Ford K. Sayre
MEMORIAL SKI COUNCIL

www.fordsayre.org
P.O. Box 471 ▪ Hanover, NH 03755

COVID-19 COACH Protocol

All participants must answer the following questions before *EVERY* in-person session (AND the answers must be recorded)::

- In the past 24 hours, have you had a fever of 100.4 or higher?
- Are you experiencing any symptoms of COVID-19?
    - A fever of 100.4˚ F or higher
    - Respiratory symptoms such as runny nose, sore throat, cough, or shortness of breath
    - Flu-like symptoms such as muscle aches, chills, and severe fatigue
    - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea
    - Changes to your sense of taste or smell
- In the past 10 days, have you had any close contact with someone who is suspected or confirmed to have COVID-19?
- In the past 10 days, have you traveled domestically (within the U.S.) outside of New England (NH, VT, ME, MA, CT, or RI)?

*IF **YES** TO ANY OF ABOVE, YOU WILL BE ASKED NOT TO PARTICIPATE. Please note: If it is unclear if a person's symptoms are new or unexplained, organizations can request healthcare provider documentation that the employee or volunteer has a chronic AND stable medical condition (i.e., no worsening symptoms) that accounts for the person's chronic symptoms and that the person does not have any new or unexplained symptoms of COVID-19. Any such medical documentation should list specific chronic symptoms that the person routinely experiences. Anyone with questions can contact the administrator.*

Remember to bring to *EVERY* in-person session:

- Mask
    - All coaches *and* athletes should arrive wearing a reusable/washable cloth face covering.
    - Masks must be worn over the nose and mouth, when around others and not actively engaged in athletics and when social distancing is not possible.
- Alcohol-Based Hand Sanitizer
    - Coaches must carry hand sanitizer and have it available for use by anyone at practice; athletes are strongly encouraged to carry hand sanitizer in a personal equipment bag.
    - Hand hygiene (use of hand sanitizer) is required:
        - Upon arrival
        - Before and after going to the bathroom
        - Before and after touching the face or face covering
        - Before and after touching any shared equipment
        - Prior to leaving
- Personal Water and Snacks
    - Have enough water for yourself; there will be *NO* sharing of water or food between athletes. Enforce this guidance among athletes.
- Trash bag + extra masks (lead coach).
- No-contact thermometer (lead coach).
- Sign-in sheets to record attendance, answers to COVID questions, AND the temperature of each coach and any volunteers.

My responsibilities as an coach:

- Self-monitor for COVID-19 symptoms BEFORE EVERY in-person practice or meeting.
- Use no-contact thermometer (provided) to screen temperatures of ALL participants AND document the temperatures of all coaches (do this on attendance checklist).
- Screen ALL participants, recording both attendance AND responses to mandated questions.
- **Strict enforcement of social distancing guidelines by ALL participants at ALL times (including athletes, other coaches, and any parents present).**

- Arrive wearing my cloth face mask; practice hand hygiene if I touch my face or my cloth mask.
- Refrain from spitting, snot-rockets, licking fingers and chewing gum.
- Keep my equipment and clothing distanced from the equipment of other athletes and coaches, by a minimum of 6 feet (e.g. waterbelts, heart rate monitors/watches, helmets, rollerski gloves, poles etc.).
- No sharing of water or snacks.
- No unnecessary physical contact, such as high-fives, hugs, fistbumps, handshakes, etc.
- Follow guidelines for hand hygiene (see above).
- Carpooling is discouraged; if I must carpool, I will wear a mask when riding with a non-household member and try to use the same carpool regularly to minimize the number of contacts.
- Wear clean clothes to each in-person practice (and wash after single use).
- Limit TOTAL number of participants to 50, including coaching staff.
- Ensure that training groups do not intermingle while at practice.

Illness protocol:

- If you are *symptomatic*, please self-isolate and contact your health care provider to be tested for COVID-19.
- Anyone with suspected or confirmed COVID-19 will refrain for attending in-person practices. Persons must stay home until symptom-based criteria are met for discontinuation of isolation:
    - At least 10 days have passed since symptoms first appeared; AND
    - At least 24 hours have passed since recovery (recovery is defined as resolution of fever, off any fever-reducing medications plus improvement in other symptoms); or
    - Approved COVID-19 testing is negative, at least 24 hours have passed since last fever (off medications) and symptoms have improved.
- If you are *asymptomatic*, but had close contact with someone suspected or confirmed with COVID-19, or report a travel-related risk factor, you should self-quarantine for 10 days from last exposure (or return from travel).

If you or someone with whom you have had contact is diagnosed with COVID-19, or is suspected of having COVID-19, please report that information to the Ford Sayre Administrator, Ana Edson, as soon as you learn about it: admin@fordsayre.org or (603) 306-2594.

I have read Ford Sayre's COVID-19 COACH Protocol* and the accompanying ***CDC Cloth Face Mask Summary***. I agree to comply with these guidelines (based on the CDC's *Considerations for Youth Sports* and New Hampshire's guidance *Safer At Home 2.0: Amateur and Youth Sports* and New Hampshire's *Universal Guidelines* for employers and employees). I will refrain from attending training if not safe to do so, per the guidelines. I agree that I will hold Ford Sayre harmless for any illness or injury. I am aware that no activity is free from risk, and even with these additional guidelines in place, all social interactions carry an increased risk of infection. I understand that the actions that I take directly impact the health of others and that participation in Ford Sayre programming is contingent upon compliance with these guidelines. After signing, please e-mail the document to the Ford Sayre administrator at admin@fordsayre.org.

Date	**Printed Name** [Guardian, if coach is a minor]
Printed Name [Coach]	**Signature** [Guardian, if coach is a minor]
Signature [Coach]	

**COVID-19 COACH Protocol last updated 12/31/20*