



## U.S. Ski & Snowboard COVID-19 Risk Mitigation Strategies

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This document describes the guiding principles and strategies for mitigation of risk of COVID-19 transmission. These are actions that individuals and teams can take to slow the spread of the virus within their team and greater community. These actions are important as they relate not only to the prevention of illness in unvaccinated individuals but to protect vaccinated individuals' ability to participate in training and competition.

### **Individuals**

Individuals should follow basic [CDC recommended COVID-19 hygiene](#) practices as outlined below to continue to slow the spread of the virus:

Unvaccinated individuals should:

- Wear a mask in public at all times.
- Maintain physical distancing (6 feet) around people that you don't live with.
- Get vaccinated.

Vaccinated individuals:

- Should consider wearing a mask to protect yourself when in environments where you cannot ensure physical distancing.

Everyone should:

- Wash your hands regularly with soap & water or use a hand sanitizer if water isn't available.
- Avoid crowds and poorly ventilated spaces until transmission rates are low (<10/100,000 people per day).
- Cover coughs and sneezes
  - You can cough or sneeze into your mask but put on a clean mask as soon as possible.
  - If not wearing a mask, cover your mouth and nose with a tissue, or use the inside of your elbow.
  - Immediately wash your hands with soap and water or use hand sanitizer.
- Clean and disinfect
  - Clean high touch surfaces daily: doorknobs, phones, light switches, counter tops etc.