

## **OISRA Board of Directors Action November 6, 2020**

The Board of Directors, by email vote, unanimously approved the OISRA COVID-19 Update (see below) to be posted on the OISRA website.

Directors:

Mike McManus, President  
Eric Martin, Vice-President  
Ryan Rooper, Alpine Division Liaison  
Laura Gentry, Alpine Division  
John Collins, Nordic Division Liaison

### **OISRA COVID-19 Update**

On November 5<sup>th</sup>, the OISRA Board discussed a variety of topics related to the pandemic. Based on those conversations, the Board has the following updated information.

#### **Focus of OISRA activities during the pandemic**

The intent of OISRA activities is to keep students safely active with coach-supervised skiing activities during the pandemic.

#### **Scheduling League-level events**

The Board directs divisions/leagues/schools to prioritize local events. Teams are not restricted to participating in events based on league affiliation. Though current league alignments might work for some, flexibility is allowed to minimize travel and transportation issues.

#### **Definition of a “team”**

Teams, for scoring purposes in an unofficial event, are not restricted to being comprised of students who attend the same high school. Divisions/leagues/head coaches can decide how much flexibility they want to allow for how teams are scored in any events.

#### **Culminating Events**

Each Division/league/head coach has the flexibility to plan for the type of culminating events they will host and/or participate in.

- Head coaches from each school will work with other head coaches to determine if and how any coordinated culminating events would take place. Though the league structure may work well in some situations, head coaches, independent of league affiliation, can work together to determine what works best for their skiers.
- Qualification systems for participation in any unofficial events are not required.
- The OISRA Board will not be a final arbitrator for any issues arising from any events held this season.

### **Required COVID-19 Information Course**

In addition to the established coaches training requirements, all coaches are required to take a COVID-19 Information Course from NFHS.

### **Student Eligibility Requirements**

Each Division/league will decide if the student eligibility standards defined in OISRA Policy #10 will be required for participation. If no official competitions are held, student eligibility is not required for participation. NOTE: Some schools may require student eligibility standards independent of decisions made by a Division or League.

### **Each Division will develop COVID-19 Guidelines**

Each Division will develop COVID-19 Guidelines and coaches are expected to follow their division's guidelines. The Division must address OHA (Oregon Health Authority) mandates and include a guidance statement that defines a gradual return to physical activity for a student who has had a COVID-19 infection. OSAA's "[Guidance for Return to Participation Following COVID-19 Infection](#)" might be a helpful resource.

### **Assessment Protocol**

The OISRA Board has established an Assessment Protocol to be used in all situations where a school's assessment protocol is not mandated. The [flow chart](#) for this assessment protocol is posted on the OISRA website and coaches should share this information with all parents/families.

- 1) An assessment for health monitoring is done for each skier prior to any OISRA activity.
  - If a skier has had COVID-19, they must show the coach WRITTEN permission from a physician to be allowed to return to intense exercise.
  - If a skier has been in close contact with a positive COVID-19 case, the skier must
    - have quarantined for 14 days
    - have WRITTEN proof of a negative test
    - be symptom free
  - If a skier has symptoms of COVID-19, they cannot attend an OISRA event, and they must
    - take a COVID-19 test
    - have WRITTEN proof of a negative test before they can return to ski team
- 2) The skier answers ONE question when being assessed: Do you meet the health guidelines to be at practice today?
  - A skier's "yes" answer means that they and their family understand the flow chart and the skier is clear to be at the OISRA event
  - The [assessment/attendance sheet](#) is stored for at least 4 weeks.

### **Notification of Families**

Families should be notified if a skier becomes symptomatic for COVID-19 during an OISRA activity, and the family should be given information about contacting a healthcare provider.