

KSC COVID-19 Policy for Winter 2022

Cabin use

Open for member in-person daytime use and overnight stays without scheduling reservations, with these recommendations:

1. Wear a mask indoors except when eating, drinking and sleeping.
2. Vaccines are required for those eligible, including children ages 5 to 11. We are requiring vaccines knowing that we do not have the capacity to verify vaccination of cabin users, so the club will be using an honor system.
3. Children under 5 can stay in the cabin, including overnight, even though they are ineligible for vaccines.
4. Ventilate, as much as possible, to avoid virus transmission.
5. No guest use of the cabin this winter, including overnight and day use.
6. No one should use the cabin if they have tested positive in the last 10 days or have COVID-19 symptoms, such as a cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat or new loss of taste or smell, see: <https://www.doh.wa.gov/Emergencies/COVID19/FrequentlyAskedQuestions#heading42435>
7. Place signs on the cabin doors with these COVID-19 prevention guidelines.
8. Ask for notification from a club member who uses the cabin and then tests positive for COVID-19 or has symptoms in the following 3 days. The infected person notifies the COVID-19 Committee representative (Kirsten Wysen, this year), who will share an all-club email through the listserv to let others know while keeping the person anonymous. We will post the number and dates of notifications in the Cabin Wiki webpage (hopefully, zero or a small number of times).
9. In general, we are following state guidelines for indoor dining and congregate housing (without requiring vaccine verification, although vaccines are recommended), along with sauna guidance in the Sports and Fitness state guidelines: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-201-SportsFitnessGuidance.pdf>.

Race events

In-person races this year with these recommendations on race days:

1. No indoor cabin use for non-members on race days nor on non-race days.
2. Waxing shed use for members only on race days and non-race days. We recommend keeping the door open, when possible, for ventilation.
3. No day-of registration, online advance registration only.
4. Bib distribution and collection outdoors.
5. Food, if any, after or during the race, outdoors.
6. Zoom award ceremonies.
7. Follow the low contact outdoor guidance in the Sports and Fitness state guidelines: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-201-SportsFitnessGuidance.pdf>.

- FYI, current Washington state requirements for low contact outdoor sports include: "Masks are no longer required outdoors; however, unvaccinated individuals should wear face coverings outdoors in crowded public settings, including sporting events, where there is decreased ability to consistently maintain physical distance between non-household members. People are not required to wear face coverings while engaged in outdoor training or competition in any type of sport," as well as no participation for those with symptoms or a recent positive test, etc.
8. Document the club's COVID-19 approach in a safety document and post on the KSC website in an easy to find place so all racers see it. The safety document will include these 11 recommendations for race events.
 9. Ask for notification to the club COVID-19 Committee representative (Kirsten Wysen, this year) if a race participant gets COVID-19 or has symptoms within 3 days of attending an in-person race. Notify racers that an unnamed competitor has tested positive. We will post the number of notifications we receive on the KSC website.
 10. In addition to Kirsten's role in the notification process, each race should have a designated COVID-19 volunteer to assist with following DOH Sports and Fitness event guidance, plan how all race volunteers will understand and contribute to implementing the safety practices in these 11 steps, answer COVID questions the day of the race, and suggest COVID safety practices on race day, e.g. distancing and mask wearing when crowds are unavoidable, such as during bib distribution.
 11. Remind race participants that exposure during their transportation to the event creates risk, and we note that single household transportation is recommended by DOH at this point.

KSC COVID Committee: Brandon Guthrie, Augustina Harper, Jeff Hashimoto, Matt Kronman, Kyle Nagle, Scott Shinneman, Kirsten Wysen, and Esther Andrews (Cabin Chief)

This policy was approved by KSC membership vote on November 7, 2021.