocket buffs, which will be supplied to them by RNST. This buff has a pocket into which an additional filter (kleenex, coffee filter, etc) should be tucked. 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.
- Check-in/out volunteers must wear masks at all times.
- Ski practice check-in and check-out process has been changed to eliminate congestion at the tables. Skiers will line up 6' apart while waiting to check in or out, and will give their name to the check-in/out volunteers, who will mark them off, and verify that each skier has a mask. Skiers waiting for pickup after practice will line up 6' apart across the first row of the parking lot. The first row of the parking lot will be blocked off to allow space for the line.
- Registration is limited to 160 skiers. Coaching groups (a "pod", which includes skiers and coaches) is limited to a maximum of 25.
- Rochester Park department will not make bathrooms available in the parks this winter.
- Plans for races are still in-progress. It's likely there will not be any group start races or races with more than 2-3 teams.

- At the beginning of practice, coaches will remind skiers about mask protocol, to cover sneezes and coughs, and to avoid touching their faces.

Skiers may leave backpacks, keys, etc at the check-in desk as usual, and will be asked to handle their own items.

Ensure sick skiers, coaches and other volunteers stay home and prompt identification and isolation of sick persons

Skiers, coaches and other volunteers are encouraged to self-monitor for signs and symptoms of COVID-19. RNST is asking parents, skiers, coaches and other volunteers to use the following info to decide whether to attend practice.

- If a person (skier, coach or other volunteer) 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 person (skier, coach or other volunteer) 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 skier, coach or other volunteer at practice meets the above criteria, they will be separated from others and asked to leave. Parents of any skier asked to leave will be notified.
- It will not be possible to check temperatures at practice due to the low air temperatures, so skiers (or their parents), coaches and other volunteers are asked to check their temperature each day they intend to attend practice.

- Any positive COVID-19 test results will be reported by the testing agency to the Minnesota Dept of Health, who will initiate contact tracing, and RNST asks parents or volunteers to also immediately report positive test results to coach Joan Rabe (507-269-3162) or Head Coach David Herbert (507-269-9312).

RNST has also implemented a policy for informing skiers and volunteers if they have been exposed to a person with COVID-19 at ski practice and requiring them to quarantine for the required amount of time.

- Kristin Sorenson will retain the daily check-in sheets that indicate which group each skier and coach is in, and that information will be used to identify skiers and coaches who have been exposed to COVID-19.
- RNST will make that info available to MN Dept of Health COVID-19 contact tracers, who will contact those exposed, and give them guidance on proper action.
- If MN Dept of Health advises exposed skiers, coaches or other volunteers to be quarantined, those persons will not be allowed at practice until the quarantine expires.
- RNST will use Mailchimp email to notify the RNST community of the situation. To protect health information privacy, names of the affected parties will not be used.