

## 2021/2022 Winter COVID-19 Plan

### Volunteers

NEHSA is very excited to be getting ready for our 50<sup>th</sup> 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

- **All NEHSA Volunteers will be required to be fully vaccinated to participate in the 2021-2022 Winter Season.**
  - In general, people are considered to be fully vaccinated 2 weeks after their second dose of Pfizer or Moderna. They are also considered to be fully vaccinated 2 weeks after their first dose of the Johnson and Johnson vaccine. NEHSA does not require individuals to have their booster shots at this time, but we strongly encourage those who are eligible to get theirs as soon as they can.
- NEHSA Athletes are not required to be vaccinated for their participation with the exception of those who are unable to wear masks and are eligible to be vaccinated.

Proper masks are required by everyone at all times **indoors**. Masks are now optional in all indoor locations of Mount Sunapee Resort, such as the Spruce and Sunapee Lodges. Mount Sunapee still requires masks on buses and trams. All athletes and volunteers are required to wear a mask when indoors. Masks are optional during the outdoor portion of lessons. Those athletes who are unable to wear a mask must be fully vaccinated if eligible and 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 participate in programming at this time. Caregivers and family members of athletes must also wear masks when participating in lessons and making equipment adjustments.

- 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.
- 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 26<sup>th</sup> 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.

### **Volunteer Scheduling**

- We ask that you schedule your time to volunteer with us as far in advance as possible so that we can offer as many of the limited time slots for lessons as we can.
- This year we will continue to be diligent about only scheduling the number of volunteers we need for the number of lessons. This may mean that some days for which you offered to volunteer, we may not require your services.
- While we may not always have an on-snow opportunity for you to volunteer, there will be other positions to help whether screening, helping the flow inside the lodge, the office, or the shop, we will be sure to provide ample opportunities for volunteering.
- Volunteer day requirements are being adjusted to adequately account for resort restrictions and to still reward you for your service to our athletes and to NEHSA.
- We also ask that you let us know if you can be an on-call volunteer. While we want to make sure we minimize last minute changes, we want to remain flexible in anticipation of last-minute cancellations.

### **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.
- The day before volunteering, we will email you a link to the [screening acknowledgement](#) on our website. We ask that you answer these questions and sign your acknowledgement before you come in. This will streamline your process of getting into the building on the day you volunteer.
- The morning of your volunteer day, please take your temperature. If you have a temperature above 100.4 F please inform us and you will not be able to volunteer that day. We will work with you to reschedule.
- If you wake up in the morning on a day you are due to volunteer and are experiencing any COVID-19 symptoms (see those listed above), please stay home and call the NEHSA Office.
- 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.

### **NEHSA Lodge Policies**

- The lodge will have dedicated entrances and exits and will have a one-way flow through the lodge.
- The lower level of the lodge will be dedicated for on snow volunteers. Volunteers will be meeting athletes out on the snow in front of the lodge as much as possible. Volunteers should minimize time spent upstairs as much as possible.
- We have asked that athletes' parents and caregivers take as active a role as possible in getting their athlete ready if they are unable to do so themselves. If an athlete needs assistance a NEHSA Staff member may help.
- The Lesson Board and Athlete folders will be available in the basement for you to review prior to the lesson.
- We ask that on-snow volunteers arrive to the lodge dressed and as ready for lessons as possible to minimize time spent in the lodge.
- Personal belongings may be stored in a cubby while out on your lesson. Please limit personal belongings as space will be limited. Bags are not to be left in the lodge overnight unless previously determined with NEHSA staff based on volunteer schedule (such as volunteering 2 days in a row). Abandoned bags will be removed and stored with NEHSA staff.
- Only teaching equipment will be able to be stored in the basement for an extended duration. You are encouraged to label your equipment. You are allowed to store up to 2 pairs of skis or snowboards in the lodge. If

you use your equipment when you ski outside of NEHSA, plan ahead and take your equipment home with you to minimize the amount of people in the lodge.

