

## ASC Biathlon Program COVID Event Policy

Date: November 10, 2020

Please find the COVID policy below.

We will not risk the health or well-being of our community. All of us - athletes, coaches, staff, health care workers, and outdoor enthusiasts - have a responsibility to each other to keep the community safe. It only takes one person to put the community at risk. Please do your part for the safety of the community so that we can keep our trails (and range!) open.

This document lists the Program's responsibilities to its members and members' responsibility to the Program, as well as the overall community, in hopes of keeping everyone safe while allowing continued biathlon training.

While this policy is specific to the Biathlon Program, members should always remember the following:

Specific ASC Training Center programs, facilities, or events may have different guidelines that must be adhered to for participation. You must confirm that you can meet the standards set for a given activity before you arrive at the venue. Information will be posted under the Biathlon Program link on the ASC website.

We have tried to integrate State of California guidelines, US Ski and Snowboard guidelines, as well as guidelines from other ski venues. The following guidelines may be more conservative in the timeline, level of restrictions or criteria in order to best serve our community and circumstances to our Program.

1. Day visitors. Day Visitors must fall into one of the following categories: (a) California residents; (b) completed either 14 days of quarantine in California, or 7 days of quarantine with proof of a negative Covid-19 test; or, (c) be a resident of a yellow-tiered county from Nevada, Utah, Oregon or Arizona.
2. Guests. Guests must fall into one of the following categories: (a) California resident; or, (b) a resident of a yellow-tiered county from Nevada, Utah, Oregon or Arizona.

Users, guests and staff must:

- Practice 6' of social distancing while at the ASC Training Center. Six feet of social distancing must be practiced even during training sessions;
- Have a mask/face covering easily accessible at all times;
- Avoid congregating in parking or other areas;
- Agree to follow all posted/communicated guidelines;
- Follow any other State of California posted rule;

- Stay home when personally demonstrating any symptoms of illness; and
- Stay home when any household member shows any symptoms of illness.

### **Specifics and Logistics**

While we are allowing a set number of members and visitors to come to our venue, there are restrictions on access that all members and visitors must be aware of and compliant with at all times during their visit.

No access to the Training Center Lodge, the Green Building, or Timing Shack. All of our buildings are closed to the public and guests.

Bathroom facilities are available for members and staff in the form of a portable toilet trailer to be located by the “shop” below the main parking lot. This trailer has sinks with running water. They will be cleaned daily but all use is at your own risk.

Visitors will not be able to purchase items from inside the Training Center and should plan accordingly. Trail passes are available for purchase online without contact.

All visitors and staff are expected to have a face covering on when interacting with anyone at the Training Center and accessible at all times.

Face coverings do not need to be worn over the face during exercise. However, everyone is encouraged to wear a mask at all times. Additionally, all members, coaches, staff, and visitors must be able to quickly and easily cover their face in the event that distancing is impractical, during interactions with other members, coaches, or staff, and whenever practical.

Face coverings must be worn whenever not actively exercising.

Everyone is asked to maintain a minimum 6’ distance between each other at all times.

Distance should be increased when running, shooting, or rollerskiing. Athletes should take care not to spend prolonged periods directly behind one another. It is acknowledged that research in this area is highly inconclusive, but the Program recommends providing extra space.

Coached groups will have designated meeting areas. Athletes should meet coaches at their areas and avoid congregating outside of the designated meetings areas.

All program members, coaches, athletes, staff, biathlon participants, day visitors, and their families are asked to diligently self-screen for ANY symptom of illness.

All Program Coaches, Staff and ASC biathlon athletes must complete the ASC Biathlon Health Questionnaire before or immediately upon arriving at the venue to certify their health. If you

answer yes to any questions on the Health Questionnaire, please immediately contact one of Program Director Brian Halligan.

No one should come to biathlon training, races, or events if feeling sick, even if illness is suspected to be allergies or a mild cold.

If coaches or staff notice a staff member, visitor, athlete or family member showing symptoms of illness, the symptomatic individual will be politely asked to leave.

The Training Center parking areas may be used. However, care must be taken to spread out parking to enable different carpools, households, etc. to maintain appropriate distance from one another. Please plan to park spaced out and be considerate to any parking attendants who are assisting in spacing.

