

# CROSS COUNTRY SKIING BEST PRACTICE GUIDELINES

Winter Season 2021

**Special Olympics**  
Colorado



## Cross Country Skiing

- Find a facility that will accommodate your group while ensuring physical distancing guidelines are met as well as a designated space to isolate ill participants including tape, cones, or chairs indicating where to sit.
  - Please note that local parks or venues may not be willing to accommodate large groups. In this case, you may have to stagger athletes hour-by-hour for practice.
  - Please note that most local areas have different business hours during COVID. This could make it difficult to find times to practice due to community participation/reservations.
  - Please note that most venues are only allowing a smaller capacity of patrons a day, they may have strict guidelines on how many individuals can enter throughout the day.
  - Please call your local parks and venue for their COVID regulations and ask what they suggest about your cross country teams hosting practice at their facility. Get as much info you can in order to be prepared going into the season.
- 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
- No more than 10 total participants (athletes, unified partners, coaches, volunteers, etc.) will be permitted at a single practice location at a given time
- All participants (athletes, unified partners, coaches, etc.) should wear a mask at all times, including while practicing
- Print & display physical distancing signage provided by SOCO
- 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/pencils, clipboards, etc.)
- Players and volunteers must leave the premises immediately following play or volunteer shift

### Special Olympics Colorado

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*Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities*

- Cancel events, such as practices, if unable to ensure appropriate physical distancing and equipment handling
- Skis, boots, and poles should be sanitized after each practice and prior to athletes putting them on.
- Encourage athletes to bring their own equipment (skis, boots, poles), if they have it.
- Athletes should gather/touch their own skates (if necessary and able)
- Always ensure that all facility, SOCO, and CDC guidelines are followed
- Communicate these guidelines to participants and families in advance

Events Offered: Please click [HERE](#) to view the cross country skiing entry form and all the events that will be offered this season.