

2023 COVID-19 Guidelines for Kongsberger Ski Club

To be consistent with state guidance, as a club we:

- Advise people who test positive for COVID-19 or have symptoms not to come to the cabin. If someone in the cabin develops symptoms of COVID-19, they should mask up and return home as soon as they reasonably can.
- Practice good hygiene, including hand washing and covering coughs and sneezes.
- Promote good ventilation by using air cleaner(s) in the upstairs bunk rooms and opening windows when weather allows.
- Keep a small supply of masks and tests at the cabin.
- Welcome guests to use the cabin and the waxing shed this winter on race days.
- Race directors can decide where they want lunch, award ceremonies and registration to take place. They can consider virtual options if they'd like to be inclusive for people who can't attend. Outdoor settings for bib distribution, awards and food can be fun and preferable but each race team of volunteers can decide how they'd like to hand food and awards.
- KSC has a COVID-19 point of contact for the club--Kirsten Wyses in winter 2023. If anyone tests positive for COVID-19 within three days of visiting the cabin, please let Kirsten know. She will notify the club through the club email listserve that someone has tested positive after recently being in the cabin. She will not name the person. If multiple people test positive, she will notify Kittitas Health department of an outbreak, per their outbreak reporting guidance.

For more information about COVID-19, please see your county health department, the Washington State Department of Health and CDC websites.

Context for 2023 guidelines

By now, we are learning to live with COVID-19. We think it's smart to take reasonable precautions to avoid infections, but COVID-19 doesn't "control our lives" in the ways it has in the past, because now that we have more knowledge, vaccines, masks, ventilation, tests and treatments available. Nonetheless, we recognize that COVID-19 is riskier for some people, like older and immunocompromised people. The Washington State emergency declarations for COVID-19 ended in October 2022. We are at the point when everyone should carefully consider their own risk of COVID-19 and choose what to do. We are trying to adopt guidelines for KSC that make sense and are not too controlling for this winter.