

FXC Summer 2020 Session #1
Adherence to State COVID19 Mandates
created May 5, 2020

Dear FXC Athletes and Parents,

State mandates now permit group practices of up to 10 participants. This is exciting news and allows for us to resume group training which we all love. However even though state mandates permit group training, doing so does come with a significant risk of exposure to transmitting Covid 19. We are taking steps and we ask that you take steps to mitigate this risk but nonetheless engaging in group activities at this time is still inherently risky.

These are the steps we are taking:

Social Distancing:

- We will cap group practices to 10 athletes and no more than a total of 20 individuals including coaches and parent supervisors
- Participants will be reminded at the beginning of every practice to maintain a distance of 10 feet when exercising and 6 feet when stationary. It is understood that some athletes may have a harder time understanding this concept and will need more frequent reminders.
- Individuals will be required to wear a mask if at any point they need to be within 6' of one another
- We will ask for additional parental help with social distancing reminders

Modes of Training for Group Practices

- Group practices will only be done outdoors. There will be no use of the cave or other inside spaces at Birch Hill or the UAF Ski Hut
- There will be no use of the team van.
- All strength exercises will continue to be done virtually to avoid contact with items like weights, matts, med balls etc.
- We will not do any group games (soccer, frisbee, etc.) that require being closer than 6-10' from one another
- Group practices will include running, bounding, mountain biking, rollerskiing and jumping drills

Travel and Illness Restrictions

- Any athlete or anyone living with someone who has traveled outside the state of Alaska will not be permitted at practice until after 14 days upon returning to Alaska
- Any athlete or anyone living with someone who has possible Covid 19 symptoms will not be permitted at practice until 14 days following the last symptoms
- Group practices will immediately cease if a positive case is identified by any FXC athletes or members of their households

Equipment

- Athletes will have their own rollerskis, boots, poles, vests and helmets that they either own or will be issued for the summer. In the event rollerskis or something else needs to be exchanged we'll be sure to sanitize items before reissuing.

- Team gear such as cones, brooms or the iPad will only be used by coaches who will use hand sanitizer between use

What we ask of athletes and parents:

- Please have a conversation with your athletes about the importance of social distancing not just for your own family's safety but also for other more vulnerable populations in our community
- Please do not car pool to practice with members of other households
- Absolutely no sharing of water bottles (actually we discourage this all the time even if there isn't a pandemic!)
- Do not share equipment or other items that could be a vector of disease
- Please adhere to social distancing guidelines before and after practice begins not just while coaches are present.

We the participants and Parent/Guardian acknowledge that Participants will comply with State of Alaska Heath Mandate 16, Attachments I and K and that we have read the (FXC, Biathlon, FXC Masters) Covid 19 Safe Social Distancing Guidelines and will promote the safety of everyone in the program by abiding by these guidelines:

Participant_____

Parent, Guardian_____