



2023
NATIONAL COLLEGIATE
SKIING
CHAMPIONSHIPS
LAKE PLACID, NY
St. Lawrence University, Host

PARTICIPANT

2022-23 MANUAL



Welcome to Lake Placid!

On behalf of everyone associated with St. Lawrence University, I would like to congratulate you for qualifying for nationals and welcome you to the 2023 National Collegiate Men's and Women's Skiing Championships. St. Lawrence University is proud to host this year's championships and we hope you enjoy your time in Lake Placid, New York.

To host a national championship takes a lot of time and effort from a lot of individuals. During your week here you will meet numerous staff and volunteers that are giving their time to make this a first-class event. Feel free to express your appreciation to these people for their efforts to make this the best championship possible.

Again, welcome to Lake Placid and best of luck throughout the
2023 Skiing Championships!

Sincerely,

Bob Durocher
Senior Associate Vice President for Athletics

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Section 1 - Introduction

On behalf of the National Collegiate Men's and Women's Skiing Committee, thank you for being an important part of the 2023 NCAA National Collegiate Men's and Women's Skiing Championships.

Administration of Skiing Championships is under the direction of the NCAA National Collegiate Men's and Women's Skiing Committee. The hosts play an integral part in the successful administration of the championships.

The purpose of this manual is to outline the responsibilities of the tournament director and other host institution personnel for the NCAA National Collegiate Men's and Women's Skiing Championships. It is designed to use in conjunction with, not in place of, the NCAA National Collegiate Men's and Women's Skiing Pre-Championships Manual, which provides more general policies for the administration of the championships.

Section 2 - NCAA Mission Statement

The Core Purpose of the NCAA is to govern competition in a fair, safe, equitable and sportsmanlike manner, and to integrate intercollegiate athletics into higher education so that the educational experience of the student-athlete is paramount.

Section 3 - NCAA Staff/Committee

NCAA Staff

Kevin Alcox

Assistant Director, Championships and Alliances

Phone: 317-917-6085

Cell: 317-749-9783

Email: kalcov@ncaa.org

Bryce Peters

Assistant Coordinator, Championships and Alliances

Phone: 317-917-6222

Cell: 317-431-6162

Email: bpeters@ncaa.org

NCAA Men's and Women's Skiing Committee

Eliska Albrigtsen

Head Men's and Women's Skiing Coach

University of Alaska Fairbanks

Phone: 720-227-2481

Email: ehalbrigtsen@alaska.edu

Bill Reichelt

Director of Skiing/Head Alpine Coach

University of Vermont

Phone: 802-233-2737

Email: William.reichelt@uvm.edu

Kim Bownes

Director of Athletics

Plymouth State University

Phone: 603-630-2565

Email: kbownes@plymouth.edu

John Dwyer

Head Women's Alpine Coach

Dartmouth College

Cell: 802-825-1484

Email: john.c.dwyer@dartmouth.edu

Tom Smith

Head Men's and Women's Skiing Coach

Michigan Technological University

Phone: 906-487-2986

Email: thjsmith@mtu.edu

Jana Weinberger

Nordic Head Coach

University of Colorado, Boulder

Cell: 303-945-6565

jana.weinberger@colorado.edu

Fredrik Landstedt
Rules Interpreter
University of Utah
Cell: 801-201-8026
Email: flandstedt@utah.edu

Section 4 - Host Personnel

Tournament Director:

Randy LaBrake, St. Lawrence Univ.
Office: 315-229-5466
Cell: 315-854-0077
Email: rlabrake@stlawu.edu

Director of Sports Medicine:

Brian Atkins, St. Lawrence Univ.
Office: 315-229-5835
Cell: 315-783-2288
Email: batkins@stlawu.edu

Event Manager – Whiteface Mountain:

John Norton
Office: 518-946-7001
Cell: 518-524-1403
Email: johnn@nysef.org

Event Manager - Mt. Van Hoevenberg

Kris Seymour
Office: 518-523-2811
Cell: 518-390-3511
Email: kcheneyseymour@orda.org

Timing Coordinator - Alpine

Matt Howard, P1 Timing
Cell: 616-331-1006
Email: skimjh@roadrunner.com

Media Coordinator

Meghan Nichols, St. Lawrence Univ.
Office: 315-229-5986
Cell: 315-244-8153
Email: mnichols@stlawu.edu

Timing Coordinator - Nordic

Ed Despard, Bullitt Timing
Office:
Cell: 617-584-2193
Email: contact@bullittTiming.com

Championship Websites

For more information about the NCAA Men's and Women's Skiing Championships, please visit the following link: <http://www.ncaa.com/sports/skiing>.

