



## COVID-19 Protocols

March 2, 2022

BMRC is committed to the health, safety and wellbeing of our Athletes, Coaches, Staff, Volunteers, Parents, Spectators and other participating individuals ("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 affiliated training, races, other events and activities, ("BMRC Activities").

Participants are required to adhere to the BMRC COVID-19 Protocols at all times while participating in BMRC Activities. In addition to these requirements, Participants must also adhere to all requirements provided by ski areas, ski clubs, NYSSRA, club and venue officials, or other locations, personnel, and groups where participating. Failure to comply with these requirements can result in actions up to and including removal from an activity, removal from BMRC, and actions as dictated by the ski area and/or governing bodies.

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

### **1. Symptom Screening**

- Participants must perform COVID-19 self-symptom screening remotely on the day/morning of the event and before reporting to the location for participation.
- Participants who answer yes to any of the COVID-19 screening questions below must stay home and are encouraged to contact their healthcare provider for assessment and testing. Participants will not be permitted to participate unless and until they are able to answer no to all of the COVID-19 screening questions below.
- **COVID-19 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 48 hours that are new and not usual?
    - 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 tested positive for COVID-19 in the past 5 days? (Note: After a positive COVID-19 test you may return after 5 days provided you are following the guidance of your healthcare provider, the department of health, or other qualified health professional/agency.)
  3. Are you currently required to quarantine or self-isolate by a health professional, government agency, or due to travel to a location requiring quarantine?

## **2. Face Coverings**

- Participants shall follow all requirements as dictated by the venue and/or governmental agency regulations.

## **3. Social Distancing**

- Participants shall follow all requirements as dictated by the venue and/or governmental agency regulations

## **4. Signage, Distance Markers**

- All 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.

## **5. Breaks, Food, Beverage, Restrooms**

- Athletes will be permitted to take breaks (as dictated by their Coach) as needed to warm up and use restroom facilities. Athletes and Coaches must adhere to all venue requirements and BMRC COVID Protocols during break including face coverings and social distancing.
- Athletes are permitted to consume a snack and beverage while on a break, provided they adhere to all requirements of the venue.

## **6. Illness During BMRC 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 Coordinator. 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.
- If a Coach, Staff or Volunteer feels ill during a BMRC Activity, they must immediately isolate from the group, notify the BMRC COVID Coordinator, and leave the BMRC Activity. The individual is encouraged to contact their healthcare provider for assessment and testing.