

2023/2024 Winter Safety Guidelines

Athletes, Family Members, and Caregivers

All of us at NEHSA are excited for another safe and fun winter season! We are so thankful for everyone doing their part to keep everyone safe and healthy throughout this busy season. At NEHSA, safety is always our first priority and these policies are put in place in an effort to keep the safety for all top of mind. We appreciate your understanding and continued adaptability as we navigate the changes we may see throughout this season. *Please note these guidelines are subject to change throughout the season, but will always have safety as the priority.*

COVID-19

- Covid-19 vaccination is not required for athletes or volunteers to participate in NEHSA winter programming.
- Masks are not required during participation in NEHSA programs, although we encourage everyone to wear them if you are more comfortable doing so. NEHSA staff and volunteers will wear masks upon request of the athlete, family members, or caregiver.
- If anyone that you have been in close contact with is experiencing any COVID-19 symptoms or has a positive diagnosis, please be thoughtful about your decision to participate in NEHSA programming.

Screening

- We ask that everyone self-screen for symptoms of illness before arriving to NEHSA each day.
 - Symptoms to self-screen for 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.
- If you are feeling unwell, experiencing new symptoms, or have a fever, please stay home and contact the NEHSA office to cancel.

Positive Case Protocol

- If you have a **positive COVID test** please inform NEHSA immediately. We will take you off the schedule for the next 5 days minimum. On day 6 if you are testing negative for COVID-19, you may return to NEHSA. Please do not return to NEHSA until you produce a negative test.

Winter Programs

- NEHSA will hold lessons 7 days a week.
- Lessons will begin on Tuesday, December 27th and continue as long as terrain conditions allow.
- Stand-Up Skiing, Sit-down Skiing, Snowboarding, and now Snowshoeing will be available.
- **Weekday** lessons are available at the following lesson 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
- **Weekend** lessons are only available at the 9:00 AM & 12:00 PM as full or half day. This is to help combat issues with parking at the mountain.
- 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 Wednesday, November 1st and can be made via our new [NEHSA online portal](#).
- 4 lessons can be reserved to start. As you use your lessons, you can book more. This is to ensure everyone has a chance to enjoy the slopes with us throughout the season.
- All lessons throughout the season will need to be made in advance, there will be no last-minute or day-of lesson sign ups.
- If you have not done so already, please be sure to create an account on the new [NEHSA online portal](#). Once your account is created, please follow these steps.
 - Fill out all 9 tabs of information on the athlete profile
 - Sign the online liability and media release forms
 - Upload a physician statement, clearing the athlete for physical activity
 - Sign the Vail Resorts Liability waiver and submit it via email, mail, or in person on or before the day of your first scheduled lesson.

Lesson Safety

- In the event of extreme cold temperatures or dangerous road conditions, NEHSA may cancel lessons for the safety of athletes and volunteers.
- Helmets are required on snow for anyone on a NEHSA ticket, this includes athletes, volunteers, and family or caregivers of athletes skiing on a NEHSA ticket. The NEHSA shop can lend you a helmet if needed.
- While riding chairlifts, NEHSA requires the use of the safety bar.
- If an athlete has experienced a seizure within the last two years, they will be required to wear a seizure harness on the chairlift.
- 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.
- The NEHSA Shop continues to offer equipment rentals for athletes (included in lesson cost) and, when available, athlete family members and caregivers. If you are looking to get your own equipment, we encourage you to check out area ski swaps for discounts!

NEHSA Lodge Policies

- 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.
- Personal belongings may be stored in the lodge while out on the lesson. Please try to consolidate personal belongings as much as possible as space will be limited.
- Equipment will be staged for you on the outside wall of the NEHSA shop. We ask that you do not go into the NEHSA Shop. Shop technicians are available in case of last-minute adjustments.

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.