



Courage Kenny Ski & Snowboard Returning Volunteer Refresher



Volunteers are amazing

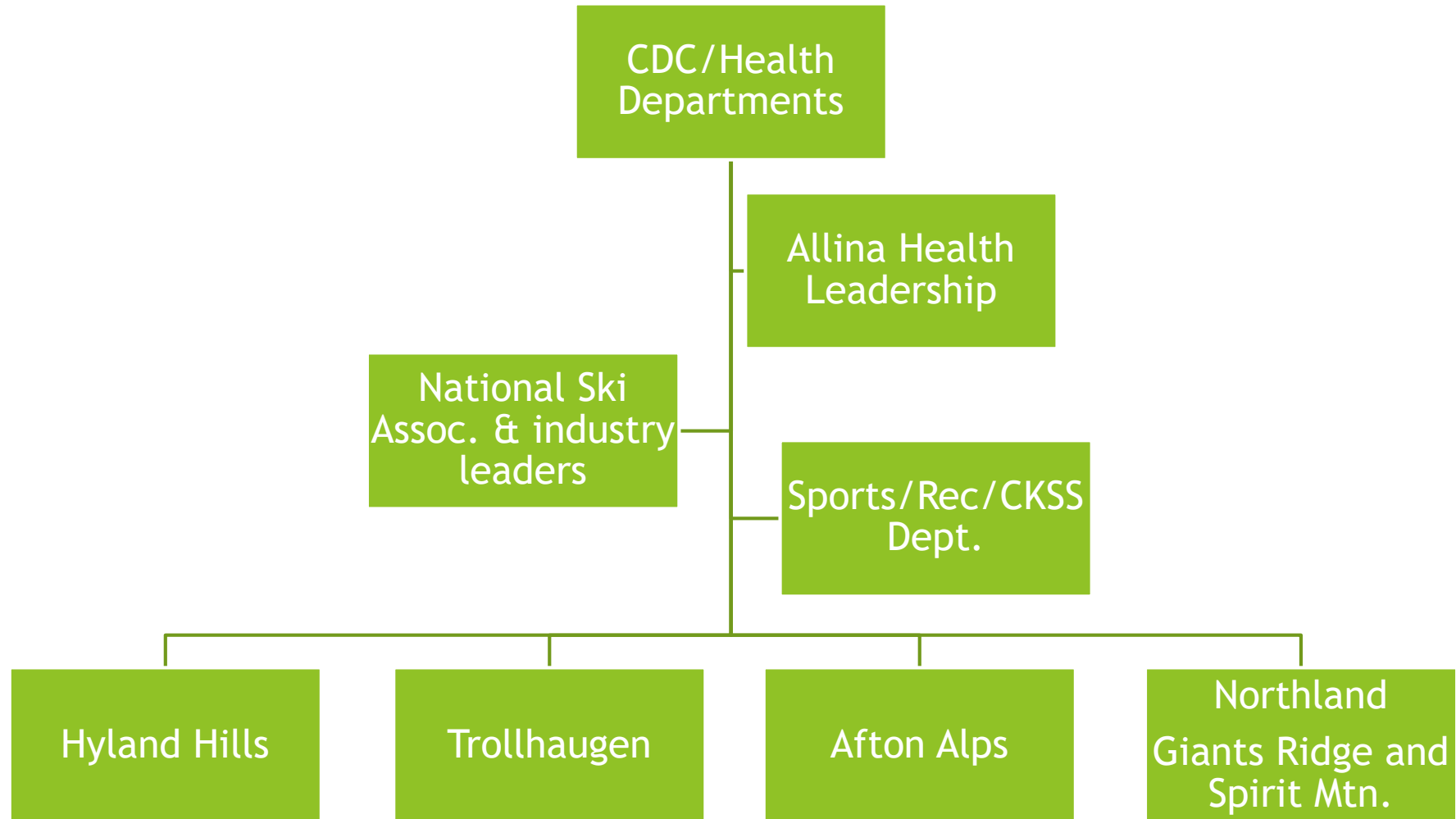
"If you want to find out who you really are, become a volunteer. What you do as a volunteer for a cause you believe in will challenge you, make you stretch and help you grow. In so many ways, you will gain far more than you give..."