If the main parking lot (directly in front of the Training Center) has ten cars or more, please park in the parking lot by the “shop” closer to the Boreal Parking Lot. Please do not park close to the “shop”, grooming equipment, ASC Training Center vehicles, etc.

Please avoid congregating in parking areas.

All program members, athletes, visitors and participants are expected to maintain their own personal equipment and to avoid sharing equipment with others. This includes wax tools such as brushes, scrapers, etc. and any tools related to the rifles.

Coaches will work to ensure that equipment is not shared between athletes, and that all equipment is properly cleaned before and after use.

Vans will NOT be used for transporting athletes unless the entire vehicle population is quarantined in a similar manner and/or living within one household. Visitors and program participants be aware this police will be in place throughout the entire 2020-2021 season and plan accordingly.

Coaches may use vans to transport water, first aid supplies, etc. to training and race locations.

Athletes and families must regularly review and comply with all COVID-related guidelines and updates set forth by the California Dept. of Health. Current recommendations include: regular handwashing; wearing a mask; maintaining six feet of distance from others; maintaining a small social circle; and recording a daily log of all close contacts.

Biathlon program coaches, staff, athletes, and families must review and comply with the current outdoor recreation guidelines set forth by the California Department of Forest, Parks, and Recreation. Current recommendations include only carpooling with members of one's household and avoiding risky activities.

Biathlon program coaches, staff, athletes, and families must review and comply with the ASC Training Center's COVID-related guidelines for the broader community. These are posted on signs around the Training Center.

Visitors and staff are asked to be mindful of the Training Center's role in the community. Visitors from outside the Truckee/Tahoe community or state may cause dismay among Truckee/Tahoe residents. To help alleviate concerns and mitigate risk, all visitors and staff must be willing to follow best practices.

Visitors and staff are asked to be considerate of the concerns of other families and users, and remember that different individuals/families may perceive different levels of risk or have different concerns around COVID-19, depending on a variety of factors. The best approach is an abundance of caution.

Visitors and staff are asked to remember that all guidelines are based on the current state of the pandemic in our area. The Biathlon Program will adjust accordingly as we receive new information and guidance, and participants will need to adjust as well. Everyone is asked to remain flexible and be willing to adapt as needed to keep everyone safe and healthy. In the future it may become necessary to cancel training sessions, races, events or programs. We will do so if it is in the best interest of public health.

#### WINTER '21 BIATHLON WEEKENDS

U.S. Biathlon has cancelled many major national race events and pushed race opportunities down to the regional level. The ASC Biathlon Program is well-suited to have a competitive race season for our juniors, seniors, and masters athletes. The Training Center is already set up to host high quality race events and we will continue to schedule a series of race weekends aimed at providing high quality starts for our athletes as well as anyone else interested in pursuing biathlon racing this season.

The race weekends are as follows:

- 12/13- Individual Race
- 1/23- American Test + Individual
- 2/14- Sprint Race
- 2/15- Pursuit Race
- 3/7- Super Sprint Race

These events will take place under stringent COVID-19 related precautions. These events will require a different level of preparation so we want to make sure that interested athletes have a basic idea of what they need to do in order to get to the start line at ASC this winter.

All races will be limited to 150 racers, coaches, and volunteers. Spectators will not be allowed in the stadium. Any parent or family member who would like to watch the race is encouraged to volunteer.

Out of town racers are encouraged to travel to and from ASC the day of the race to reduce overnight stays in the area. This practice is included to help reduce the potential to introduce the coronavirus in our Truckee/Tahoe community.

Parking:

Upon entering the parking lot but before leaving the vehicle, a volunteer will take the temperature of the participant as a preliminary safeguard to ensure they do not have an elevated temperature. The volunteer will also ask the pre-screening questions.

Race formats offered will be for experienced athletes who have their own equipment:

1. USBA Boy/Girl (ages 11 to 17);
2. IBU Youth (ages 17 and 18);
3. IBU Junior (ages 18 to 21);
4. IBU Senior (ages 21 to 30); and
5. USBA Masters categories.

Specific age category rules can be found [HERE](#)

Please continue to check back the Biathlon Program page on the ASC Training Center website for further details. We are currently considering season-long bib and chip rental for the race season. This means athletes interested in racing the events at ASC must rent a bib and chip from the Biathlon Program for the season.