



January 20, 2022 Covid Updates

The COVID19 spike within Boulder County appears to be starting its downward trend, yay! However, the levels of infection, hospitalization and available ICU beds are still far outside the County's acceptable level. As we monitor the impact on our community, we have the updates provided below. We continue to work with representatives of Boulder County, our Safety Committee, and US Ski and Snowboard to determine best practices for our organization.

- **EMSC has moved its timeline consistent with [Boulder County Guidelines](#), The CDC, and schools. After a confirmed or suspected positive:**
 - 5 day minimum isolation
 - *Isolate Until: You have had no fever for at least 24 hours — without the use of fever-reducing medicines, AND your symptoms are improving, AND it has been at least 5 days since your illness began.*
 - **Medical release from a doctor is REQUIRED for return to sport.**
 - **This is a [CDPHE requirement](#) for organized sports.**
 - These guidelines go into effect for any new cases reported after today, January 20th. (Those who are recovering from infection in the past 10 days should follow the Return to EMSC protocols sent out at time of positivity)
- **Do not attend training, or events (races) if there is a confirmed case within your household, athletes are sick or have symptoms or are awaiting PCR results due to exposure or symptoms.**
 - Keeping our coaches and community safe is a top priority. If our coaches are sick or must isolate, or there are large infection rates within a group, we may not be able to operate training for a period of time.
- **Wear a Mask**
 - Coaches and groups should wear a mask on the when distance cannot be maintained such as on the chairlift and while grouping to minimize the risk of transmission.
- **Van transportation is still on hold.**
 - We will continue to monitor the rates of infection, test positivity, and hospitalization and are **hopeful to have vans in action the week of February 7th.**
 - Until we announce the return of vans, families will be responsible for getting their athletes to training, LOC and races.

- **Hopeful to resume Team Travel after February 15th** (No Team travel before then)
 - While we are hopeful to resume Team Travel February 15th, we cannot guarantee that infection rates will support that. Please book flexible accommodations for any away races and trips at least through February. (Many places have improved cancellation policies)
 - We will gauge interest for Team Travel accommodations after Feb. 15th and work with groups to communicate the likelihood of team trips.
 - We will present an update on Team Travel, along with vans, the week of February 7th.

Return to EMSC after Confirmed or Suspected COVID19 Case

These guidelines may be different from the timelines and requirements for school or other activities. They are the current best practice for our organization in order to keep others and coaches safe, along with ensuring athletes are ready to be outside, pushing themselves, and in the cold for prolonged periods of time, based upon feedback from medical experts..

- Follow the CDC and [Boulder County guidelines](#) for isolation and masking after a positive test result or if symptomatic.
 - **Do not attend training for 5 days** since the onset of symptoms or confirmed positive, whichever came first or has been communicated by the health care professionals you are working with.
 - Continue to wear a mask
- Per [CDPHE Guidelines](#) for organized sports, **athletes must receive medical clearance from their doctor to return to sport.**
 - In most cases, after athletes are done with their infectious period, they can do a telehealth visit to screen for symptoms. If they don't pass a telehealth screen, the athletes may then need an in-person visit prior to participating in hard physical activity.
 - *"Given the potential for prolonged symptom recovery and cardiac complications from COVID-19, athletes with confirmed or presumed COVID-19 infection must coordinate with their health care provider to obtain clearance for return to sports participation. Due to the demands of athletic activity, clearance may be different from timing for return to school or return to work."*
 - Resources for Telehealth visit from CDPHE: <https://covid19.colorado.gov/telehealth-and-nurselines>
 - *In Colorado, telehealth is covered by all insurance plans. To learn more, contact your insurance company directly.*
 - *Calling a nurseline is typically free but some nurselines may have rules about who they serve.*

- *Under direction of Colorado's Department of Regulatory Agencies, co-pays will be waived for any COVID-19-related in-network telehealth services for those with private health insurance. For unrelated telehealth visits, you may still be required to pay a copay.*
- *Telehealth visits cost the same as an in-person visit for Medicaid and Medicare patients.*
- *If you don't have health insurance or a primary care provider, [there are several online telehealth companies that will see you for a fee.](#) These visits typically range from \$20 to \$75 per visit.*

Please provide proof of medical clearance to admin@lertprograms.com.

Thank you for your cooperation and stay well!

LERT Administration
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