Section 5 - Checklist

PARTICIPATING INSTITUTION CHECKLIST

This checklist is arranged in chronological order to be of assistance to those individuals who have specific institutional responsibilities for championships competition.

Feb. 26 Deadline for completion of all regionals.

Feb. 28 Selection and notification of Central, East and West Regional participants.

_____ By 5 p.m. ET, Thursday, March 2. Email all following information to Cheryl Canfield (ccanfield@stlawu.edu)

- Team Registration and Travel Form
- Team Media Guide
- Jpeg file of official school logo
- Student-Athlete Questionnaires
- Participant Liability Forms

_____ By 5 p.m. ET, Thursday, March 2. Deadline for submission of Elite 90 Award Nominees.

_____ By 5 p.m. ET, Friday, March 3. Deadline for coaches to register international Alpine student-athletics for temporary USSA license, if needed.

_____ By 4 p.m. local time, Tuesday, March 7, and Wednesday, March 8. Deadline for injury notification for Alpine and Nordic participants, respectively.

Section 6 - Schedule of Events

Sunday, March 5

4 p.m. - 6 p.m. Registration (Olympic Center)

Monday, March 6

7 a.m. – 6 p.m. Athletic Training available by appointment

7:30 a.m. – 6 p.m. Nordic Unofficial Training. (*Mt. Van Hoevenberg*)

9 a.m. – noon Eastern Region Unofficial GS Free skiing. (*Upper Thruway/Drapers*)

Noon – 3 p.m. Western Region Official GS Free Skiing. (*Upper Thruway/Drapers*)

3 p.m. – 5 p.m. Registration. (*Olympic Center*)

3:30 p.m. NCAA Skiing Committee Meeting.

4 p.m. NCAA Skiing Committee/Officials Meeting.

5 p.m. NCAA Issues Meeting.

Tuesday, March 7

7 a.m. – 6 p.m.	Athletic Training available by appointment
9 – 11:30 a.m.	Eastern Region Official GS Training. (<i>Whiteface Mountain</i>)
9 a.m. – 3 p.m.	Nordic Official Training. (<i>Mt. Van Hoevenberg</i>)
Noon – 2:30 p.m.	Western Region Official GS Training. (<i>Whiteface Mountain</i>)
4:30 p.m.	NCAA Skiing Committee Meeting (<i>Olympic Center</i>)
5 p.m.	Mandatory Coaches Meeting (<i>Olympic Center</i>)

Wednesday, March 8

7 a.m. – 6 p.m.	Athletic Training available.
9 a.m. – 3 p.m.	Nordic Official Training. (<i>Mt. Van Hoevenberg</i>)
9 a.m.	Women's Giant Slalom: First run. (<i>Whiteface Mountain</i>)
10:15 a.m.	Men's Giant Slalom: First run. (<i>Whiteface Mountain</i>)
12:45 p.m.	Women's Giant Slalom: Second run. (<i>Whiteface Mountain</i>)
2 p.m.	Men's Giant Slalom: Second run. (<i>Whiteface Mountain</i>) (<i>Awards ceremony immediately following</i>)
4:30 p.m.	NCAA Skiing Committee Meeting.
5 p.m.	Mandatory Coaches Meeting

Thursday, March 9

7 a.m. – 6 p.m.	Athletic Training available.
9 a.m. – noon	Western Region Official Slalom Training. (<i>Whiteface Mountain</i>)
Noon – 3 p.m.	Eastern Region Official Slalom Training. (<i>Whiteface Mountain</i>)
10 a.m.	Men's 10k Freestyle; Individual start. (<i>Mt. Van Hoevenberg</i>)
Noon	Women's 5k Freestyle; Individual start. (<i>Mt. Van Hoevenberg</i>) (<i>Awards ceremony immediately following</i>)
4:30 p.m.	NCAA Skiing Committee Meeting
5 p.m.	Mandatory Coaches Meeting

Friday, March 10

7 a.m. – 6 p.m.	Athletic Training available.
7:30 a.m. – 3 p.m.	Nordic Official Training. (<i>Mt. Van Hoevenberg</i>)
9 a.m.	Men's Slalom: First run. (<i>Whiteface Mountain</i>)
10 a.m.	Women's Slalom: First run. (<i>Whiteface Mountain</i>)
Noon	Men's Slalom: Second run. (<i>Whiteface Mountain</i>)
1 p.m.	Women's Slalom: Second run. (<i>Whiteface Mountain</i>) (<i>Awards ceremony immediately following</i>)
4:30 p.m.	NCAA Skiing Committee Meeting
5 p.m.	Mandatory Coaches Meeting

Saturday, March 11

8 a.m. – 2 p.m.	Athletic Training available.
10 a.m.	Women's 20k Classic: Mass start. (<i>Mt. Van Hoevenberg</i>)
Noon	Men's 20 k Classic: Mass start. (<i>Mt. Van Hoevenberg</i>)

Administrative Meetings

The games committee for the championships will conduct one meeting on Tuesday, March 7. The coaches meeting will be in Lussi D. Signage will be in place to direct folks. Other meetings will be held virtually (Microsoft Teams meeting information will be sent with selection information). These meetings are required for all coaches. The NCAA Skiing Committee and the NCAA rules official(s) will use this team to cover all necessary rules and information. A fine of \$100 will be assessed for those institutions not in attendance. NCAA committee members and rules representatives, along with host staff will carry out the meeting agendas.

