

TAS COVID Policy Update

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

- If you are eligible to get a COVID19 vaccine we highly recommend and encourage you get one.
- Cover your mouth and nose with a mask when around others in buildings and vehicles.
- Monitor your health and do not show up to work or training if you are sick.
- Follow all ski area COVID-19 guidelines.
- Avoid close contact with others.
- Wash or sanitize your hands often.

Athletes Responsibilities

- Athletes 12 years old and older are highly encouraged to get vaccinated.
- Athletes who would like to ride in the TAS van, travel with the team and/or stay in team lodging MUST be vaccinated against COVID-19 and show proof of vaccination.
- Team travel (e.g., team lodging) and van transportation is not available to athletes less than 12 years of age. This policy may change, pending updated vaccine guidelines.
- Stay home if sick.
- Wear a mask or face covering when inside.
- Do not share equipment, food, or water.
- Keep 3-6 feet apart when possible.
- Clean hands as often as possible.
- Tell a coach if you do not feel well.

Coaches Responsibilities

- All TAS coaches and employees MUST be vaccinated against COVID-19 and show proof of vaccination to be eligible to work and/or volunteer.
- Volunteers are highly encouraged to get vaccinated. Unvaccinated volunteers will need to show proof of a negative COVID19 test result with in 72 hours of their shift or date they are volunteering.
- Inform athletes, parents, and other member about actions Team Alpentel Snoqualmie is taking to protect members and the public. Remind members to stay home if sick.
- Be a role model. Wear a mask or face coving while inside, encourage other to the same.
- 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.

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

Unvaccinated athletes 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 remains asymptomatic and receives a negative COVID-19 PCR test result (test must occur 5 days or later following exposure). Vaccinated athletes and coaches do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, we ask that fully vaccinated athletes and coaches get tested for COVID 3-5 days after their exposure, even if they are asymptomatic.

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.