

**OISRA is following all OHA mandates for Nordic Time Trial Events.**

**Please do your part as a coach to follow these guidelines.**

**(updated Jan. 3, 2021)**

- **You will be present at the event only if**
  - You are not being isolated for COVID-19
  - You are not being quarantined for COVID-19
  - You are not sick today
- **Bring a pack** for storing your personal belongings (extra clothes, extra masks, etc.) in the race area.
- Stay **6 feet away** from others, especially when near the check-in, start line and the finish area
  - Help encourage racers to maintain this distance in these areas
- **Wear a mask**, except when skiing where others are well spaced.
- **Leave** the ski course area as soon as your team has finished.