Andy Fuller, volunteer

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How decisions are made for this season



Courage Kenny Guidelines based on MDH Youth Sport and Allina Health

- ❖ Group size at any site is not to exceed 25 at any given time - this includes staff, volunteers and participants
- ❖ Social Distancing of 6 feet or more is recommended and will be maintained wherever possible
- ❖ **All staff, volunteers and participants are required to wear**
 - ❖ Droplet mask with ear loops, indoors as well as outdoors
 - ❖ Eye protection (indoors/eye shields and outdoors/goggles)
 - ❖ Ski Goggles are appropriate for indoor protection

Volunteer Criteria

- ▶ **Face coverings** that cover nose and mouth are required to be worn at all times indoors and outdoors
 - ▶ Except when physically distanced for eating/drinking, alone in a room with the door closed, or when a mask would interfere with medical treatment
- ▶ **Hand Hygiene** Volunteers are encouraged to increase the use of hand sanitizer and wash hands with soap and water for at least 20 seconds throughout the day and after contact with participants and/or equipment contact.
- ▶ **Physical Distancing** Volunteers are encouraged to maintain appropriate physical distance (minimum of 6 feet) from other volunteers and participants at all times.
 - ▶ When circumstances require volunteers to be within 6 feet of another person, they are to wear a mask and encouraged to keep the time under **10 minutes** to reduce exposure of close contact.
 - ▶ Physical contact, such as shaking hands, high fives, hugging, etc. must be avoided.
- ▶ **Daily Self-Assessment/Health Screenings** Volunteers working on-site are required to conduct daily wellness checks, this requires reading and signing the attestation form prior to each lesson session at check in.
 - ▶ Volunteers must stay home if they are feeling sick or have been in contact with a positive COVID-19 case, as per state and county guidelines and CKSS guidelines.

Personal Protective Equipment (PPE)

- Volunteers will be issued a personal Airband RX99 Air Filter Mask (1 per volunteer).
 - ▶ Volunteers are required to care for this mask. The Airband requires hand washing after each use and can withstand up to 50 washing before replacement.
 - ▶ Volunteers must carry replacement masks to be used if a mask gets wet and is no longer usable.
- Volunteers will be required to wear eye coverings at all times during lessons.
 - ▶ Approved indoor glasses or face shields will be provided and volunteers must wear wrap around goggles all times outdoors.
 - ▶ Most safety glasses, prescription eyewear and sunglasses do not qualify as PPE.
- CKSS will have extra disposable eye shields and face masks available to carry an extra and in case of an emergency.

COVID-19 Screening Procedure

COVID-19 screenings are to be implemented for volunteers and program participants prior to running programs. The screenings will also be required of all family & caregivers accompanying the participant.

The procedure to implement the health screenings is summarized below. The COVID-19 screenings are intended to mitigate the potential spread of COVID-19 and provide contact tracing data.

EACH SITE WILL BE SET UP WITH A SPECIFIC ATTENDANCE/COVID CHECK IN- specific information will be given at our On The Hill Trainings.

