



TMART Training Guidelines during COVID-19

The TMART Board has approved the following guidelines for club activities that are conducted during the COVID-19 pandemic:

- All TMART coaches have reviewed and considered the CDC guidance on consideration for youth sports during the COVID-19 pandemic: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- The primary point of contact for any questions relating to COVID-19 and the TMART Club is Marty Duncan or Eric Updegrove.
- At the beginning of the first practice of the Pre-Season training session and then prior to winter training, all coaches will go over with the athletes the symptoms of COVID-19, when to stay home, social distancing, covering coughs or sneezes with a tissue or elbow, and proper hand washing and hand sanitizing.
- Parents are asked to review the following information regarding COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
- The virus is thought to [spread mainly from person-to-person.](#)

- Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms
- Parents should monitor their children for symptoms prior to any sporting event. Any player who is sick or showing symptoms must stay home.
 - Please remember, everyone should wear a [cloth face cover](#) in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance
 - Parents are asked to advise their TMART Coach if their child is at a higher risk for severe illness.
 - TMART coaching staff and/or parent volunteers will screen and monitor all participants for symptoms prior to entry into the race shack and during practices and races. Temperatures will be checked with no-touch thermometers. If anyone shows any symptoms of illness, has a temperature of 100.4 degrees or higher,

or is sick, they will not be permitted to participate in training and must be sent home.

- No athlete should enter the race shack or lift line until their temperature has been checked. All participants must wear a mask and attempt maintain social distancing while waiting to be temperature checked. Mask will need to be worn in the race shack and during training sessions.
- Skis, Boots, helmets, and poles can be left at the race shack. Due to the need of social distancing we would like athletes to arrive at practices in their ski attire. After training, the skis, poles, helmets and boots may be left in the race shack.
- A disinfectant station containing a 60% Ethyl Alcohol gel (or liquid) will be available at entry sites of the race shack for athletes to use upon arrival or departure.
- All coaching staff, other adult personnel, and parents will wear face coverings at all times, unless doing so jeopardizes their health. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spread from the person wearing the mask (who may not have any symptoms of disease).
- During training sessions athlete's will need to follow guidelines with regard to spacing in lines and riding the lift as outlined by Tussey Mountain Ski Area.
- Parents should avoid car-pooling as much as possible. If car-pooling is unavoidable, parents and athletes are encouraged to

wear face coverings while in the car.

- Coaches will emphasize drills and/or training that encourages social- distancing and spacing.
- All athletes, coaches, and officials must bring their own water and drinks.
- To the extent possible, no sharing of equipment, including, but not limited too, helmets, poles, face masks, gloves, goggles or an other clothing.
- Coaches and athletes will maintain appropriate social distancing and mask wearing during training sessions and post session reviews (video). During down time, coaches and athletes should do their best to maintain social distance.
- All unnecessary physical contact with athletes, coaches, officials and spectators should be limited.
- No chewing gum, spitting, licking fingers, or any other activity that increases the risk of exposure to saliva is permitted.
- No shaking hands, fist bumping, or high fives will be permitted.
- No sharing of towels, clothing, or other items that may be used to wipe hands or faces.

- TMART coaching staff will have hand sanitizer that contains at least 60% alcohol available.
- The club has developed a plan of action in the event that an athlete, coach, or official is diagnosed with COVID-19, which is attached to these guidelines. Parents are asked to review this plan.