

SPAC COVID-19 Safe Operating Plan 20-21

SPAC will follow all Standard Operating Procedures and guide lines set out by Stevens Pass, the county and state regulations as it pertains to covid-19. Along with these guidelines SPAC has created some of their own standard operating procedures to help maintain safety for their athletes, coaches and their community as a whole.

- In general SPAC will follow all [USSS](#), [Stevens Pass](#), and [State of Washington guidelines](#).
- All athletes and coaches will need to confirm that they are not experiencing symptoms (described by the CDC) at the start of each training day. Temperatures will be taken and recorded.
- If any symptoms of COVID-19 are present or positive test results have been received participation is not allowed until after a quarantine period as recommended by the CDC
- Meetings will be socially distanced and outside or will be virtual.
- Athletes, coaches and families should plan to change and/or suit up at the car.
- All bags shall be kept in vehicles.
- Everyone will be required to wear face coverings in line, on the chair lift, and at all times when around others or inside.
- When interacting on the mountain outside of training, athletes, families and coaches will maintain 6' separation and avoid congregating in groups.
- Athletes and Coaches will be kept in smaller pods throughout the season
- If they are comfortable doing so, athletes will be welcome to ride chair lifts with their designated pods.
- Groups will be kept under 7 including coaches. Exact group sizes (6 or less plus a coach) will follow ongoing King County and Stevens Pass Resort requirements
- Hand sanitation stations will be provided at the SPAC shack
- Sanitization of frequently touched surfaces, such as drills, gates, training paraphernalia, door knobs and light switches will happen at least twice daily.
- At this time, we are not proposing any modifications in timing of the daily training schedule, but will adapt as may be needed.
- Race specific guidelines will be established as the season progresses, with specific Event protocols to follow per event hosted. These will include:
 - Bib distribution / sanitization
 - Team captain meetings will be virtual
 - Elimination of award ceremonies
 - Trophy distribution / sanitization
 - Start venue protocol – athlete numbers will be limited and spaced out. The start area will be organized by teams each team location will be socially distanced from one another.
 - Staggering of male and female races currently planned
 - Volunteer protocol
 - Will not have score boards
 - Will not allow congregation of athletes or spectators at the start or finish.
 - Will have visiting coaches spread out on the venue so they are not congregating in any one spot.
 - Distribution of bibs, tickets, race information to one member of each visiting clubs at the SPAC shack.