

2021/2022 Winter COVID-19 Plan

Athletes, Family Members, and Caregivers

NEHSA is very excited to be getting ready for our 50th winter programming season! We are so thankful for everyone doing their part last year to keep everyone safe during the Covid-19 pandemic. While we aren't out of the woods yet, we have adapted since last year and have new winter guidelines for a safe 2021/2022 winter season. At NEHSA, safety is always our first priority and these policies are put in place with everyone's safety in mind and are designed to minimize potential spread of COVID-19 during participation in our program. We appreciate your understanding and continued adaptability as we navigate the changes we may see throughout this season. These policies and guidelines reflect [Mount Sunapee & Vail Resort Guidelines](#), [State of NH COVID-19 Guidelines](#), and recommendations by the [CDC](#).

General Guidelines

Proper masks are required by everyone at all times. Masks are required in all indoor locations of Mount Sunapee Resort, such as the Spruce and Sunapee Lodges. **All athletes are required to wear a mask when inside the NEHSA Lodge.** Those who are unable to wear a mask will need to discuss with the NEHSA Executive Director, Carly Bascom, prior to signing up for lessons. If an athlete is unable to wear a mask and is not vaccinated they will not be able to utilize the NEHSA Lodge at this time. Volunteers will be wearing masks indoors as well. **Caregivers and family members of athletes must also wear masks when inside the NEHSA Lodge. Masks are optional when outdoors.**

- Proper masks include surgical paper masks, N95 masks, and solid cloth masks (no mesh or lace)
 - Neck gators and bandanas do not qualify as masks by themselves. Please wear one of the above options under a neck gator or bandana to qualify.
- Covid-19 vaccination is not required for athletes to participate in NEHSA winter programming. NEHSA requires vaccination for our Volunteers and we strongly encourage other program participants to get vaccinated against Covid-19.
- Social distancing should take place as much as possible within the lodge and in areas around the resort.
- Please stay home if anyone in your home, or anyone with whom you have been in close contact with, is experiencing any COVID-19 symptoms, has received a positive diagnosis, is awaiting test results, or is in quarantine due to possible exposure.
 - Symptoms include: Fever (100.4 F or higher), chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea
- NEHSA will be utilizing email communications more often than in seasons past, please be sure to open emails from us in a timely manner as they will include important information regarding screening, cancellations, and program updates.

Winter Programs

- NEHSA will hold lessons 7 days a week.
- Lessons will begin on Sunday, December 26th and continue as long as terrain conditions allow.
- Stand-Up Skiing, Sit-down Skiing, Snowboarding, and now Snowshoeing will be available.
- Lesson times will be at staggered start times
 - AM Lessons are offered at 9:00 AM or 10:00 AM and last 2 hours
 - PM Lessons are offered at 12:00 PM or 1:00 PM and last 2 hours
 - Full Day Lessons are offered at 9:00 AM or 10:00 AM and are a total of 4 hours
- The amount of lessons available for each time slot will be limited to ensure that social distancing can be achieved and to follow resort restrictions.
- Full day lessons are \$95 and half day lessons are \$70. Lesson costs include lift ticket, equipment and instructors.
- Snowshoe sessions are \$30 and are only available as half day lessons. Lesson costs include rental snowshoe equipment and guides.

Lesson Reservations

- Lesson Reservations will open on Monday, November 1st and can be made via our lesson reservation request form online or by calling 603-763-9158.
- 4 lessons can be reserved at a time, please include 2 alternative dates as well.
- All lessons throughout the season will need to be made 2 weeks in advance, there will be no last-minute lessons. This is to provide ample time for self-screening of symptoms and to ensure everyone who wants a lesson has the chance to get one.
- When making your lesson reservation please include the following information in order to expedite the check in and equipment set up process for the day of:
 - Athlete's Name
 - Age
 - Diagnosis/Disability
 - Phone Number for Confirmation Calls
 - Name and phone number of day-of Emergency Contact
 - Lesson Type (Stand Up, Sit Down, Snowboard)
 - Does the athlete have their own Epic Pass/season pass?
 - Does the athlete have their own ski or snowboard equipment?
 - Adaptive Equipment used previously, if known (i.e. Mt. Man sit-ski, stand up outriggers, etc)
 - Will any family members or caregivers be joining the lesson or purchasing additional tickets through NEHSA?
 - If so, how many adult (13+ years old) and children (6-12 years old) tickets will you need?
 - ***Please note, family is considered a head of household, their spouse, and anyone they can legally claim as a dependent.***
 - Height
 - Weight
 - Shoe Size
 - Helmet Size (if known) or head circumference (if unknown and needing a NEHSA helmet)
 - Skier Level
 - First Time- Never skied before, this is their first time
 - Level 1- Beginner, skis beginner areas and greens comfortably
 - Level 2- Intermediate, skis green and blue runs comfortably, occasionally black runs
 - Level 3- Advanced, skis all mountain, all terrain, may occasionally do some back-country skiing or terrain parks

Screening

- All athletes, caregivers, family members, volunteers, and staff who may be involved during a lesson day in or outside of the lodge will be screened prior to their involvement. Any individual who has not been screened may not enter the NEHSA Lodge. We ask that you minimize the number of people accompanying the athlete to the lesson in order to comply with social distancing requirements in the lodge.
- For athletes, the screening process begins when you make your lesson request. We require a reservation at least 2 weeks prior to your requested date so you have time to self-screen for any symptoms prior to attending the lesson.
- The day before the athlete's lesson, we will do a confirmation call as well as email you a link to the [screening acknowledgement](#) on our website. We ask that these questions be answered for the athlete and the individual(s) who will accompany the athlete, and the acknowledgement be signed before you come.