COVID-19 Screening is intended to:

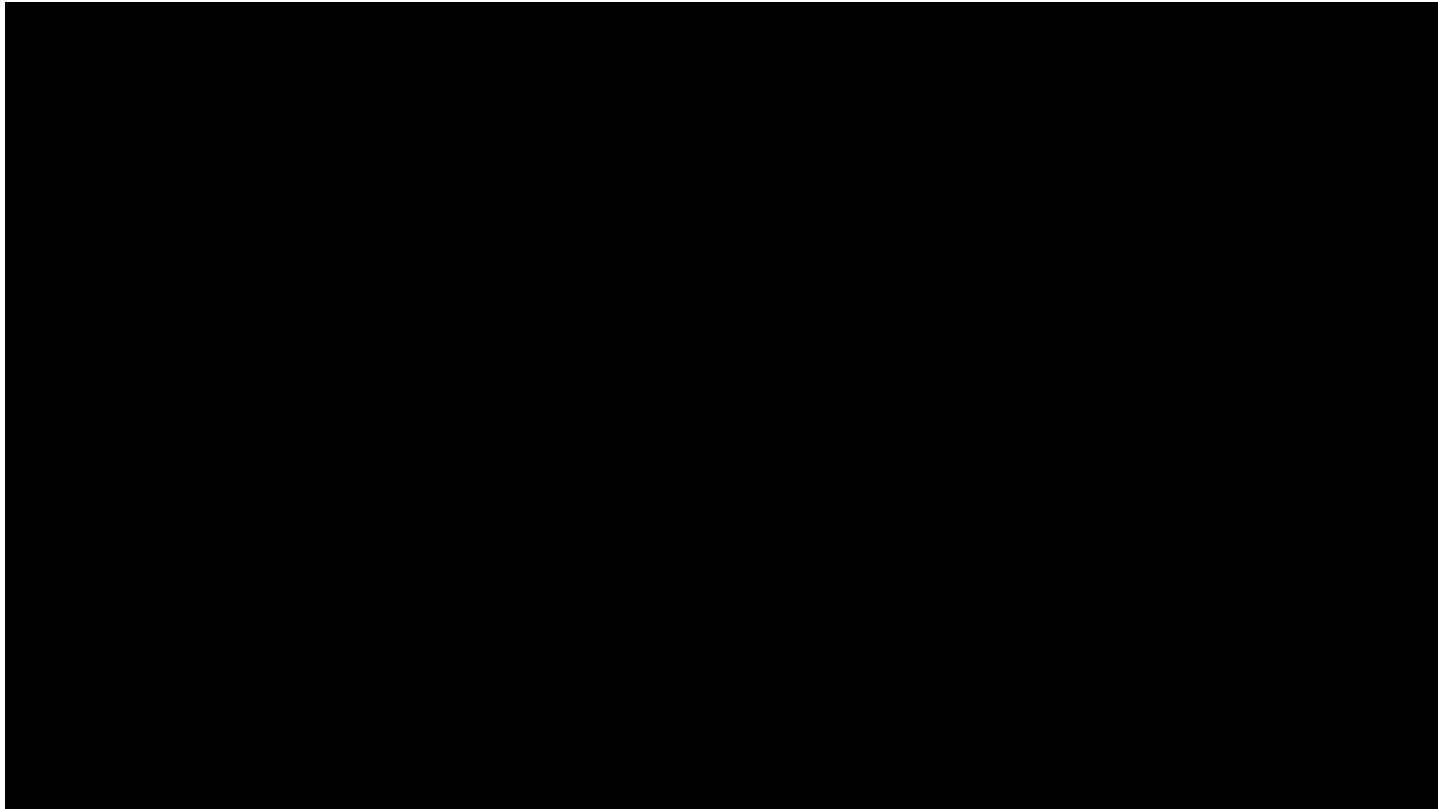
- Identify persons demonstrating symptoms of the COVID-19 virus
- Prevent suspected cases from impacting CKSS volunteers and programming
- Separate identified persons from others to prevent transmission of infection
- Refer persons for medical evaluation or treatment when necessary
- Collect individual contact information if needed for contact tracing

