



VARA MEMBER COVID - 19 PLEDGE

VARA is deeply committed to our [mission and goals](#). In times of crisis, we must renew this commitment in order to provide the best possible programming and event schedule for our community. The nature of the COVID-19 pandemic demands that we all take an active role in ensuring the best possible outcomes for the season that lies ahead. Therefore, the VARA Board brings forth this member pledge to help raise awareness, address ski area precautionary compliance concerns, and to highlight the strength of our VARA community and how well we can work together for the benefit of all.

As a member of the VARA community, please make this pledge to responsibly protect your health and the health of others. Your efforts to prevent the spread of COVID-19 will play a pivotal role in allowing VARA members and clubs to enjoy participating in the sport they love!

The virus that causes COVID-19 is highly contagious. It is possible to develop and contract COVID- 19, even when individuals follow all of the safety precautions recommended by the CDC, the State of Vermont, ski clubs and areas, and US Ski and Snowboard. By adhering to these guidelines and making the promise to protect your health and other's health responsibly, we will all reduce the risk of spreading the illness throughout our amazing and resilient community.

I pledge to care for my personal health, the health of the VARA community, the health of our surrounding Vermont communities, and my community at home:

- Stay informed of and in compliance with all federal, state, and local public health guidance and guidance specific from my VARA club and from ski areas at which I train or race.
- Follow social distancing guidelines maintaining a distance of 6 feet or more from anyone outside of my household.
- Wear an appropriate face mask and/or other protective gear when in public spaces, on or off the hill, even if 6-foot distancing is possible.
- Wash my hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Stay home and not participate in training or racing or related activities if I feel sick.
- Stay home if I have been exposed to someone who is sick or has tested positive for COVID-19.
- Be mindful of not sharing personal items with others, particularly items such as eating utensils and water bottles, which could spread COVID-19.
- Participate in any required testing to preserve the health and wellbeing of the community.
- Follow all directions given by ski areas, ski clubs, VARA, club and venue officials and displayed on signage. Individual activities and facilities may have more specific requirements based on the unique risks presented.

- Comply with any additional requirements of the local organizing committee at a competition.
- Realize that this virus does not discriminate and do the same myself. No person or group of people is responsible for this virus and I will not blame the presence of COVID-19 on anyone in my community.
- Complete any state-required quarantine and/or testing when traveling to Vermont from out of state and likewise when traveling back to your home state if that is elsewhere. Details for these requirements are outlined by the Vermont Department of Health at <https://www.healthvermont.gov/response/coronavirus-covid-19/traveling-vermont>.
- Monitor for the symptoms of COVID-19 and report to a medical professional if I experience a fever of 100.4 F (38 C) or higher, dry cough, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat or loss of taste or smell, or other symptoms related to COVID-19.
- Promptly report any known or potential exposures to COVID-19 to my program director and my club's COVID-19 contact and participate fully and honestly if asked in contact tracing to determine who I may have potentially exposed to COVID-19.
- Follow the instructions of medical professionals, which may include being tested for COVID-19 and self-quarantining while test results are pending, and/or being evaluated.
- Self-isolate in accordance with the Vermont Department of Health guidelines if I test positive for COVID-19.
- Remember that not everyone is equally affected by COVID-19. By complying with COVID-19 health guidelines, I will help those who are most vulnerable to stay safe.

As more information is gathered and known, VARA may modify the required health and safety practices outlined above. I understand it is my responsibility to keep apprised of these changes to protect myself as well as the communities of VARA, Vermont, and my home state.

I have read, understand, and agree to comply with this VARA pledge. I also acknowledge that this pledge is a condition of my ability to participate in the 20-21 race season in Vermont. My failure to comply may lead to immediate removal from a training or race venue and/or disciplinary action from my club or academy. Reported violations of this pledge will be reviewed in accordance with VARA and race venue protocols.

I understand that the only way to get safely through the COVID-19 crisis is to work together as a team!