



**SKI &
SNOWBOARD**
CENTRAL CROSS COUNTRY SKIING

CXC CoVid-19 Mitigation Guidelines for 2023 USSS Junior National Championships and 2023 CXC U16/U18 Trips

Vaccination

Participants are strongly encouraged to be fully vaccinated and, when appropriate, up to date with booster doses for travel to the 2023 USSS Junior National Cross Country Ski Championships in Fairbanks, Alaska and CXC U16/U18 Trips to the 2023 Nordiq Canada Ski Nationals in Thunder Bay, Canada.

Masking

Masking is required during travel (at the airport terminal, on the airplane, or any ground transport during the trip) and indoors while in group settings.

Lodging

Per CDC guidelines, any participant who is symptomatic and tests positive will be isolated in their hotel room. The roommates will be moved to another room and asked to continue to monitor for symptoms.

Travel

If an athlete is symptomatic and unable to travel, they will extend their stay until it is appropriate to return home. If a parent or guardian is absent, one male and one female coach will stay with the athlete until they travel appropriately. One coach will be selected from the Midwest Division team, and one coach will be selected from the Great Lakes Division team.

Testing

All participants are asked to test themselves within 24 hours of departure with a home antigen test kit. Confirmation of a negative test will be required and reviewed by trip leaders before departure.

All participants should bring 2 individual antigen tests along and be able to self-test as needed/indicated.

Symptomatic Participant

Any participant who develops symptoms of a viral illness will be asked to self-administer a Covid-19 antigen test and begin isolation if positive. If a symptomatic individual tests negative for CoVid-19, they will still isolate themselves from the group to prevent transmission of other respiratory viruses (Influenza, RSV) and self-administer a second antigen test 24 hours after the initial negative test.

Any participant who develops a febrile illness is asked to contact their coach and group leader.