- We ask that volunteers be as efficient as possible with their time spent inside the lodge. After being screened, please come in, utilize the restrooms if needed, change into equipment downstairs, review the athlete folder and then take your equipment outside to meet your athlete or take a terrain assessment run if time allows. Once you have finished your lesson, please put all equipment away and complete your lesson reports. We ask that you then gather your belongings and conclude your time in the lodge.
- Radios will be staged and assigned in a location in the basement.
- Family members of athletes and volunteers will not be able to stay in the lodge during lessons.
- We ask that you utilize the NEHSA Lodge restrooms instead of those at the Sunapee Lodge. NEHSA will provide sanitizing wipes and we ask that you wipe down any surfaces you've used such as handles, etc. NEHSA Staff will ensure restrooms are more thoroughly sanitized throughout the day. Please allow athletes priority if there is a line.
- NEHSA strongly encourages volunteers to eat outdoors on the patio when weather permits. If you are comfortable eating indoors, NEHSA asks that you do so in the basement of the lodge only, and that you remain socially distanced from others while you eat. You must be masked at all times while indoors, except while actively eating/drinking. Our policy will be re-visited often, and if social distancing guidelines are not maintained, the policy as it currently stands will be reconsidered.

## Lesson Safety

- Lessons will be as hands off as possible. We understand that in certain situations, such as during transfers and on the lift, instructors and athletes may be in close proximity. During those times, masks and eye protection are encouraged to be worn by volunteers. Athletes are encouraged to wear a proper face covering at these times as well if they are able to do so. If your athlete needs extremity checks due to the cold we've asked that a caregiver or family member be available slope side to perform these.
- We plan on having tissue packages with disposal bags so that your athlete can wipe their own noses and throw it away in a provided bag rather than your pocket. If your athlete is unable to wipe their own nose and you are comfortable helping them, NEHSA will provide disposable latex free gloves to use in these cases.
- If an athlete cannot wear a mask or refuses to do so, they may still participate in winter programs if fully vaccinated, but will be unable to utilize indoor spaces. We will also ask that a parent or caregiver is available to handle close contact transfers or equipment adjustments.
- The NEHSA Shop will still offer equipment rentals. We will do our best to rotate equipment and sanitize between uses. Please note that equipment rentals will be prioritized for athlete use first. We will be minimizing access to the shop and will have equipment staged before athletes arrive.
- PPE will be in use in various situations. We ask that you utilize PPE properly for your safety as well as the safety of others. Failure to do so may impact your volunteer involvement with winter programming. Limited amounts of surgical masks, rex specs, and face shields are available from NEHSA, if you have your own, please bring it.
  - Indoors, masks are required for everyone at all times.
    - The only exception is for volunteers who are socially distanced and are actively eating their lunches in the basement. As soon as they have finished they are to mask up.
  - Outdoors, masks are optional. Masks are encouraged during close contact moments such as transfers, chairlift rides, and close contact equipment adjustments on the hill.
- Red NEHSA volunteer jackets will not be available to borrow on a daily basis. If you would like to borrow a red jacket for the season, you may do so with the NEHSA staff. Red jackets will be available on a first come, first served basis.
  - If you own a NEHSA jacket and are free skiing outside of the program (when not actively volunteering), please do not wear a NEHSA jacket.
  - If you are volunteering and are doing a terrain assessment before your lesson, you may wear your NEHSA jacket during that time.

## Special Events and Training

- New Member Orientation- November 6th
- Preseason Training Clinics- Virtual and On Snow Mid December
  - Reduced Sizes
  - Virtual Options
- Please note there may be special day events that may adapt these guidelines or adapt the guidelines of other agencies. The purpose of 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. You will still receive volunteer day credit for days that you were already scheduled, but cannot attend due to exposure. 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. You will still receive volunteer day credit for days that you were already scheduled, but cannot attend due to a positive test. 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.