



## MPA Skiing Committee Recommendation for Return to Participation Nordic Skiing

### Referencing Orders and Guidelines from the Following Resources

National Federation of State High School Associations  
Governor's Office - State of Maine  
Maine Department of Education  
Maine Department of Economic & Community Development  
Maine Department of Health and Human Services  
Maine Principals' Association Sports Medicine Committee  
US Ski & Snowboard

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**Maine Guidelines for Community Based Sport has labeled the sport of skiing as a “Lower Risk” activity. “Lower Risk” activities are those that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. The following recommendations are being made in accordance with the Maine Department of Economic & Community Development guidelines.**

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Coaches and School Administrator(s) must hold a team educational session prior to the first contest to educate student-athletes of all rules related to competitive competition with other school districts and the requirements outlined below. In addition, each coach, paid and volunteer, must complete the free Covid-19 course called Covid-19 for Coaches and Administrators currently available on the NFHS Learn platform at <https://nfhslearn.com/>.

### **NORDIC RULE CONSIDERATIONS**

#### **● PRE-RACE**

- **Registration:**
  - Use online registration and entry payment.
  - Only coaches may pick-up bibs at registration site to limit congregation at on-site registration.
  - Race packet pick-up and drop-off conducted outdoors as much as possible.
  - Minimize point of contact for race packet pick-up and drop-off. Suggested examples include:
    - one-way passage for walk-up registration.
  - All bibs must be cleaned and disinfected before and after the competition if using cloth or lycra bibs.
- Expand start areas to allow for physical distancing.
- Limit participant access to indoor facilities and minimize downtime for athletes during the day.
  - For venues with parking lots nearby, buses can be used to keep participants warm.
  - Consider short stays at the venue by the competing athletes.

- For example, arriving 45 minutes before start, race their respective competition, followed by a short cool down, and immediately depart from the venue.
    - For example, boys race while girls are off site and then switch.
  - If you are using indoor wax cabins/ wax rooms,
    - limit access to indoor waxing facilities to wax staff and coaches only (I.E. no access to athletes)
    - Wax cabins/ wax rooms designated to one team per cabin
  - Athletes maintain physical distancing (at least 6 feet) during course inspection, warmup, and cool-down.
  - All Coaches Meetings will be virtual. All race documents will be delivered electronically. Virtual coaches meeting can be done the night before. Coaches meetings can be done outside at the venue with physical distancing if needed.
  - COURSE: The preparation of the course must allow for physical distancing when a skier is overtaken by another skier. For freestyle races, courses should be at least 6 meters wide. For classical races, if there are two tracks set, the space between the tracks should be at least 2 meters.
- **RACE**
  - **Race Formats**
    - Encourage interval start distance races
      - Encourage interval start seeding that limits congregation on course
    - If using wave start:
      - No more than 5 skiers start
      - Start area must be double the width and length of wave start areas
  - No mass start format races
  - The finish zone should be widened to allow distancing. Skiers should try not to collapse at the finish line. Skiers should disperse immediately after they finish and return to their team site.
  - Organizers of community sports activities are responsible for limiting the number of individuals that can gather in a shared space, in accordance with the [Governor's Executive Order](#) on gathering size limits. Skiers, coaches, volunteers, and spectators count toward the gathering limit.
  - If a space cannot accommodate the gathering limit without complying with the 6-foot distancing requirement, occupancy in that space must be limited to allow for such compliance.
- **POST-RACE**
  - Skiers must always wear a mask/face covering.
  - Eliminate hugs, handshakes, high fives, and fist bumps after the race.
  - Unofficial results to be posted on live timing websites and on [www.mainehighschoolskiing.com](http://www.mainehighschoolskiing.com) and publicly announced at the venue.
    - All official results to be distributed electronically instead of on-site information or results boards that encourage congregation.
    - Award ceremonies should be done virtually.
  - Cool down should be done only with their own team and preferably not on the course.
- **DISTANCING**
  - Physical distancing of at least 6 feet must be maintained. No hugging, hand shaking, high fives, or fist bumps are allowed.
  - Race officials should identify staff members or volunteers to help maintain physical distancing among skiers.

- Athletes maintain physical distancing (at least 6 feet) during course inspection, warmup and cool-down.
- During course inspection, teams should inspect the course only with their own team.

