



## 2020-21 Alpine Ski Rules Considerations NHIAA Ski Committee Adopted for 2020-21 Season

In support of the Guidance for Opening Up High School Athletics and Activities, the NHIAA Ski Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

**In addition to this document please be sure to consult the [New Hampshire Safer At Home Guidance for Ski Areas](#)**

**\*\*Ski Areas are most commonly privately-owned facilities. Be sure to know and follow the policies and procedures of the facility prior to practice or competition\*\***

### Alpine

Competitions –

- All officials and participants shall be required to follow the guidance in this document, as well as the guidance noted in the NHIAA Reopening Sports Guidance, NH State Youth and Amateur Reopening Guidelines, New Hampshire Safer at Home Guidance for Ski Areas, and NFHS Guidance for Opening Up High School Athletics and Activities. Additionally, all coaches and participants will adhere to the following modifications to competition operations:
    - Teams will remain in their cohort/school groups at all times during an event
    - Masks must be worn by coaches, officials, and volunteers at all times.
    - Masks must be worn by athletes, other than while warming up, training or directly competing.
    - Onsite awards ceremonies will not be allowed
    - Field sizes at each race should not exceed 80 total athletes (40 males, 40 females; 20 males, 60 females; 80 males, 0 females, etc.)
    - Athletes should avoid physical contact with other athletes, teammates, and coaches (i.e. high fives, celebrations following a run, etc.).
    - Athletes should only be handling their own equipment, unless serviced by their coach.
1. All race participants (athletes, coaches, officials, and volunteers) must complete a daily symptom check (example) the morning of each race day.
    - a. a. Coaches must confirm all athletes and coaches have completed a daily symptom check.
      - i. Athletes must be screened via their school designee as outlined in the NHIAA Reopening Sports Guidance Document prior to arriving at any event
    - b. b. All officials and volunteers must submit a daily symptom check to the Race Host before each race day.
  2. All Coaches Meetings will be virtual. All race documents will be delivered electronically.
    - a. All attending coaches must register for the race electronically.
    - b. Reports by the Referee will be posted electronically. Notification of protests must be made electronically, in accordance with the protest period deadlines. Protest hearings should be done in person, with proper face coverings and in observation of social distancing rules.
    - c. Venues with no Wi-Fi or cell service will require an alternative plan for distribution of race documents that adheres to social distancing rules.

3. As a directive of the Jury at every competition, face coverings are required by all participants (athletes, coaches, officials, and volunteers) at all times when not socially distanced (less than 6 feet from others), except while warming up, training or directly competing. Competitors may remove their face covering in the start but must put it back on before leaving the finish corral. Non-compliance may result in disqualification from the race
4. Teams should remain in their cohorts, as well as athletes must maintain at least six feet of distance between one another during inspection, warmup and cool-down.
5. Races will be seeded by teams. The start order can be reversed for the second run.
6. Start areas must be expanded with team zones demarcated six feet apart from each other.
7. Physical scoreboards are prohibited. Unofficial results to be posted on a live timing website. Official results to be distributed electronically.
8. In-person awards ceremonies are prohibited. Recommendation to celebrate the winners virtually, for example with action photos on social media.
9. Recommended to limit participant access to indoor facilities, and to minimize downtime for athletes during the day.
  - a. Areas below finish can be expanded with team zones demarcated that are six feet apart from each other. The use of well-ventilated tents and heat lamps can be encouraged to provide shelter and warmth for participants on cold winter days.
  - b. For venues with parking lots nearby, vehicles can be used to keep participants warm.
10. Recommended to limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations where spacing and social distancing cannot be maintained, especially with individuals not from the local geographic area (e.g., community, town, city, or county). Spectators in attendance must adhere to local health guidelines, limiting gatherings and contact with individuals where spacing of at least 6 feet between people cannot be maintained. No spectators permitted inside the race arena.