Management of Confirmed or Suspected Covid-19 Cases

- ▶ Follow these steps:
 - ▶ If either you know of a confirmed case or suspect you have been exposed....Or if your participant states either of the above.
 - ▶ Alert Site Coordinator immediately!
 - ▶ They will gather information regarding program contact and report to Program Coordinator.
 - ▶ Go home immediately and begin quarantine!
 - ▶ CKRI Manager and/or volunteer services will report information to Allina Leadership
 - ▶ Allina Leadership will ultimately make the decision, based on each specific case as to the status of the ski and snowboard program and/or the “lesson pod”
 - ▶ All information will be shared with the Minnesota Department of Health and people will be notified from them if necessary.
 - ▶ We will share all necessary information with site specific management.
- ▶ *Friends, this is heavy stuff, but we have a good chain of command in place, it is clear and easy to follow, not only you as a volunteer but all staff. We truly appreciate your willingness to follow all guidelines and continue to support activity for all participants.*

Remember to Stretch....

(Double click the black box to bring up youtube video)



Now for the fun stuff....



REFRESHER COURSE

- ▶ Student Confidentiality
- ▶ Risk Management
- ▶ Policy and Procedure
- ▶ Check for understanding

REMINDERS

▶ HIPPA

- ▶ Health Insurance portability Accountability Act of 1996: Protects persons privacy and security of protected health information (i.e. student assessment forms)

▶ CONFIDENTIALITY- Identifying information is private

- ▶ Full name, health history and conditions, treatments and medications

▶ SOCIAL NETWORKING

- ▶ Please remember to treat all social networking sites as public domain
- ▶ No taking photos or videos
- ▶ No posting of photos of participants
- ▶ Be respectful and treat others as you would want to be treated

What is Risk?

- ▶ Any situation involving exposure to harm or injury
- ▶ Internal Risk Factors
- ▶ External Risk Factors
- ▶ Prevention of Risk
- ▶ Preparing for Crisis

Internal Risk Factors

▶ How does the student feel?

- ▶ Are they excited, anxious, frustrated?

▶ How prepared are they?

- ▶ Do they have the proper gear? Do they know what to expect?
- ▶ Do they have the appropriate PPE to participant.

▶ What is their ability?

- ▶ Have you read their participation assessment form? Participant progress form? Talked with them or a family member?

External Risk Factors



► What is the temperature?

- Are you cold? Wet? If you are they probably are too.

► What is the terrain?

- Snow level/condition
- Does the terrain offer enough challenge for the student?
- Are there a lot of obstacles? (Trees)

► Who else is around?

- Racers, new skiers, youth lessons

Managing Risk

- ▶ Prepare yourself and your student
 - ▶ Appropriate Clothing
 - ▶ Know your participant
 - ▶ Make safe decisions
 - ▶ Make a Pre Plan
- ▶ Personal protective equipment is put in place by family / PCA and in good condition



What is an Incident?



A series of seemingly inconsequential events.

All incidents (even if no medical attention is needed) must be reported to your site coordinator

- ▶ Covid-19 guidelines, if not followed must be reported to site coordinator immediately(i.e. inability to keep face covering over nose and mouth)

Steps to Take When an Incident Happens

- ▶ Establish scene safety
- ▶ Ask those involved if they are ok? Do NOT claim any responsibility
- ▶ Call Ski Patrol
- ▶ Keep the injured party comfortable without moving them.
- ▶ Notify the Site coordinator ASAP
- ▶ Site coordinator will document incident and report to program coordinator ASAP
- ▶ Program coordinator does all incident reporting to Allina and Move United

