



2021-2022 Winter Season Student-Athlete FAQ's

What will NEDS Operations look like this winter?

- NEDS will continue to operate its programs safely following the guidelines set forth by the Center for Disease Control and Prevention (CDC) the State of New Hampshire, and consultation from a board-certified medical expert in infectious diseases.
- NEDS 2021-2022 Winter Operations Manual, available [HERE](#).
- All student-athletes, caregivers (as applicable), coaches and staff must complete a daily Google Doc health screen prior to participating. Under **no circumstances** will anyone who has responded yes to a symptom be allowed onsite.
- No more than twenty-four individuals, including staff and coaches, will be allowed in the Harney Center and no more than four individuals will be allowed at the NEDS Bretton Woods office at a given time.
- All student-athletes, caregivers (as applicable), staff and volunteers must always wear a double-layer face covering that covers the mouth and nose at all times. A neck-up, bandana or fleece neck gaiter is not an acceptable face covering for purposes of COVID-19.
- Student athletes must be able to wear a double-layer face covering at all times, covering the mouth and nose. If a student-athlete is unable to manage their face covering independently on a consistent basis, a parent or caregiver will need to be present to assist for the duration of the lesson.
- To the extent possible, social distancing of at least six feet will be maintained. (There are times, of course, when this will not be possible, as

assisting a student-athlete with their equipment or helping a student-athlete who has fallen.)

- NEDS is following operational and disinfecting protocols of the [Center for Disease Control and Prevention \(CDC\)](#), [State of NH](#), [Loon Mountain](#) and [Bretton Woods](#) that is outlined in the [New England Disabled Sports \(NEDS\) 2021-2022 Winter Operations Manual](#).

Should I consider my personal risk when making a decision to participate in NEDS winter sports this year or not?

Yes. It may be helpful to discuss your risks with your healthcare provider before participating in a NEDS lesson.

How will NEDS operate during the 2021-2022 winter season?

NEDS will be operating at a capacity that will allow us to maintain safety for staff, volunteers, and student-athletes. NEDS commits to continue to follow the guidelines of the Center for Disease Control (CDC), State of NH, Loon Mountain and Bretton Woods.

Do I need to be fully vaccinated to participate in a lesson at NEDS?

Currently, to participate in NEDS programming, full vaccination **is preferred** for all student-athletes who are eligible to receive a COVID-19 vaccination.

What types of lessons will NEDS be offering?

NEDS will be offering diversified lessons that meet the [NEDS Student-Athlete Essential Eligibility Criteria](#). Lessons will be staggered and meeting locations will be varied depending on student-athletes' needs.

Will you be limiting lessons this winter season?

Yes. In order to maximize opportunities for all student-athletes, lessons will be limited to 10 two-hour lessons (half days) throughout the season. You may register for an AM and PM lesson on the same day if you have the skills/endurance to ride for the duration, upon availability. These 2 lessons will be counted as 2 of the 10 half-day lessons. Lunch break is independent and cannot be eaten in the NEDS building or offices. You can be added to a waitlist for additional dates if more lessons become available throughout the season.

When will lesson reservations open for NEDS?

Lesson reservations will open on **Monday, November 1st**. To request lessons, please call the NEDS office at (603) 745-9333 or (603) 745-6281 ext. 5663 during the regular business hours of Monday – Friday 8:30 am - 4:30 pm. We will be open 7 days a week starting Monday, November 22, 2021. You can also request lessons through a Google form [HERE](#) through Sunday, November 7th ONLY. These are requests only and a NEDS Staff will call within 48 hours to confirm lesson dates/times. All scheduled lessons will need to be paid for at the time of booking. If a community service provider pays for student-athlete's services, an invoice can be sent to the provider. Liability waivers and other necessary paperwork will be provided through an online platform and must be completed prior to the student-athlete's first lesson.

Where will I meet my coach?

If a student-athlete has their own equipment, the coach(es) will meet at a predetermined designated area outdoors. If a student-athlete needs ski rentals or needs to be fitted for a sit ski or other equipment, the lead coach will meet the student-athlete inside to assist with fittings. Proper safety measures, social distancing and protective gear will be provided. There will be minimal contact and time spent indoors. We encourage student-athletes to participate for the entire length of their lesson and cannot guarantee an indoor break space. If a student-athlete cannot participate for the duration of their lesson, a parent/guardian/caregiver may be called to pick them up before the lesson is scheduled to end.

Will I be able to store my ski equipment or personal gear in the Harney Center or Bretton Woods Office during my lesson?

Yes. You may store a change of shoes/boots and a small bag for personal gear for student-athletes in the Harney Center and the NEDS Bretton Woods office. Parents, guardians, caregivers, etc. will need to exit the building with the student-athlete during the lesson.

What if I have symptoms prior to or day of my lesson?

Please reschedule lessons if you are experiencing any symptoms, have tested positive, have been around anyone that has tested positive for COVID-19 in the past 14 days, or have been instructed to quarantine by a public health official, school, or other organization (such as a physician, employer or sports team). You will be able to request a make-up lesson with no penalty (upon availability).