



# ALPINE SPORTS

(ALPINE SKIING & SNOWBOARDING)

## Sport Guidelines for Return to Activity





## SPORTS OFFERED

### Alpine

#### Description

Athletes will train under the guidelines of SOPA's Return to Activities Policy. In Phases B and C, athletes will be able to train in person, providing the following protocols are met:

#### **SOPA Requirements**

- Avoid and limit general public areas and indoor spaces as much as possible to include lodge, rental areas, and restrooms.
- Follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

#### **Meals**

- It is required that athletes pack their own meals.
- If meals are provided by a third party (volunteer, venue, etc.) food must be individually wrapped and there is to be no sharing of cups, utensils, plates, etc.

#### **Rentals**

- When participants are in the equipment rental area, they must follow all social distancing, PPE, mask wearing, and hygiene protocols.
- SOPA Staff is in the process of communicating with all Alpine/Snowboard training venues to collect and review each mitigation plan.

#### **Warming**

- Avoid training sessions in conditions that would require excessive time indoors for warming purposes.
- When delegation members need to be inside to warm up, follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

#### **Available competition**

- 10 Meter Walk
- Glide
- Super Glide
- Novice Super-G
- Novice Giant Slalom
- Novice Slalom
- Intermediate Super-G
- Intermediate Giant Slalom
- Intermediate Slalom
- Advanced Super-G
- Advanced Giant Slalom

- Advanced Slalom
- Fitness Heptathlon

## Snowboarding

### Description

Athletes will train under the guidelines of SOPA's Return to Activities Policy. In Phases B and C, athletes will be able to train in person, providing the following protocols are met:

### **SOPA Requirements**

- Avoid and limit general public areas and indoor spaces as much as possible to include lodge, rental areas, and restrooms.
- Follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

### **Meals**

- It is required that athletes pack their own meals.
- If meals are provided by a third party (volunteer, venue, etc.) food must be individually wrapped and there is to be no sharing of cups, utensils, plates, etc.

### **Rentals**

- When participants are in the equipment rental area, they must follow all social distancing, PPE, mask wearing, and hygiene protocols.
- SOPA Staff is in the process of communicating with all Alpine/Snowboard training venues to collect and review each mitigation plan.

### **Warming**

- Avoid training sessions in conditions that would require excessive time indoors for warming purposes.
- When delegation members need to be inside to warm up, follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

### **Available competition**

- 10 Meter Skate
- Glide
- Super Glide
- Fitness Heptathlon

### Virtual Competition Entry Information

- Athletes are allowed to enter events as they typically do. Please refer to SOPA rule book.
- Entry scores will be due three (3) weeks prior to State level competitions, the coach will record an entry score for each athlete in their chosen event(s). These scores will be used for divisioning and must follow the SOPA Honor Code.
- Coaches will record and submit the athlete's numerical score in the chosen event(s)
- The entry score will be submitted to the Sport and Competition Coordinator/Regional Sport Director for submission.

### Phase B and C Competition

- Athletes will be divisioned according to their entry scores.
- Deadline for final scores will be the Monday prior to the event; final scores should be sent to your Sport and Competition Coordinator/Regional Sport Director. These will then be submitted to the appropriate SOPA Competition Director to produce the final results for each event.

### Fitness Heptathlon

#### [SOPA Fitness Heptathlon website](#)

- As we are seeing an increase in COVID-19 cases, we want to ensure that our athletes are continuing to stay active. We highly encourage all who are training in-person to also participate in the Fitness Heptathlon. By participating in both, should a training site need to revert back to at home training, athletes will still have the opportunity for competition.
- Coaches must communicate their participation to their program Sport & Competition Coordinator.
- [Fitness Heptathlon Fact Sheet](#) and [Fitness Heptathlon ATHLETE Fact Sheet](#)
- Review the Fitness Heptathlon coaches guide on the [website](#).
- You can find weekly training plans on the [website](#).
- As a reminder, in order for athletes to be considered for 2022 USA Games selections they MUST be actively participating in at least one SOPA Commit to Fit activity – don't miss out on the opportunity and get signed up today!
- Important dates for submission to SOPA
  - VSys Roster due by December 7<sup>th</sup>
  - Baseline scores due by December 17<sup>th</sup>
  - Mid-Season scores due by January 21<sup>st</sup>
  - Final scores due by February 25<sup>th</sup>



## Alpine Sports Coach Acknowledgement Form

As an Alpine Ski or Snowboard Coach, or COVID-19 Coordinator for these sports, I acknowledge and understand the Special Olympics Pennsylvania Return to Activities protocols and recommendations. With Alpine and Snowboard having the unique challenge of an unpredictable ski lodge population, I assure that I will adhere to the following:

### SOPA Requirements

- Avoid and limit general public areas and indoor spaces as much as possible to include lodge, rental areas, and restrooms.
- Follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

### Meals

- It is required that athletes pack their own meals.
- If meals are provided by a third party (volunteer, venue, etc.) food must be individually wrapped and there is to be no sharing of cups, utensils, plates, etc.

### Rentals

- When participants are in the equipment rental area, they must follow all social distancing, PPE, mask wearing, and hygiene protocols.
- SOPA Staff is in the process of communicating with all Alpine/Snowboard training venues to collect and review each mitigation plan.

### Warming

- Avoid training sessions in conditions that would require excessive time indoors for warming purposes.
- When delegation members need to be inside to warm up, follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

When an athlete needs to enter the ski lodge, I assure that the athlete will be accompanied by the COVID Coordinator or another certified volunteer to ensure the athlete follows the protocols and limits their time to potential exposure to the virus in the lodge

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(Signature)

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(Date)

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(Printed Name)