- **SPECTATORS**

- Spectators are allowed outdoors.
  - Organizers of community sports activities are responsible for limiting the number of individuals that can gather in a shared space, in accordance with the [Governor's Executive Order](#) on gathering size limits.
  - Athletes, coaches, race officials/workers, volunteers, and spectators count toward the gathering limit.
  - If a space cannot accommodate the gathering limit without complying with the 6-foot distancing requirement, occupancy in that space must be limited to allow for such compliance.
    - Masks must always be worn by coaches, staff, race officials/workers, and spectators.
    - Spectators must maintain 6 feet of physical distance between each other and skiers.

- **FACE COVERINGS**

- Athletes must always wear face coverings, including during competition and while in buses, huts, tents, or other warming areas. Face coverings must be worn by coaches, staff, officials, and spectators. Non-compliance may result in sanction.
- Face coverings must cover the mouth and nose and fit snugly against the sides of the face. Gaiters/buffs are acceptable face coverings if they are double thickness or folded to make two layers of fabric.

- **SCREENING**

- All student-athletes must complete a self-screening for signs and symptoms of COVID-19, prior to participation or entrance into an opposing school's facilities.
- All game day staff/officials must complete self-screening questions prior to arriving at the event.

- **SCHEDULING**

- For large Saturday meets, consider having multiple sites host the event.
- Extreme cold: if weather forecast is for cold temperature race organizers should consider cancelling since physical distancing will be even more challenging to enforce.

- **FACILITY**

- Teams should not be using the venue facility for shelter. Teams should plan on using buses and tents for warming areas.
  - Individuals must maintain at least 6 feet of physical distance and wear a face covering in any warming areas.
  - Because face coverings must be removed to eat and drink, maximize physical distancing between individuals in any areas where eating or drinking may take place. Eating and drinking should occur in a well-ventilated space, preferably outside.

- When possible, schools should provide separate entrance and exit for teams (for example: for bathroom use).
  - Medical staff must brief visiting coaches of protocols and isolation space for if an athlete becomes sick during the meet.
  - Host sites shall provide hand sanitizer/sanitizing stations.
  - Limit participant access to indoor facilities and minimize downtime for athletes during the day.
- **PROTESTS**
    - All protests are made electronically, in accordance with the protest period deadlines.
      - The jury can extend, up to 24 hours, the period in which a protest against the timekeeping is accepted in a circumstance where results are not posted on-site and live timing is not available.
      - Protest hearings should be done in person (unless the protest is made the next day then it can be done virtually), with proper face coverings and in observation of physical distancing rules.
    - Consider all jury meetings be held outdoors where practical.
- **VISITING TEAM**
    - Visiting teams should arrive in a self-sufficient manner.
      - Come ready to compete dressed in uniform.
      - Medical kit with necessary athletic training supplies.
        - This should include back up face coverings and gloves.
        - Visiting teams should plan to bring their own water jug for their student-athletes to refill their water vessels.
- **STUDENTS**
    - Athletes are responsible for their own supplies.
    - Athletes should wear their own appropriate workout clothing - they should not share clothing. All workout clothing should be washed immediately upon returning home.
    - Athletes must immediately tell coaches when they are not feeling well.
    - Athletes must bring their own water bottles.
- **OFFICIALS**
    - Bring hand sanitizer and wash hands regularly.
    - Follow physical distancing guidelines:
      - Pre- and post-race
      - Start and finish officials
      - Tabulations of results
    - Do not shake hands.
    - Official personnel must always wear face coverings.
    - Physical distancing guidelines must be employed during the meet for officials when interacting with coaches and student-athletes.
- **TRANSPORTATION**
    - Transportation to and from sports activities require attention because of increased risk of proximity and poor ventilation.
    - Limit the use of carpools or van pools. When riding in a vehicle to a sports event, encourage players to ride with persons living in their same household. Carpooling with individuals from different households is not recommended.

- If carpooling with individuals outside one's household group is necessary, increase ventilation in the vehicle, and all riders must wear a facial covering, and use hand sanitizer.
- If buses are used, spread individuals out to the extent possible, increase the airflow with open windows if weather permits, require use of face coverings, and provide hand sanitizer for use when entering and exiting the bus.