

Things to Think About for following Nordic COVID-19 Guidelines (version 12)

	NOTES
Have you read the COVID-19 Guidelines? Pandemic supplies . Masks (carry some extra for those who forget them or masks that get wet and become ineffective), hand sanitizer, disinfectant spray (to use for porta-potties or outhouses)	
Bullhorn or some type of voice-amplification system so people can hear you when you are wearing a mask and they are physically distanced	
Screening people at your skiing events? Plan to tell people to stay home if they are sick . Check when students leave activity as well as when they arrive. Parents need to understand flow chart located here .	
If someone shows signs of becoming ill during one of your ski activities. Give them a clean mask and isolate them until they can leave.	
Explain vulnerable individuals to your parents and volunteers	
Know the THREE W's and have plans for repeatedly reminding people about them. Tell students to bring clean, good fitting mask and personal hand sanitizer to each practice. Gaiters must have two layers.	
Wearing masks except when exercising.	
Physical distancing when exercising . Low-moderate exercise (<u>minimum</u> of 6 feet) and high intensity exercise (<u>minimum</u> of 10 feet). Have you thought about how to accommodate this amount of physical distancing?	
Encourage the use of hand sanitizers . Before and after activity, before and after using restroom or porta-potty, before putting on a mask or eating	
Enforcing each person being responsible for their own equipment, water and food, hand sanitizer – and not sharing.	
Setting up pods of athletes.	
All transportation is the responsibility of the family. The OHA rules about travel groups.	
Encourage students and families using their cars for shelter .	
Discouraging personal contact . No high-fives, etc.	
Use Zoom meetings to reduce number of in-person gatherings	
No participation requirement rule or academic eligibility requirements	
Protocol to return to activity after a COVID-19 infection. Need a doctor's written release and a phased exercise plan.	
Timing your team at time trials	
Assigning bib numbers to your skiers	
Observing pandemic rules at Mt. Bachelor or Meissner . In general, limit numbers at activities by discouraging spectators.	
Have you submitted school agreement form, registered, and completed your training courses?	
Do you know how to get your students' information from ACTIVE?	adminservices@oisra.org