



### Alpine Skiing and Snowboarding

- Maintain a roster with contact information for all athletes and coaches, and be prepared to support local public health contact tracing efforts, if exposures occur.
- Print & have your team sign the “COVID-19 Waiver and Code of Conduct” and “Sign-In Sheets”
  - Send waivers to your Regional Manager following your first practice
  - Send sign-in sheets to Regional Manager every week.
- Each participant (athletes, coaches and unified partners) must do temp checks prior to beginning the drive to Copper.
- Each group lead must have a sign in sheet for each week.
- Each team will divide into groups of 5 (4 athletes and 1 coach). Teams must remain in their pods (quintet).
- All participants (athletes, unified partners, coaches, etc.) MUST wear a mask at all times, including while practicing.
- Please follow social distance markers that are in place on the hill as well as waiting in lines (poles prior to race course, etc.).
- Athletes and volunteers must always be 6 feet apart, including while performing, cleaning and setup, waiting for practice time, during practice, and celebrations (e.g., no high fives or hand shakes).
- Spectators are not allowed at practices or other team gatherings unless told otherwise by Special Olympics Colorado staff.
- Establish a plan for safe practices, which includes access to personal protective equipment (PPE) and physically distanced drills and activities.
- Teams need to provide touchless thermometers (can be purchased using local program funds or SOCO will loan one for the season at no cost), hand sanitizer, sanitizing wipes or spray during practices.
- Provide a buffer between scheduled practice times to prevent congregating and allow for cleaning of common touched surfaces (skates, cones, pens/penicils, clipboards, etc.).
- Teams must adhere to scheduled times on the hill. Failure to do so could result in consequences for that team.
- Cancel events, such as practices, if unable to ensure appropriate physical distancing and equipment handling.
- At no point should you be sharing equipment including poles, etc.
- If athletes need assistance getting up, getting their skis back on, etc., please ensure all masks are worn properly and follow social distancing as best as possible.
- Please be aware that there may not be inside available except for quick warm ups. Please be sure to plan accordingly.
- Always ensure that all facility, SOCO, and CDC guidelines are followed
- Communicate these guidelines to participants and families in advance

#### Special Olympics Colorado

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Events Offered: Please click [HERE](#) to view the alpine ski/snowboard entry form and all the events that will be offered this season.