

## Bethel Outing Club COVID-19 Health & Safety Guidelines

### Nordic Skiing/SnowShoeing/Fat Biking/Hiking

#### Activity check-in procedures:

- You must be signed up for the activity session in advance and the coach/leader will need to know you are coming and have you on an attendance list. The sign-up sheets will be available on the BOC listserv weekly emails.
- If you or your child have symptoms similar to a cold or flu, do not come to a BOC activity. Symptoms include fever (temperature greater than 99.5°F), fatigue, cough, congestion, or difficulty breathing.
- If anyone in your household is in quarantine, do not attend a BOC activity.
- Notify the coach and Activity Director (Sarah, 207-381-7309) if you or your child shows any symptoms of illness in the 48 hours following a BOC activity. This will allow the BOC to notify other participants and follow up with COVID-19 testing.
- Both coaches and participants need to wash/sanitize hands before practice and after the use of the bathroom. An outdoor bathroom will be provided at the Valentine Farm parking lot when we ski there.
- Parents and youth should have skis waxed (if appropriate) prior to arrival daily. Coaches will be involved in helping make this happen as well.
- Group size for Youth BOC activities will be limited to 10 youth and two coaches; group size can be bigger if we have more adult volunteers.  
(5 kids/1 adult ratio)
- For activities/events that have multiple groups, each group will meet at designated color flags outside the day's location (ie. Valentine Farm, BVT, etc.) Each group will be spread out from other groups and will have cones set up for agility drills to keep kids warm as they wait for the group to arrive.

#### In - Session Procedures:

- All coaches and participants WILL wear protective face masks or double layer buffs that they provide for themselves. Face coverings WILL be worn whenever a participant is stationary.

- Participants and coaches can slide down their face masks or buffs while actively skiing, snowshoeing or biking and maintaining a social distance of 6' or more.
- Participants and staff members WILL wear a mask or other covering (e.g., double layer buff) over their nose and mouth at times when physical distancing of 6' away cannot be maintained, i.e. relays, games and ski drills.
- There will be no sharing of snack or water items. You or your child should bring your own snacks and water to all sessions. There may be a few times that coaches will be provided with a team snack and will have kids sanitize their hands before enjoying the snack. The adult will pass out the snack.
- Extreme Cold weather: If the temperature is extremely cold, the coaches may shorten the session since groups cannot go into a building to warm up. Coaches will always have a back-up plan for a place to take a child who is cold or injured.
- Pack extra layers since there will not be an indoor warming location.

### **Activity Check Out Procedures**

- Parents and youth need to follow the social distance guidelines and refrain from socializing in meeting areas or with other families in which social distancing is not maintained.
- Parents need to pick up their children at the designated time and location and depart as soon as possible.

Disclosure: This set of guidelines is subject to change depending on the guidelines being dictated by the State CDC. Please stay abreast of changes being made by the Maine CDC and be ready to adhere to those rules.

I have read the BOC's COVID Health & Safety Guidelines and will adhere to these rules if participating in a BOC Activity.

Parent/ Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_