

School Coach Information For Gunstock Alpine Events

Hi coaches, this coming season is going to be challenging, these challenges are going to require us to make some changes in our operational conduct of events, these changes are an attempt to make things as safe as possible for athletes, coaches, my staff and anyone else involved with the event. In September US Ski and snowboard came out with a COVID-19 Alpine Domestic Competition Guidance document, later the NHIAA ski committee adopted this document as the guidance for HS alpine events, they made one change, that was to further restrict the maximum field size to 80 from 100. The middle school group has adopted the NHIAA procedure and guidance as well. Prep school events are also going to be conducted by the US Ski document, to my knowledge they will still be able to have a race field up to 100.

The race day schedule with a 10:00 start for GS would be, finish 1st run and start second run at 10:40, GS complete at 11:20. Start of SL would be 12:30, finish 1st run and start second run at 1:10, 2nd run over, event complete at 1:50. There will be a change in execution of the run order as well, for example, in a field containing 6 teams, team 1 on the run order will report to the start, we will run all of team 1, girls and boys, the coaches of subsequent teams will be given a time to have their team at the start. In this example with 6 teams the team size would be restricted to 13, likely 6 girls and 7 boys, it would take 7 minutes to run team 1, so the coach of team 2 would need to have them at the start at 10:07, as you can see this will move very fast, so coaches of subsequent teams will have to have their athletes ready and wait above the start and then move into the start as soon as the other teams last boy leaves the start. As you can see the more teams in the event the smaller each team will need to be, 9 teams would only allow for 4 girls and 4 boys. This will work but will require coordination and organization on the coach's part, also there can be no equipment or clothing left at the start by any team, coaches will need to work out how they handle this on an individual basis. There will be a short break after each team for coaches and equipment/clothing carriers to move downhill. There will be no downhill movement while any team is running, there will be no skiing the hill at any time, warm up or free runs will need to be taken on another trail. If an original run order comes into the host coach less than the maximum, at his discretion the host coach may populate the run order up to the maximum, how or if the coach does this will be up to the coach. As each team finishes their last run of the day, they will immediately proceed to the bus and leave the area.

The primary purpose of this is to keep groups from mingling together, coaches please protect your athletes and others by not allowing your team to mingle with other teams and vice versa. During course inspection, coaches you must make sure you keep a good distance between your team and other teams. This means inspection will need to be done as a complete team with the coach, there should be no individuals or small groups inspecting without the coach present. No one but race crew will be allowed in the timing building, not even up on the deck. Coaches if you need to talk to a timer, stay on the snow and ask one of the crew to tell timing, the timing person will come out on the deck and speak with you over the railing.

The lodges will be open and available, but groups will not be able to hang out in there, food will be available, athletes will be able to take a quick bathroom break and a few minutes to warm cold fingers. The resort will have employees monitoring the lodge use and how long people are in there. The race days will move quick and be short with these reduced field sizes, the athletes will not have time to go inside for any length of time, other wise they will miss their next start. Coaches it is your job to make sure your athletes fully understand the sequence of the day and how fast things will move. Any athlete that is not at the start by the time the last athlete on their team runs will not be able to take their run.

My goal is to keep everyone safe and healthy so we can complete the schedule and the season, I will need everyone's help and coordination to do this. I really want to get to the other side of the season, be able to look back and say **"WOW we did it!"**

There will likely be further information and details as we get closer to the season, as well as there maybe the need to make adjustments during the season. This at least gives everyone something to start with and information you can share with your teams during any preseason meeting. There will be a later information sheet that will cover more details about lodge availability and usage, protocol and procedure for the lift line and chair lift. GSC is restricting the clubhouse usage this year to structured GSC activities only, GSC athletes will not have access to the clubhouse when there for a school race, this information will also be communicated from the GSC side as well, to the athletes and parents.

We will not be having captain's meetings in person, I will send out information by email, then the host coach will need to make sure coaches from other teams get the information. It will be imperative that the line of communication is complete, from me to the host coach, then to all other coaches, and then all coaches make sure that all their athletes are informed and understand.

Steve Howe

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