

# Alpine

2021 Season. Updated 11/16/2020





# Return to Play 2020 -2021

- Practice Guidelines
- Competition Outline



# Alpine Season Time Line

Season November 1<sup>st</sup> – March 14<sup>th</sup>

- November – Mountains open for skiing
  - Teams gather and work on fitness and conditioning
- January 1<sup>st</sup> – March 12<sup>th</sup>
  - Race Series competition window
- March 13<sup>th</sup> & 14<sup>th</sup>
  - State Event race weekend



## Season Outcomes

- Practice & improve skill development
- Improve skiers conditioning & fitness
- Offer more competitive ski opportunities through out the season
- Encourage skiers to ski on race courses through out season and earn points toward awards
- Races between teams may be set up
- Awards will be awarded at end of season

# Practice





# Practice

Teams may gather following Massachusetts guidelines for COVID 19

- Max of 50 people outdoors per practice session teams must check with their local mountain on capacity & lift guidelines.
  - head count includes all participants, coaches and volunteers
- Only individuals from same household allowed together on ski lift. Check with your mountain on any local guidances
- Masks must be worn at all times by everyone
- Social distancing protocols must be followed at all times
- Recommend use same groups for every practice session
- No sharing of any equipment or clothing



# Practice

- No spectators allowed
- Activities must end by 9:30pm
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during and at end of practice
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (*refer to return to play power point in [coaches resource section](#) of SOMA website*)

# Competition







# Competition Opportunities

- Race Series
  - Players are divisioned against others from across state in a virtual competition.
  - Awards provided at conclusion of season
- State Event
  - Tentatively scheduled for March 13<sup>th</sup> & 14<sup>th</sup> at Berkshire East



# Race Series – How it will work?

## Advanced & Upper Level Intermediate Skiers

- Will be encouraged to register for NASTAR, if they are not already. Registration is free
  - Can only participate in race series if you have NASTAR #
- Skiers may race at any mountain that has a NASTAR course and submit each medal earned to SOMA
  - Fee may apply to race on course and vary from mountain to mountain
- Points will be assigned for each NASTAR medal earned
  - Platinum - 4 points / Gold – 3 points / Silver – 2 points / Bronze – 1 point
- Divisions will be created using Special Olympic division guidelines. No less than 3 per division and no more than 8 per division
- Leaderboard will be updated each week so athletes may see where they stand vs other athletes with in their division
- Athlete with most points earned at the end of the season will win their division



# Race Series – How will it work?

## Lower Level Intermediate & Novice Skiers

- Programs work with their local mountain to set up a race course that is similar to Gunstock's "Try Me Course"
  - 6-8 gates over a 225' drop
  - SOMA will work to set up a central mountain(s) where athletes can come to ski on course on scheduled days
- Athletes set a time on the course at start of season.
  - Athlete may race on course as many times as they want on a given day
  - Take best time for the day as their score
  - Submit daily score to SOMA
  - Athletes receive 5 points if their best time for the day sets a new personal best
- Leaderboard will be updated each week so athletes may see how many points they've accumulated
- Awards will be presented at end of the season based on point level athlete reaches
  - Gold – 50 + points / Silver 25-50 points / Bronze 0 - 25 points



## State Event

- Tentatively scheduled for March 13<sup>th</sup> & 14<sup>th</sup> at Berkshire East
  - *Awaiting final confirmation from Mountain*
- Two one day events
  - Intermediate Skiers on March **TBD**
  - Advanced and Novice on March **TBD**
- Number of events offered maybe reduced due to time
- Lodge guidelines and capacity **information to come**
- Ski lift may only be shared by people from inside athletes personal bubble
- No overnight housing will be made available through SOMA
- Meals will be the responsibility of individual

# Questions?

ops @specialolympicsma.org

or

Matt.Ruxton@specialolympicsma.org

