

**2021-22 Alpine Covid-19 Guidelines
(November 25, 2021)
Version 2**

This document is a living document. It will be updated and changed whenever OHA/OSAA changes their information.

REQUIREMENTS

MASKING REQUIREMENTS

(Face shields are not allowed for athletes because of potential for injury during exercise)

- **INDOORS**
 - Everyone, regardless of vaccination status, is required to wear a mask in indoor settings.
 - Athletes are **not** required to wear a mask indoors when **practicing**, and coaches are not required to wear a mask indoors when they are exercising.
 - The weight room is an exception. Athletes and coaches, regardless of vaccination status, are required to wear a mask when in the weight room.
 - **Carpooling:** Driver and passengers are required to wear masks when inside a car if they do not live in the same household.

- **OUTDOORS**
 - Masking is not required in outdoor settings. However, unvaccinated individuals, those who are immunocompromised, individuals at higher risk for complications from COVID19, or individuals who live with someone in one of these categories would still have increased protection from wearing a mask in these outdoor settings.

- **SKI VENUE RULES** - Everyone will follow a ski venue’s masking rules if they are more restrictive than these OISRA guidelines.

VACCINATION REQUIREMENTS

All OISRA head and helper coaches will be fully vaccinated prior to interacting with students, **preferably prior to November 15th**, the start of the OSAA winter sports season.

- Proof of being fully vaccinated will be provided to the OISRA Administrative Services
- The documentation of a medical or religious exception for coaches will be sent to the OISRA Executive Director for review – and the person approved for getting the exception will attest to the reasonable steps they must take to protect themselves and others from contracting and spreading COVID-19.

Vaccination dates for OISRA November 15 deadline

- J&J: Completed by Nov. 1
- Pfizer: First by 10/11, Second by 11/1
- Moderna: First by 10/4, Second by 11/1

References:

- [OHA Vaccination Requirements to Control COVID-19 for Schools and School-based Programs](#)
[Please note that even though all OISRA teams are not “school-based programs” the OHA

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vaccination requirements for school-based programs are being applied to ALL OISRA teams so that consistency is being maintained.]

- [OAR 333-019-1030 \(COVID-19 Vaccination Requirements for Teachers and School Staff\)](#)
- [Schools and School-Based Programs Vaccine Rule FAQ \(9-2-21\)](#)

Public Health Protocols:

Right now, the best tools to protect individuals are

- vaccination for those eligible,
- physical distancing,
- face coverings,
- hand hygiene and respiratory etiquette
- staying home if ill or exposed to someone with COVID-19,
- contact tracing in combination with quarantine and isolation

Coaches will emphasize: Do not come to a ski activity if you feel sick.

- You may have primary symptoms of COVID-19: shortness of breath, difficulty breathing, persistent new cough, fever of 100.4 F, chills, new loss of taste/smell
- You may have secondary symptoms of COVID-19: muscle pain, sore throat, fatigue, undiagnosed rash or sores, diarrhea, and vomiting
- You may have other symptoms when you are not feeling well.
- Call your medical provider and get tested for COVID-19

Coaches will remove someone from an activity if they show signs of becoming ill during the activity.

OISRA requires skiers to show the coach written documentation after having symptoms or after a quarantine period. The documentation can be EITHER

- Written proof of a negative test result
OR
- Written permission from a physician to return to ski team activities (strenuous exercise)

CDC (Centers for Disease Control and Prevention) requires people to quarantine for 14 days if they have been in close contact (within 6 feet for at least 15 minutes, cumulative during a 24-hr. period) with a positive COVID-19 case.

- Fully vaccinated people who do not have COVID-19 symptoms do not need to quarantine after an exposure to someone with COVID-19 but should be tested for COVID-19 infection 3-5 days after exposure, regardless of symptoms. They should wear a mask at ski activities until they receive a negative test.
- Although the CDC considers a 14-day quarantine for non-vaccinated people to be the safest option to prevent the spread of COVID-19 to others, if a non-vaccinated person has not had any symptoms, the

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CDC says they may consider ending the quarantine early. A non-vaccinated skier can return to ski team activities:

- After ten (10) days of quarantine,
 - If they can show the coach a WRITTEN proof of a negative COVID test

OR

- If they can show the coach WRITTEN permission from a physician to return to ski team activities (strenuous exercise)
- After seven (7) days of quarantine,
 - If they can show the coach WRITTEN proof of a negative result from an antigen or polymerase chain reaction (PCR) test that was administered less than 48 hours before they end quarantine.

If they choose to shorten their quarantine period, there is a small chance they may spread the disease to others post-quarantine, it is critical that they continue monitoring their symptoms for 14 days. If the student does develop symptoms, they should avoid going to ski team activities and call their healthcare provider to discuss testing.

On Nov. 18, 2021, the Oregon State Board of Education announced: “Given the lower level of transmission in K-12 school settings when masking and distancing are in place, schools and LPHAs should prioritize implementation of shortened quarantine. When schools are able to connect families with testing (e.g., on-site, community testing events, medical providers, etc.), 7-day quarantine should be standard for exposed staff and students who are asymptomatic and have a negative test between 5 and 7 days after last exposure. If the close contact has a negative result by antigen or PCR test they may return to normal activities on Day 8. Close contacts should continue to monitor themselves for symptoms through the 14 days after their last exposure.”

RECOMMENDATIONS:

Skiers are encouraged to avoid close contact with others.

Carpooling

- Carpool drivers are encouraged to document the names of each travel group if possible (for contact tracing reasons)

Teams are encouraged to keep records of participants for all gatherings. These records can be used for contact tracing. Include family members, volunteers, and all coaches who are present at the event on these records. Recommend that all people who are present confirm they are not feeling sick.