



## Snowshoe

- 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/state parks or open areas 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 parks 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 parks 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/state park or open areas for their COVID regulations and ask what they suggest about your snowshoeing 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, send sign-in sheets to Regional Manager **every** week
- Print & display physical distancing signage
- 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 handshakes)
- Spectators are discouraged but if present should be at least 6 feet from others
- Establish a plan for safe practices, which includes access to personal protective equipment (PPE) and physically distanced drills and activities
- Coaches should wear a mask at all times, athletes should arrive and depart wearing a mask and are encouraged to wear during practice.
- 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 (snowshoes)
- Players and volunteers must leave the premises immediately following play or volunteer shift
- Cancel events such as practices if unable to ensure appropriate physical distancing and equipment handling
- Snowshoes should be sanitized after each practice and prior to athletes putting them on.
  - Encourage athletes to bring their own equipment (snowshoes) if they have it.
- Athletes should gather/touch their own snowshoes (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 snowboard entry form and all the events that will be offered this season.