



COVID-19 Protocol & Guidelines

ATHLETE QUICK REFERENCE SHEET

TRAINING

- DO NOT ATTEND training if you are sick in any way for the safety of all athletes, coaches & staff
- Athletes and Parents must check for symptoms before training, just like going to school
 - [State of Colorado Symptom Checklist](#)

MASKS/FACE COVERINGS

- Masks MUST BE WORN inside at all times
- Masks must be worn outside when 6' social distancing is not possible
- Masks with ear loops/ties are preferred over Buffs
 - If a Buff is worn, please double or triple the material

GYM + CLUBHOUSE

- The clubhouse is only open to athletes training in the gym
- Athletes must come to training ready to go (there is no changing in the building)
- Athletes may not "hang out" at the clubhouse. They may only be at the clubhouse for a scheduled training session
- Masks MUST BE WORN inside at all times
- Athletes must enter the gym from the back and will only have access to the gym and bathrooms
- There is no access to the water fountain. Athletes must bring a full water bottle to each session

QUARANTINE/ISOLATION

- If an athlete has been asked to quarantine or isolate, that athlete may not be at any training sessions within that quarantine/isolation period per Public Health Guidelines
- Please follow all local, state and federal guidelines regarding quarantine and isolation orders
- If an AVSC athlete or coach have a confirmed COVID-19 case, AVSC will follow directives from Pitkin County Public Health regarding contact tracing and returning to training

RESOURCES

[Pitkin County COVID-19 Website](#)

[State of Colorado COVID-19 Website](#)

[CDC Guidelines](#)

[Symptom Checklist](#)

[Quarantine & Isolation Protocol](#)