

BSF Nordic COVID-19 Risk Management Plan

Montana Guidelines for Phase I:

PHASE ONE: SPECIFIC TYPES OF EMPLOYERS/ACTIVITIES:

ORGANIZED YOUTH ACTIVITIES: can consider becoming operational if physical distancing guidelines can be implemented. Avoid GATHERING in groups of more than 10 people in circumstances that do not readily allow for appropriate physical distancing.

GYMS / POOLS / HOT TUBS remain closed.

OUTDOOR RECREATION can become operational if sites adhere to strict physical distancing between groups and exercise frequent sanitation protocols if public facilities are open.

PEOPLE WHO FEEL SICK SHOULD STAY HOME • Do not go to work or school. • Contact and follow the advice of your medical provider. • Follow local health department guidance on isolation and quarantine.

[Guidelines from USOPC](#)

BSF Nordic Program Phase One Operating Plan: *In order to adhere to the Montana State guidelines for Phase 1 of reopening the economy, BSF will take the following measures:*

1. Keep training group size to a maximum of 10 people.
2. All training sessions, including strength training will occur outside.
3. All athletes and coaches are expected to maintain a minimum distance of six feet between individuals.
4. BSF van transportation is suspended until Montana enters Phase 2.
5. Coached training sessions will be limited to intensity, technique, and strength until Montana enters Phase 2. L1 distance sessions will be OYO.
6. BSF coaches will be certified in First Aid and CPR and will carry a phone, first aid kit, and extra food and water during all training sessions.
7. BSF coaches will bring hand sanitizer and disinfectant wipes to training sessions and wipe down all commonly shared equipment before and after use

Participant Expectations: *In order to participate in BSF Nordic training sessions, athletes are expected to:*

1. Sign the BSF Athlete Agreement
2. Avoid unnecessary risk to themselves or their teammates
3. Maintain appropriate social distance while at practice
4. Always carry water and a snack while at practice and avoid sharing with other teammates
5. Stay at home if they are feeling sick
6. Communicate with coaches if they begin to feel sick while at practice

Montana Phase II Guidelines:

<https://covid19.mt.gov/Portals/223/Documents/Reopening%20Montana%20Phased%20Approach.pdf?ver=2020-04-22-115707-770>

BSF Nordic Program Phase Two Operating Plan: *In order to adhere to the Montana State guidelines for Phase 2 of reopening the economy, BSF will take the following measures:*

- 1. Meet as a group provided that group size does not exceed 50 people*
- 2. At assigned meeting locations, athletes will be split into smaller groups to conduct training sessions. BSF will strive to keep training group size under 15.*
- 3. BSF Nordic may stagger practice start times to avoid congestion at busy trailheads and to minimize risk to other trail users.*
- 4. Training sessions will occur outside*
- 5. Strength training sessions will continue to be conducted outside, however these may be occasionally conducted inside at the Mountain Project.*
- 6. If strength training occurs at the Mountain Project, BSF will follow safety protocols that are laid out by TMP staff.*
- 7. All athletes and coaches are expected to maintain a minimum distance of six feet between individuals.*
- 8. BSF van transportation will remain suspended until further notice.*
- 9. BSF coaches will be certified in First Aid and CPR and will carry a phone and first aid kit during all training sessions.*
- 10. BSF coaches will bring hand sanitizer and disinfectant wipes to training sessions and wipe down all commonly shared equipment before and after use.*