

2021-22 Nordic Covid-19 Guidelines
(September 28, 2021)
Version 1

OVERVIEW

Last season we avoided transmitting the COVID-19 virus during any OISRA activities, and we are eager to repeat that success story.

Unfortunately, one in 500 Americans has died from this virus; the community spread in Oregon is higher now than it was at this time last year; and we all are still thinking about COVID-19.

The most effective strategy for reducing transmissions of the COVID virus is for every eligible person to get vaccinated. OISRA **STRONGLY recommends** that all ski team participants and their eligible family members get vaccinated.

While we wait for statewide vaccination rates to improve, the OISRA Nordic Division has developed these guidelines that agree with the current Oregon Health Authority (OHA) requirements.

OISRA will use Oregon Schools Activities Association (OSAA) guidelines as a blueprint for interpreting OHA requirements.

It is not the intent of this document to prevent any head coach from implementing more restrictive guidelines for their own team.

We are self-governing and we are expecting compliance from coaches, students, families, and volunteers.

If you are a person who is not willing to follow COVID-19 rules, then this may not be the year for you to join a ski team. Ski racing is not a mandatory activity, and you will be respectfully asked not to participate this season if you are violating these guidelines.

This document is a living document. It will be updated and changed whenever OHA/OSAA change 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**
 - Athletes are **not** required to wear a mask outdoors when **actively practicing or competing**.
 - Athletes are required to wear a mask during outdoor practices and competitions when they are not exercising, at times when they are not maintaining 6' physical distancing (i.e., gathering to hear coaches' instructions, standing close to others while spectating at a competition, etc.).
 - Coaches, race officials, volunteers, and spectators are not required to wear a mask during outdoor activities when they are exercising. However, regardless of vaccination status, they are required to wear a mask outdoors when they are not exercising, at times when they are not maintaining 6' of physical distance.
 - Race organizers are required to post signs at the ski venue that describe this masking rule, if these rules are not already posted by the ski venue.

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

At this time, capacity limits are not mandated for outdoor events, but increased physical distancing can help limit the possibility of spread, especially when case counts are high in the community.

Reference OAR 333-019-1025 (Masking Requirements for Indoor and Outdoor Spaces)

VACCINATION REQUIREMENTS

All OISRA head and helper coaches and volunteers who work at races 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
- Any documentation of a medical or religious exception for coaches in non-school-based programs will be sent to the OISRA Executive Director for review – and the person approved for getting the exception will be told which 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 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 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.

RECOMMENDATIONS:

Skiers are encouraged to avoid close contact with others. They should

- be responsible for their own equipment – handle only their own equipment
- bring their own water and food
- refrain from handshakes, high fives, chest bumps, etc.

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.

Race organizers are encouraged to include distance monitors as race help.

Returning to Participation:

- No exercise is recommended for 14 days from diagnosis and 7 days after all symptoms have resolved.
- Returning to activity should be in phases, with athlete being monitored for symptoms of dizziness, difficulty breathing, chest pain/pressure, decreased exercise tolerance, fainting.

The American Academy of Pediatrics (AAP) suggests this progression of training for athletes returning to participation after having been infected with COVID-19:

Stage 1: Day 1 and Day 2 – (2 Days Minimum) – 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 – (1 Day Minimum) – 30 minutes or less: Add simple movement activities (i.e., running drills) – intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 – (1 Day Minimum) – 45 minutes or less – Progress to more complex training – intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 – (2 Days Minimum) – 60 minutes – Normal training activity – intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 – return to full activity/participation (i.e., contests/competitions).

AAP Reference: COVID-19 Interim Guidance: Return to Sports and Physical Activity
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OISRA Nordic Standard Operating Procedure Modifications for the 2021-22 Season

Use the mantra “Stay outside as much as possible.”

- All meetings should be held outside or by Zoom.
 - If a meeting is held inside, all attendees, regardless of vaccination status, are required to wear masks.
- The organization of league and state meet competitions will follow established OISRA Nordic policies, with these COVID-19 modifications:
 - No community food or drinks will be provided
 - Lodges and enclosed tents should not be used for shelter
 - Relay races will be optional, depending on weather
 - State championships will not have a banquet, and awards will be held at an outside venue.