

OAS COVID Operations Plan

OAS is committed to your safety.

Participation in winter programs will look a little different this year due to the ongoing COVID-19 pandemic. In compliance with recommended guidelines for safety around COVID-19, OAS has adopted some new practices to help minimize the spread of the virus and protect the wellbeing of our amazing athletes, volunteers, and staff.

What you can expect this season:

Daily Health Screenings

All athletes, volunteers, and staff will complete a health screening 24hrs prior to their scheduled lesson. In order to participate in OAS programming, all individuals, including personal support, must answer NO to the questions below. Participants that answer YES to any of the listed questions will be rescheduled to a future date.

- Do you or anyone in your household/party currently have one or more symptoms of COVID-19? (a fever of 100.4 degrees F or higher, a cough, shortness of breath or difficulty breathing)
- Have you or anyone in your household/party tested positive for COVID - 19 in the past 14 days, or are you waiting on a COVID-19 test results?
- Have you or anyone in your household or party been in contact with someone affected by COVID-19 in the past 14 days?

In addition, all parties involved are required to have their temperature taken with a no contact thermometer upon arrival for their lesson. They must also confirm that nothing has changed in the past 24hrs. If the thermometer reads 100.3 degrees F or higher, or if health status has changed, participants will be asked to return home immediately.

If you are feeling unwell or displaying any symptoms of COVID-19, *please STAY HOME*. If you feel unwell or are displaying any symptoms of COVID-19 after your lesson, please contact OAS immediately at Info@oregonadaptivesports.org or by calling (541) 848-9390.

Mandatory Face Coverings

Properly fit face coverings will be required while inside and outside for the entirety of an OAS lesson (except for food/water breaks when 6-10ft distance can be maintained). We are requiring mask usage outside on lessons in the case of an emergency should someone need immediate assistance. Acceptable face coverings include:

- Medical grade masks
- Cloth masks
- Face shields
- NO neck tubes indoors***

***Neck Tubes are not in compliance with the CDC for working inside. However neck tubes with a filter insert, like [Buff's Filter Tube](#), do meet CDC standards and will be acceptable for OAS lessons.

OAS is working to provide one cloth face mask and/or filtered buff for all participants.

Socially Distant Instructing

When possible, staff and volunteers will maintain 6 ft of distance during the lesson. Lesson groups will include one athlete, one instructor, and one volunteer. For athletes needing regular hands on assistance, we request those participants bring one personal support person to assist with hands on activities and needs.

Minimal use of Indoor Spaces

The max capacity of the OAS room at Sunrise Lodge will be 5 people at any given time. Lesson times will be staggered so that if athletes need to use the facilities or make adjustments to their gear before heading out on snow, they will have access to the OAS room for up to 20min at the beginning of their lesson. A heated, outdoor, three walled tent will be set up to accommodate additional space for OAS participants. This space will be available for breaks during lessons and to adjust equipment outdoors.

Frequent Cleaning and Sanitation

Hand sanitizing stations will be provided at all OAS meeting locations. We request that all participants and support staff wash or sanitize their hands upon arrival and often when appropriate.

Lesson equipment will be disinfected after each use and prior to the next lesson. The OAS room and high touch areas will be cleaned and sanitized frequently on a daily basis.

Athlete Arrival

We request that all athletes boot up and remain in their car until it is time for their lesson. When Athletes are snow ready, please TEXT OAS at (541) 848-9390 to let OAS staff know they have arrived and are ready to begin. An OAS Instructor will meet the athlete and support person(s) at their vehicle to conduct a quick health screening. If needed, the athlete will have access to the OAS room and facilities at the beginning of the lesson. Then the lesson will begin!

Parking Reservations

All athletes, volunteers, and staff will receive a Bachelor parking pass for the day of their lesson and will not need to reserve a parking spot through Mt. Bachelor. This will apply for both the Sunrise parking area and the Nordic Center. Your parking pass details will be shared with you at booking.

Evolving Policies

OAS will continue to work with Mt. Bachelor and Hoodoo to ensure a safe and successful season of skiing and riding. OAS will monitor all applicable state regulations and recommendations for safety around COVID-19. All policies are fluid and will reflect best practices to protect the health and safety of the OAS and surrounding communities. All program offerings are subject to change.