

TMART Training Guidelines during COVID-19 2021 to 2022 season

The TMART Board has approved the following guidelines for club activities that are conducted during the COVID-19 pandemic:

- All TMART coaches have reviewed and considered the CDC guidance on consideration for youth sports during the COVID-19 pandemic: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>
- The primary point of contact for any questions relating to COVID-19 and the TMART Club is Gina LaFrazza (lafrazza@gmail.com).
- Please review a number of things with you athletes such as the symptoms of COVID-19, when to stay home, social distancing (1 to 2 arm distances when possible), covering coughs or sneezes with a tissue or elbow, and proper hand washing and hand sanitizing.
- Parents are asked to review the following information regarding COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Parents should monitor their children for symptoms prior to any sporting event. Any player who is sick or showing symptoms should stay home.

- Parents are asked to advise their TMART Coach if their child is at a higher risk for severe illness.
- Skis, Boots, helmets, poles and soft goods can be left at the race shack for our **Competition athletes**. When in the race shack athletes should wear a facial mask.
- A disinfectant station containing a 60% Ethyl Alcohol gel (or liquid) will be available at the race shack for athletes to use upon arrival or departure.
- All coaching staff, other adult personnel, and parents should wear face coverings when in the race shack. Please follow guidelines about the need for use of a covering when in the Tussey Mountain Ski Lodge.
- Parents should avoid car-pooling as much as possible. If car-pooling is unavoidable, parents and athletes are encouraged to wear face coverings while in the car.
- Coaches will emphasize drills and/or training that encourages social- distancing and spacing.
- All athletes, coaches, and officials must bring their own water and drinks.
- To the extent possible, no sharing of equipment, including, but not limited too, helmets, poles, face masks, gloves, googles or an other clothing.
- Coaches and athletes will maintain appropriate social distancing during training sessions and post session reviews (video). During down time, coaches and athletes should do their best to maintain social distancing.

- All unnecessary physical contact with athletes, coaches, officials and spectators should be limited.
- No chewing gum, spitting, licking fingers, or any other activity that increases the risk of exposure to saliva is permitted.
- No shaking hands, fist bumping, or high fives will be permitted.
- No sharing of towels, clothing, or other items that may be used to wipe hands or faces.
- The club has developed a plan of action in the event that an athlete, coach, or official is diagnosed with COVID-19, which is attached to these guidelines. Parents are asked to review this plan.