

## BMRC COVID-19 Protocols

BMRC is committed to the health, safety and wellbeing of our Athletes, Coaches, Staff, Volunteers, Parents, Spectators and other participating individuals “BMRC Participants” at all times. The nature of the COVID-19 pandemic demands that we all take an active role in helping to ensure the best possible outcome for the season that lies ahead. Therefore, the BMRC Board has developed the BMRC COVID-19 Protocols to establish requirements designed to protect all individuals participating or otherwise involved in BMRC activities, and is requiring all BMRC Participants to adhere to the BMRC COVID-19 Protocols at all times while participating in BMRC activities. In addition to these requirements, BMRC Participants must also adhere to all requirements provided by ski areas, ski clubs, NYSSRA, club and venue officials, or other locations, personal and groups where BMRC is participating.

The BMRC COVID-19 Protocols have been developed with guidance from NYS DOH, CDC, USSA and will be modified from time to time based on latest available guidance and changes to the pandemic. The BMRC COVID Representatives are Eric Howe and Jennifer Werges. They can be contacted at [covid@bristolraceteam.org](mailto:covid@bristolraceteam.org)

### Symptom Screening

Daily COVID-19 self-symptom screening to be performed for each BMRC Participant remotely before reporting to the location for participation.

- **Athletes** - We are requesting parents to perform daily COVID-19 self-screening of their athlete(s) remotely before reporting to the site.
- **Volunteers or Other Participants** - We are requesting volunteers, or other participants to perform daily COVID-19 self-screening remotely before reporting to the site.
- **Coaches and Staff** - BMRC Coaches and Staff must perform and submit daily COVID-19 screening remotely before reporting the site and will not be permitted to participate until completed for the day.
- **Screening Questions** - Screening will include the following questions which may be modified from time to time.
  1. Have you experienced any of the following symptoms of COVID-19 in the past 14 days?
    - Fever of 100.4 degrees F or higher
    - Chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea
  2. Have you knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19 in the past 14 days?

3. Have you tested positive for COVID-19 in the past 14 days?
  4. Are you currently required to quarantine or self-isolate by a health professional, government agency, or due to travel to a location requiring quarantine?
- BMRC Participants who answer yes to any of the COVID-19 screening questions above must stay home, notify the BMRC COVID Representative at [covid@bristolraceteam.org](mailto:covid@bristolraceteam.org), and are encouraged to contact their healthcare provider for assessment and testing.

### **Participation Registration**

- Athletes must be registered for a BMRC activity / event within 24 hours to ensure training groups and Coaches are appropriately assigned and balanced.

### **Participant Groups**

- Athletes will be placed in participant groups by BMRC Coaches and Staff to minimize potential exposure, and will be required to stay with their assigned participant group throughout the day unless otherwise indicated by BMRC Coaches and Staff. In most instances, participant groups will remain the same over a weekend (Saturday and Sunday).
- BMRC will maintain attendance with a list of participant names per participant group each day.

### **Face Coverings**

BMRC Participants shall bring their own acceptable face coverings and have them available for use at all times.

- **Indoors** – BMRC Participants shall follow all requirements as dictated by the facility. In the event BMRC hosts activities indoors all BMRC participants must adhere to the face covering requirements for that activity / event.
- **Outdoors**
  - Athletes must wear face coverings when unable to social distance, and should wear face coverings when not participating in aerobic activities.
  - Coaches, Staff, Volunteers, Parents, Spectators, or other participating individuals must wear face coverings when interacting with an Athlete or other BMRC Participants, regardless of physical distance.
  - BMRC Participants must also follow all requirements as directed by the venue.

### **Social Distancing**

- **Indoors** – BMRC Participants shall follow all requirements as dictated by the facility and shall maintain 6' of social distancing at all times. In the event BMRC hosts activities indoors all BMRC participants must adhere to the social distancing requirements for that activity / event.
- **Outdoors**
  - BMRC Participants shall maintain 6' of social distancing at all times, this may require actions such as modifying activities and/or setting up and following distance markers as dictated by BMRC Coaches and Staff. In the event 6' of social distancing is not achievable, individuals must wear acceptable face coverings.
  - BMRC Participants must also follow all requirements as directed by the venue.

### **Signage, Distance Markers**

- All BMRC Participants must adhere to all COVID-19 signage and distance markers as communicated by BMRC, BMRC Coaches and Staff, and/or locations of BMRC activities.
- BMRC will utilize cones or other markers to provide Athletes with a “home base” that can be utilized for water bottles, extra clothing, or other equipment.
- BMRC Coaches and Staff shall set up signage and distance markers where deemed appropriate.

### **Equipment**

- BMRC Participants shall not share equipment, water bottles, or other items.
- Equipment that is physically touched by BMRC Participants (other than by shoe / boot) shall be sanitized between use.
- Equipment that is not physically touched, or is touched by a shoe / boot shall be sanitized at the end of the day.

### **Hygiene, PPE, Disinfectants**

- BMRC Participants shall adhere to hygiene requirements as indicated by the CDC including frequent washing of hands and use of hand sanitizers.
- BMRC shall have available for all activities and events:
  - Disposable masks
  - Hand sanitizer
  - Cleaning agents for sanitizing equipment
  - Disposable gloves

### **Illness During Activity**

- If an Athlete feels ill during a BMRC activity they must immediately notify the Coach they are currently working with who will immediately isolate the individual from the group, and notify the parents and the BMRC COVID Representative. The athlete must leave the BMRC activity as soon as their parents are able to facilitate. The athlete and parents are encouraged to contact their healthcare provider for assessment and testing.