

## Health & Safety Guidance for Winter Programs

FMN Programs 2020-2021

- All participants need to sign this [FMN COVID-19 Waiver](#) before participating in any FMN activities.
- Participants who travel out-of-state need to quarantine for 14 days or be tested on day 7 before entering or reentering our programs. ***This does not apply to travel to counties with low rates of active cases of COVID*** (see the VT travel map here: [VT approved travel map](#)).
- Participants and parents/ guardians should review these health questions before each training session: [Daily Health Screening checklist](#). Anyone with any of these symptoms will not be allowed to participate.
- All participants (or their parents/ guardians) will need to sign a contact tracing form at the start of each session.
- There will be no sharing of water bottles or food brought from home; all personal items should be stored in labeled bags and handled by the owner only.
- Participants and parents/ guardians must have a facial covering.
- The vehicle you arrive in will be your “lodge”. You should get ready to ski in your vehicle. Extra gear, food and drink should be kept there.
- Parents/Guardians should remain at Rikert during programming.
- If a participant shows symptoms of an illness, they will be quarantined and will be required to be picked up as soon as possible.

More links:

- [NENSA Covid Considerations](#)
- [Return to Play Risk Assessment Tool](#)
- [NSAA Ski Well, Be Well](#)
- [VT approved travel map](#)
- [Visitors/Returning travelers to VT](#)

- [Quarantine, Isolation, Observation](#)