

PACRAT COVID-19 Procedures - Ski Well, Be Well

Draft as of 1.18.21 – this may change as more information becomes available

General:

- PACRAT will follow all Federal, State and Local Government orders around COVID-19. See <https://www.clackamas.us/coronavirus>.
- PACRAT will continue to work closely with the ski areas to ensure the safest environment possible.
- Between 24-48 Hours prior to the start of the race, the racer must record their temperature and complete a pre-screening questioner and submit on the PACRAT online form.
- PACRAT President and all members of the Board will be in charge of enforcing these rules.
- PACRAT racers will be encouraged not to attend races if they feel sick or have been potentially exposed even if not confirmed with COVID-19.
- Resort guidelines require transportation in family groups.
- No bags will be allowed in the lodge.

Physical Distancing:

- PACRAT racers must keep six feet away from one another at all times.
- PACRAT racers and workers must wear a mask or facial covering at all times while in the racing area (start, through gates, finish, and lift area as required by the ski area).
With respect to mask requirements, if wet weather or other environmental conditions create a significant safety issue, the PACRAT Safety Committee may allow all racers in a day or night race to pull down their mask once they are set in the start gate, to be pulled up immediately upon stopping in the finish. Such exception can only be made by majority vote of the PACRAT Safety Committee after determining that the layout of the start and finish areas minimize transmission risk.
- PACRAT racers will not congregate unless they can all be six feet apart.
- PACRAT racers will cough or sneeze into their elbow versus their hand.
- Face coverings must align with CDC recommendations (no face shields).

Disinfecting and Cleaning:

- Hand sanitizer dispensers will be available in the start area and in the finish shack.
- Equipment will be sanitized before and after each race.

Start Area:

- Only authorized PACRAT workers and racers in line to race may enter the start area.
- PACRAT racers and workers must wear a mask or facial covering at all times while in the start area and the rest of the racing area.
- Roped entry lines will be utilized to the extent practical to separate racers in line to start. Racers to maintain a distance of at least six feet in line.
- Racer start groups will be decreased and times spread out to decrease chance of contact.
- PACRAT racers and workers will be expected to spread out their packs left at the top (outside the start area) to maintain separation. No coat carrying unless for members of your family group.
- PACRAT workers will maintain a six-foot physical distance to the extent possible.

Finish Shack:

- Only authorized PACRAT workers may enter the finish shack.
- Generally, only one PACRAT worker may be in the finish shack at one time.
- Two PACRAT workers can be in the finish shack briefly for transition but not for more than a cumulative period of 15 minutes that day.
- Masks or face coverings are to be worn at all times in the finish shack even if alone.

Events and Guests:

- Only PACRAT racers are allowed in the race area - no guests. Spectators will be allowed along the course to the extent that they are out of the race area and remain more than six feet from any PACRAT racer.
- PACRAT will not hold any social functions, or gatherings on ski area property or offsite until it is recommended safe by the State of Oregon.

Consequences of Violations as per Ski Area Protocol:

- A racer who does not follow the above COVID-19 protocol will be given one warning and the team captain will be notified.
- If a racer is found again breaking the protocols set by the ski area/PACRAT or another racer from the same team is found not following COVID-19 protocols, the entire team will be reprimanded up to the suspension of competition privileges for an undetermined specified time.

The PACRAT COVID-19 Committee has the authority to amend the COVID-19 Procedures during the season as they see fit to address additional situations.

Contact Tracing:

IF A RACER IS EXPERIENCING COVID-19 SYMPTOMS AND LEAVES A RACE

- The racer must notify their team captain or another team member as soon as possible, after leaving the ski resort.
- A team member that did not have close contact with the racer must notify the PACRAT start crew. The racer should contact their doctor's office or clinic to discuss whether they should be tested. If the racer does not have health insurance, call 211 for help finding a clinic.
- Individuals who have had close contact with the racer that is experiencing COVID-19 symptoms, should leave the area and contact their doctor's office to discuss whether they should be isolated.
 - *Close contact – Any individual who was within six (6) feet of an infected person for at least 15 minutes starting from two (2) days before illness.
- The racer will need to contact Ulla Brunette, PACRAT COVID-19 Coordinator after being tested or to update condition at pacratcovid19coordinator@gmail.com

IF A RACER TESTS POSITIVE TO COVID-19 WITH IN 48 HOURS AFTER THE CONCLUSION OF THE RACE.

- Any participant who tests positive for COVID-19 within 48 hours after the conclusion of a race must contact Ulla Brunette, COVID-19 Coordinator, to initiate proper protocols.
pacratcovid19coordinator@gmail.com

RETURNING TO RACING AFTER TESTING POSITIVE TO COVID-19

Racers who are not immunocompromised and were asymptomatic throughout their infection:

- Return to competition when at least 14 days have passed since the date of their first positive viral diagnostic test **and**
- Medical clearance to cease isolation and to safely resume competition

Racers with mild to moderate illness (did not require supplemental oxygen or hospitalization), and who are not immunocompromised:

- At least 10 days have passed since symptoms onset **and**
- At least 72 hours have passed since last fever without the use of fever-reducing medications **and**
- All respiratory symptoms have resolved **and**
- Medical clearance to cease isolation and to safely resume competition

Racers **who have had** severe to critical illness **or who are immunocompromised**:

- At least 20 days have passed since symptoms first appeared **and**
- At least 72 hours have passed since last fever without the use of fever reducing medications **and**
- All Respiratory symptoms have resolved **and**
- Medical clearance to cease isolation and to safely resume competition

Racers who are immunocompromised but who were **asymptomatic** throughout their infection may return when at least 20 days have passed since the date of their first positive viral diagnostic test.