

TAS COVID Policy Update

All members of Team Alpental Snoqualmie (athletes, coaches, parents and volunteers) will bond together over a social contract to do our best to help slow the spread of COVID19.

- Cover your mouth and nose with a mask when around others
- Monitor your health daily and do not show up to work or training if you are sick
- Follow all ski area guidelines
- Avoid close contact with others
- Wash or sanitize your hands often

Athletes Responsibilities

- Stay home if sick
- Wear a mask or face covering
- Do not share equipment, food or water
- Keep 6 feet apart when possible
- Clean hands as often as possible
- Tell a coach if you do not feel well

Coaches Responsibilities

- Inform athletes, parents and other member about actions Team Alpental Snoqualmie is taking to protect members and the general public. Remind members to stay home if sick or if they have been around someone who is sick.
- Be a role model. Wear a mask or face covering, encourage other to wear a mask or face covering.
- Encourage athletes to sanitize their hands before, after and during training and team activities.
- Educate athletes about covering coughs and sneezes with their elbow. Discourage spitting.
- Remind athletes to practice social distancing. Use gates, brushies, or dye as identifying markers.
- Clean and disinfect the shack.
- Clean and disinfect shared equipment

If you or someone in your household tests positive for COVID-19, you are encouraged to inform the TAS program director Chris Loewy. This is not required, and your privacy will be respected.

ATHLETES AND COACHES WHO TEST POSITIVE FOR COVID-19

If an athlete or coach tests positive for COVID-19, they will not be allowed to partake in any in-person team activities until 10 days have elapsed from the onset of symptoms.

Additionally, they must be afebrile with significantly improved symptoms for 24 hours prior to returning to training / work. In the case that an athlete or coach tests positive for COVID-19 but does not exhibit any symptoms, they may not return to training / work until 10 days has elapsed from the date of their positive test.

ATHLETES AND COACHES WHO ARE EXPOSED TO COVID-19

Athletes and coaches who have been exposed to someone with COVID-19 via close contact should quarantine for 14 days and are not allowed to partake in in-person team activities during their quarantine period. This quarantine period may be shortened to 7 days if the athlete or coach remains asymptomatic and receives a negative COVID-19 PCR test result (test must occur 5 days or later following exposure).

ATHLETES AND COACHES WHO ARE SYMPTOMATIC

Athletes and coaches who develop symptoms compatible with COVID-19 should be tested as soon as possible. Those who test negative will be allowed to return to training / work after they have been asymptomatic for 24 hours. Those who test positive should follow the guidance outlined above. Symptomatic athletes and coaches who do not undergo COVID-19 testing will be treated as presumptive positives and will not be allowed to return to training / work until 10 days have elapsed from the onset of symptoms, including 24 hours of no fever and significantly improved symptoms.

Here is a flow chart to help determine what actions you take.