Reminders

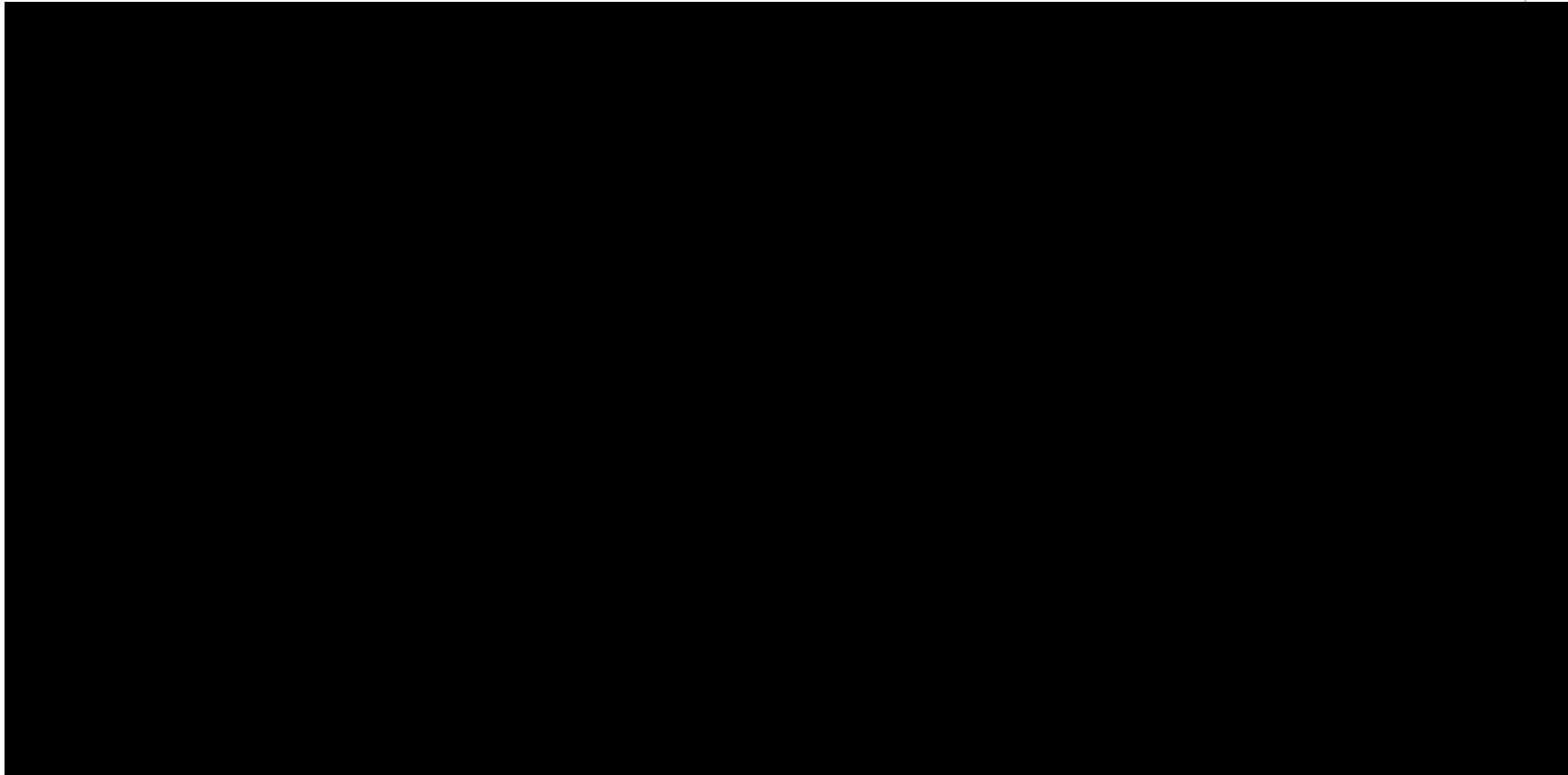
- ▶ Do not put yourself at risk
- ▶ Never leave the injured person unless there is **ABSOLUTELY** no one else to go get help
- ▶ Refrain from giving them food, water or medications
- ▶ Do not claim responsibility for the incident
- ▶ Do not talk about the incident with others, respect the individuals privacy

Volunteer Guidelines

- ▶ No use of illegal drugs or alcohol during program time
- ▶ No smoking during program time or in any buildings/facilities
- ▶ Remember, you are representing Courage Kenny!
- ▶ HIPAA (health insurance portability and accountability)
- ▶ Communication!

