



OISA Return To Play Plan COVID-19 Activity Guidance

Introduction

Oregon Interscholastic Snowboard Association (OISA) will not host competitions this season. With that said, OISA is committed to providing resources to keep our snowboarders riding. The snow is coming and we want our riders out savoring the excitement of snowboarding. Teams may ride, train, and enjoy improving their skills this winter within their comfort zone. Due to concerns of overcrowding on practice nights we ask that you coordinate with Meadows prior to deciding what nights that happens. We want to fuel the passion for snowboarding and are here to support our ongoing mission of developing snowboarders through coaching and team development.

This OISA Return To Play Plan (RTPP) has been developed following guidance of numerous agencies. See resource links for details. This document's criteria and recommendations are based on known factors at the time of writing.

For all OISA activities the below **Primary considerations** shall be the higher authority on all matters, and **Secondary considerations** contained in the RTPP will follow.

Primary considerations: Rules and regulations set forth by public health authorities and state and local governments.

Secondary considerations: Specific recommendations contained in the OISA RTPP.

If there is uncertainty the considerations which are more restrictive should be the guidance that is considered. This does not prevent OISA Leagues and partner resorts from adopting their own approaches above and beyond those mandated by local public health authorities or recommended within the OISA RTPP.

All OISA members and participants are expected to follow local, state, and federal public health mandates before, during, and after OISA activity participation. Everyone working together and adhering to local policies is needed in order to ensure a safe activity environment and running an OISA 2020-21 activity season.

*OISA mitigation measures are designed to help reduce potential exposure and reduce risk of a viral transmission. These measures are not all encompassing and while they provide guidance for a wide range of scenarios, they do not account for every variable. Until a vaccine or other therapeutics are widely available, there will be an underlying, inherent risk of COVID-19 exposure and contraction when leaving the confines of one's home. Preventative measures cannot guarantee that you will not become infected with COVID-19.

General

As per CDC considerations, the risk of COVID-19 spread increases in youth sports settings as follows:

- Lowest Risk: Performing skill-building drills or conditioning at home, alone or with family members.
- Increasing Risk: Team-based practice.
- More Risk: Within-team competition.
- Even More Risk: Full competition between teams from the same local geographic area.
- Highest Risk: Full competition between teams from different geographic areas.

Consideration of the inherent potential for disease transmission associated with different sports should be part of the planning process for each OISA activity. Snowboarding is a sport that is conducted outdoors and can account for physical distancing and proper sanitization procedures, and therefore can be planned according to public health mandates.

Definitions

OISA defines the below terms as follows for the purpose of this RTTP:

- Close contact: any individual who was within six (6) feet of an infected person for at least 15 minutes starting from two (2) days before illness onset (or, for asymptomatic patients, two (2) days prior to positive specimen collection) until the time the patient is isolated.
- Participants: all members, coaches, support staff, judges, officials, volunteers, activity organizers, and venue staff.
- Physical distancing: minimum six (6) feet at rest and minimum ten (10) feet while exercising.
- PPE: Personal protection equipment

All OISA activities will follow the below guidelines

1. OISA duties will include:

- i. Serve as a liaison with the state and/or county on specific rules and regulations around COVID-19, including but not limited to: mass gathering limits, out of state quarantine rules (if any) and emergency protocols.
- ii. Serve as a liaison with venue/resort partner for specific COVID-19 policies and procedures including but not limited to: ski patrol, emergency protocols and any designated quarantine room(s) on site if needed.
- iii. Serve as the contact point for all participant and staff COVID-19 questions and concerns.
- iv. Monitor compliance of health screen adherence, within OISA guidelines, and follow up with appropriate action as needed.
- v. Maintain records of contact information for all participants (athletes, coaches, volunteers) in attendance at the activity for notification and health authority contact tracing purposes.
- vii. Provide guidelines for all OISA coaches, team advisors, and volunteers on all Covid-19 safety protocols.

