



# COVID-19 | Alpine Skiing Modifications

When scheduling meets, leagues and/or schools are responsible for becoming familiar with and abiding by all Covid-19 regulations and protocols put into place by the host site.

## General Requirements

- Masks or gaiters must be worn at all times.
- All social distancing protocols must be followed (6 feet between athletes)
- Spectator attendance will follow EEA guidelines with consideration for venue, school, and league policies.
- The course may be previewed before the start of the event.

## Pre-Practice/ Pre-Contest

- **Practice Pods**
  - Workouts should be conducted in pods of students, with the same 5-10 students always working out together.
- **Personnel**
  - Only essential personnel are permitted on the practice area and competition area each day (i.e. athletes, coaches, medical personnel/athletic trainer, officials, and timers).
  - All others (managers, photographers, media, spectators, etc....) are considered non-essential personnel and are not to be in the starting area, finish line or practice area.

## Event Protocols

- **Arrival**
  - Schools will arrive to the host site in staggered manner
  - Competitors must arrive dressed and equipment must be ready for competition.
- **Warming Area**
  - The skier's method of transportation will become their warming area
- **Warm-Up Areas**
  - Designated warm up areas must be provided for each team to ensure social distancing before the meet.
- **Start Line**
  - Social distancing of 6 feet must be maintained at all times.
- **Finish Line**
  - The host site and host school will determine the best way to complete scoring, keeping social distancing in mind.
  - Consideration should be given to providing additional volunteers near the finish line to help disperse athletes who have just completed their race.
  - Skiers must leave immediately following their finish.

## Post-Workout/Post-Contest

- **Warm Down Areas**
  - Designated warm down areas must be provided for each team to ensure social distancing of 6 feet after the meet.

- **Race Results**
  - Consideration should be given to providing race results virtually
- **End of Practice/End of Race**
  - Athletes/teams must immediately disperse upon the conclusion of practice and meets

**Source:** The Massachusetts Interscholastic Athletic Association