Brain Break

(double click on the black box to bring up the you tube video)



Your Responsibility Code

Personal Liability/Laws of the Slopes

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

SMART STYLE CODE

▶ Start Small

- ▶ work your way up, build your skills

▶ Make a Plan

- ▶ Every feature. Every time.

▶ Always Look

- ▶ Before you drop

▶ Respect

- ▶ The features and other users.

▶ Take it Easy

- ▶ Know your limits. Land on your feet.

Non-Negotiable Safety Requirements

- ▶ Helmets are required for all students and instructors
- ▶ Safety Belts also known as a “Black Belts” are required for students with a history of seizures in past 5 years
- ▶ Safety retention straps for all equipment heavier than an outrigger on chairlifts-no exceptions
- ▶ VI and Hard of Hearing/Deaf bibs are to be worn for visibility
- ▶ Fixed outriggers must be removed prior to loading the chairlift
- ▶ Terrain Park: Must be checked of by Site Coordinator prior to use
 - ▶ Smart Style and Know the Code will be tested!

Communication & cancellations

▶ If you can't attend your scheduled lesson call the Ski Hotline.

▶ Metro Ski Hotline: 612-775-2282

▶ Northland Ski Hotline: 218-726-4834 Ext 1

▶ REMIND Text

▶ Follow Courage Kenny Ski & Snowboard on Facebook

▶ We will cancel if it's expected to be colder than -5° air temperature or -10° wind chill. We will follow travel advisories as per road conditions in area.

What to Expect, for subsequent trainings

A Discipline Specific Power Point Refresher



On The Hill Training

▶ Metro:

▶ Jan 9-10

- ▶ Mono Ski and Stand Up at Hyland Hills and Afton Alps

▶ Jan 23-24

- ▶ Bi-Ski and Snowboard at Hyland Hills and Afton Alps

▶ Northland:

▶ Jan. 23

- ▶ Mono Ski and Stand Up at Spirit Mountain

▶ Jan. 24

- ▶ Bi-Ski and Snowboard at Spirit Mountain

▶ Jan 30 (Sat) All Disciplines at Giants Ridge

Emergency Contacts, Ski Patrol & Site Coordinator Information

Metro

Afton Alps: (651) 436-5245 EXT. 234 (main number with ski patrol ext.)

Site Coordinator: Paul Eckerline, (651) 238-0794

Hyland Hills: (763) 694-7815 (ski patrol)

Site Coordinator: Kristi Younquist, (651) 285-0139 Monday & Wednesday

Karyl Hoeger, (651) 324-6804 Sunday

Trollhaugen: (715) 755- 2955 (main number)

Site Coordinator: Deb Swanson, (612) 306-8356

Northland

Spirit Mountain: (218) 624-8535 or 8536

Site Coordinator: Eric Larson, (218) 393-0757 or Mark Hanna, (218) 491-0585

Giants Ridge: (218) 865-8019 (main number)

Site Coordinator: Mark Hanna, (218) 491-0585

Directions for the Check for Understanding quiz

Please follow the link provided in the email that this presentation was sent.

- ❖ It is a Survey Monkey that will actually give you a score and the appropriate answer.
 - ❖ (we are getting so sophisticated around here 😊)
- ❖ Each of you will receive another discipline specific power point refresher course in January, prior to On the Hill Training (*much shorter*).
- ❖ THANK YOU ALL SO MUCH! For all each of you brings to the program.
- ❖ BE WELL and we will see you on the snow!
- ❖ *Don't be fooled, there are two more slides after this one.....*

Thank you from the entire Ski & Snowboard Team



Tara Gorman



Mark Hanna



Eric Larson



Beth Albrecht



Mari Salveson



www.allinahealth.org/adaptivesports



Instagram

@CourageKennySportsRec



Courage Kenny Sports and Recreation
Courage Kenny Ski and Snowboard (group)