- The morning of your lesson, please have anyone who will be involved in the lesson take their temperature before leaving for the mountain. If you or anyone in your party has a temperature above 100.4 F, you will not be able to attend the lesson that day. Please call the NEHSA Lodge as soon as possible and we will work with you to reschedule.
- Upon arrival to the NEHSA Lodge, a volunteer or staff member will take your temperature before entering the building. If you haven't answered the screening questions, we will ask them at that time.

Lesson Safety

- Masks are required indoors. This includes the athlete, volunteer, and any additional caregivers or family members. Masks are optional outdoors, but are encouraged to be worn if possible during transfers, chairlift rides, and close contact equipment adjustments.
 - Individuals who can not wear a mask due to their disability may still participate as long as they have discussed this with the NEHSA Executive Director, Carly.
- We will be asking for as much assistance from a family member or caregiver as possible to minimize unnecessary interactions between athletes, staff, and volunteers when getting ready for the lesson and during transfers.
- Lessons will be as hands off as possible. We understand that in certain situations, such as transfers or on the chairlift, instructors and athletes may be in close proximity. During those times, surgical masks and eye protection will be worn by volunteers, masks are to be worn by athletes. If your athlete needs extremity checks due to the cold we ask that a caregiver or family member be available slope side to perform these.
- If your athlete has trouble with wearing a mask, we ask that you practice this before you come and let us know if you have any prompting techniques that help.
- If an athlete is unable to wear a mask or unwilling to do so, they may still participate in winter programming, but will not be able to utilize the NEHSA Lodge.
- The NEHSA Shop will still offer equipment rentals. We will do our best to rotate equipment and sanitize between uses. If you do not have your own equipment and are concerned about utilizing our equipment, check for local ski swaps or seasonal ski rentals in your area.

NEHSA Lodge Policies

- Masks are required while inside the NEHSA Lodge at all times.
- The lodge will have dedicated entrances and exits and will have a one-way flow through the lodge.
- The main level of the lodge will be dedicated for athletes and a caregiver or family member to check in and receive their equipment. Volunteers will be meeting athletes out on the snow in front our lodge as much as possible.
- We ask that athletes come in as dressed and as ready as possible to minimize time spent in the lodge. Personal belongings may be stored in the lodge in an assigned zone while out on the lesson. Please try to consolidate personal belongings as much as possible as space will be limited. Assigned zones will be given upon check-in.
- Family members and caregivers will not be able to stay in the lodge during lessons. Plan on returning to the lodge no earlier than 10 minutes before your athlete's lesson ends. If your athlete chooses to end their lesson early, NEHSA staff will be sure to notify you.
- We ask that you utilize the NEHSA Lodge restrooms instead of those at the Sunapee Lodge.
- Equipment will be staged for you in your "get ready area" that is properly spaced to encourage social distancing. We ask that you do not go into the NEHSA Shop. Shop technicians are available in case of last-minute adjustments, but we want to minimize these interactions.
- Please refrain from eating in the NEHSA Lodge. The Sunapee Lodge will have some indoor dining, but currently require a reservation and proof of vaccination to utilize, [click here](#) for the mountain policies. NEHSA will have some outdoor seating available. Please watch the weather and plan accordingly.
- NEHSA would previously loan out goggles, mittens, snow pants, and more. This will not be available this year, so please come prepared. Mountain outfitters is available next door if needed.

Special Event Disclaimer

- Please note there may be special day events that may adapt these guidelines or adapt the guidelines of other agencies. The guidelines in place will always be to protect everyone involved in the event.

Positive Case/Exposure Protocol

- If you have had a **close contact** (within 6 feet for 15 minutes total within 24 hours) to someone who is positive for COVID, please contact the NEHSA office. We will then take you off the schedule for the next 6 days. In order to return to NEHSA, you will need to have either 2 negative antigen tests (with the first test done no sooner than 5 days after exposure, with the day of exposure being Day 0, and a second test done 24-36 hours later) or a negative PCR test done on the fifth day or later. The antigen test is the rapid test that you can do at home.
- If you have a **positive COVID test** and you were at NEHSA during the 2 days prior to developing symptoms or having your test done, please contact NEHSA immediately. We will then need to contact anyone with whom you had close contact (15 minutes) on those days. We will also take you off the schedule for the next 6 days. In order to return to NEHSA, you will need to get tested no sooner than 5 days after your positive test or 24 hours after you no longer have symptoms (whichever is longer). The accepted testing is either 2 negative antigen tests 24-36 hours apart (the antigen test is the rapid test that you can do at home) or a negative PCR test.