

2023/2024 Winter Safety Guidelines

Volunteers

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 with everyone's safety in 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

- **NEHSA will not be requiring vaccination from COVID-19 during the 2023-2024 winter season.**
 - *Please note, throughout the season, other organizations with special events may have differing vaccine requirements, we may defer to those requirements for the safe participation of those athletes. Volunteers will be informed beforehand.*
- Masks are not required during participation in NEHSA programs, although we encourage anyone to wear them if you are more comfortable doing so. Volunteers may be asked to mask for certain athletes in order for them to feel comfortable and safe during participation; we ask that you respect their request and mask up for their safety and comfort.
- 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. You will still receive volunteer day credit for days that you were already scheduled, but cannot attend due to a positive test.

Winter Programs

- NEHSA will hold lessons 7 days a week.
- Lessons will begin on **Wednesday, December 27th** and continue as long as snow conditions allow.
- Stand-Up Skiing, Sit-down Skiing, Snowboarding, and Snowshoeing will be available.
- Lesson times will be at staggered start times **on Weekdays**
 - 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. Volunteers are encouraged to arrive early and plan for possible delays and parking issues on weekends.

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. Please sign up to volunteer on the new [NEHSA online portal](#).
- Volunteer roles include on-snow instructor, on snow assistant, shop technician, office assistants, and much more.
- 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.

NEHSA Lodge Policies

- 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. There may be times with certain school groups where volunteer assistance is needed upstairs, we will let volunteers know if this is the case.
- The Lesson Board and Athlete profiles will be available in the basement for you to review prior to the lesson.
- 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 during the winter season. If you use your equipment when you ski outside of NEHSA, plan ahead and take your equipment home with you to minimize the number of people in the lodge. We ask that everyone take their equipment home at the end of the season.
- We ask that volunteers be as efficient as possible with their time spent inside the lodge. Once you've arrived, 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. The NEHSA Lodge closes daily at 4:00pm.
- Radios will be staged and assigned in a location in the basement.

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 and proper equipment retention straps (ski bike, sit ski, and slider tethers).
- If an athlete has experienced a seizure within the last two years, they will be required to wear a seizure harness on the chairlift.
- When tethering, tethers must be contacting the instructor's skin.
- The NEHSA Shop will still offer equipment rentals. We will be minimizing access to the shop and will have equipment staged before athletes arrive.
- Red NEHSA volunteer jackets will be available in the basement for volunteers to borrow. If you would like to borrow a red jacket for the season, you may do so by reaching out to 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 Open House- Saturday, November 4th
- Preseason Training Clinics- Virtual and On-Snow options will be offered throughout the month of December.
- NEHSA/Spaulding Collaboration Day- January 6th
- New England Winter Sports Clinic- January 8th-12th
- Franciscan Children's Hospital Day- January 13th
- NEHSA Ski & Ride A-Thon- February 3rd
- Cotting School- February 7th-8th
- Women Veterans Appreciation- March 4th-5th
- Tewksbury School- March 9th-10th
- Welcome Home Veterans- March 14th-15th
- Volunteer Appreciation Ski Day- March 22nd
- 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.

NEHSA utilizes email communications often. Please be sure to open emails from us in a timely manner as they will include important information regarding screening, cancellations, and program updates. **Please make sure info@nehsa.org is on your safe sender list, sometimes changes may trigger your spam filter. If you haven't seen newsletters from us in a while, reach out so we can make sure you stay informed.**