2. Individual OISA teams will assess current levels of COVID-19 within their community up to the day before each activity. <https://globalepidemics.org/key-metrics-for-covid-suppression/>
 - a. If there is an occurrence of high levels of community spread within this two week time frame (defined as: more than 20 new reported cases per day per a population of 100,000 over a seven day rolling average), it is recommended to not hold the team activities and to not travel outside of your community.
 - b. Please refer to this resource to make the above determination and refer to local county public health departments for further local information.
3. OISA staff, volunteers, coaches, and all participants will be made familiar with: risks of COVID-19, symptoms of COVID-19 and COVID-19 transmission routes and mitigation strategies.
4. OISA will provide resources on its website. <http://www.oisa.org/>
5. Personal Protective Equipment (PPE) and hand sanitizer will be the responsibility of each participant.

General Participant Pre Activity Considerations

1. Symptom checks should be performed and health screens completed prior to an activity and collected/maintained by activity organizers.
2. All participants should monitor for symptoms the morning of the event, before arriving at the venue.
 - a. Individuals who have a fever of 100.4F or above, or other signs of illness, should not be admitted to the venue.
 - b. Individuals who show covid-19 symptoms should not participate in the event.
3. Participants should wash their hands or use hand sanitizer regularly, arrive at the venue changed and ready, and are recommended not to use mountain lodges or changing rooms, unless necessary.
4. Participants should bring their own water bottles (filled), towels, radios, drills, cameras and other equipment needed and not share items with other participants.
5. Participants should bring a fully sealable bag to store all personal items in.
6. All individual participants equipment should be sanitized before, during and after competition each day, or as often is reasonable within the competition parameters.
7. OISA staff or activity venues should ensure all participants have Personal Protection Equipment (PPE): face covering, gloves, hand sanitizer, antibacterial wipes and soap, available for all participants.

On Course Considerations During Activity

1. Maintain physical distancing at all times, including chairlift lines and on snow.
2. It is recommended to be a single rider on a chairlift when possible, or to ride with those in the same team. Wherever possible, limit sharing chairlifts with the public or other individuals not part of your team.
3. Face coverings should be worn at all times.
4. In communal areas, physical distancing should be maintained. Close contact should be prohibited among individuals from different teams and activity staff.
6. Start areas should have well defined traffic flow and mitigation to ensure proper distancing. Face coverings must be worn by all individuals except the athlete about to start, if that athlete is the lone rider on course.
7. Finish areas may have one athlete in them at one time. Once an athlete has completed their run, they must exit the finish area.

Post Activity Considerations

If a participant tests positive within 72 hours from the conclusion of the activity, please contact admin@oisa.org to initiate proper protocols.

In the event of symptoms or positive test reported during or after the activity.

1. Immediately separate anyone with COVID-19 symptoms (i.e., fever, cough, shortness of breath). Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure . If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
2. All known Covid-19 cases during an OISA activity shall be reported to admin@oisa.org. If a case is reported the distribution of information and guidelines to all those impacted will be communicated via the OISA. In accordance with state and local privacy and confidentiality laws and regulations, notify the OISA via the established email notification link.
3. OISA will notify local health officials, staff, participants and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.

4. Participants with potential exposure will be notified and quarantine measures will be assessed and communicated based on the perceived level of exposure.
5. OISA will follow a similar system to the existing concussion protocol to determine affected athletes and a systematic return to competition.
6. Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
7. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.

Resources:

Centers for Disease Control (CDC)

[Coronavirus Disease 2019 \(COVID-19\)](#)

Global Epidemics

<https://globalepidemics.org/key-metrics-for-covid-suppression/>

Mt. Hood Meadows Ski Resort

<https://www.skihood.com/covid19-update>

Mt. Hood SkiBowl

<http://www.skibowl.com/winter/news/winter-look-ahead>

National Federation of State High School Associations (NFHS)

[GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES](#)

National Ski Areas Association (NSAA)

[Ski Well, Be Well](#)

Oregon Department of Education (ODE)

[Oregon Department of Education : COVID-19 Resources : Health, Safety & Wellness : State of Oregon](#)

Oregon Health Authority (OHA)

[COVID-19 Updates](#)

Oregon School Activities Association (OSAA)

[OSAA Coronavirus Information Page](#)

Timberline Lodge Ski Area

<https://www.timberlinelodge.com/coronavirus-updates>

United States of America Snowboard and Freeski Association (USASA)

<https://usasa.org/covid-19>

World Health Organization (WHO)

[Key planning recommendations for mass gatherings in the context of the current COVID-19 outbreak](#)