Barbeque

The traditional barbeque will be held at Mt. Van Hoevenberg on Saturday, March 11 at approximately 1:30 p.m. This will be a ticketed event and tickets for student-athletes and coaches are covered under the NCAA banquet policy and will be included in the registration packet. The deadline for returning the banquet and barbeque form is Thursday, March 2. Additional team personnel not covered under the NCAA policy may attend the barbeque and may purchase tickets for \$25 each. Additional barbeque tickets may be paid for at the time your team registers for the championships.

- Teams with 1-3 student-athletes competing may bring 1 non-athlete at no additional cost
- Teams with 4-6 student-athletes competing may bring 2 non-athletes at no additional cost
- Teams with 7-9 student-athletes competing may bring 3 non-athletes at no additional cost
- Teams with 10-12 student-athletes competing may bring 5 non-athletes at no additional cost

Training

Both championship venues will be available for unofficial and official training prior to the start of the championships.

Alpine

Whiteface Mountain has reserved the Upper Parkway/Upper Thruway/Drapers Drop for Monday free ski and then Tuesday for Official Training.

Lift tickets: Cost **TBD** (coaches are complimentary). These can be picked up and paid for at the Resort Season Ticket Office on the main plaza. Both the tickets and lane usage can be paid with a credit card. Lane usage must be reserved in advance on a first-come, first-serve basis. Availability for unofficial free ski and official training is subject to surface conditions, weather, and grooming schedule(s).

Nordic

Mt. Van Hoevenberg will be open and available for skiing during normal business hours prior to the event. Trail passes are required. These may be picked up and paid for at the Day Lodge at a cost of \$15 per day. Availability is subject to surface conditions, weather and grooming schedule.

Weather Policy

The NCAA will provide a weather detection system for the championships and arrange for it to be on site. The games committee will do everything possible to complete each portion of the championships. However, the committee reserves the right to modify the schedule of events due to the weather.

In the event of a weather emergency please follow the evacuation procedures as set forth in Section 8 of this manual.

Section 7 - Championship Format

The format for the NCAA National Collegiate Men's and Women's Skiing Championships is determined by the NCAA National Collegiate Men's and Women's Skiing Committee, subject to the approval of the Division I Council.

The NCAA National Collegiate Men's and Women's Skiing Championships will consist of both team and individual competition conducted concurrently. A total of 148 student-athletes (74 men and 74 women) shall qualify in the region in which their institution is located. A total of 80 Nordic participants (40 men and 40 women) and 68 Alpine participants (34 men and 34 women) will qualify for the championships.

The maximum team size shall be 12 persons, three per gender per discipline, composed of a maximum of six men and a maximum of six women. The maximum entry in an individual event for any team is three individuals. Only men can compete in men's events. Only women can compete in women's events.

A 40-point scoring system will be used for the championships, wherein the top 30 finishers in each event receive points. A further breakdown of the scoring can be found in Rule 3.3 in the [2022-23 NCAA Skiing Rules Modifications](#).

At the conclusion of the championships, the team with the most total points will be declared the champion.

Section 8 - Championship Operations

Alpine Gates, Binding and Ski Check

Slalom Gates will be 30 millimeters. Alpine competitors will have the height of their bindings checked immediately following each Alpine competition in the finish area. A 50-millimeter limit is enforced. Alpine skis will be governed by FIS rules and/or USSA standards for Giant Slalom.

Coaches Bibs (Nordic)

During registration, bibs will be issued to all coaches in the official travel party. It is the responsibility of the coach to wear, safeguard, and return the bib after completion of the competition. Failure to return a bib will result in a \$50 fine for each bib issued. Institutions with 1-2 Nordic participants will receive three (3) bibs. Institutions with 3-6 Nordic participants will receive four (4) bibs.

Emergency/Evacuation Plan

Emergency Protocols:

Whiteface Mountain Emergency and Injury Protocol

- Ski Patrol Person and 2 toboggans will be at the start of the race at all times.
 - One with Back Board and traction splint
 - The other is our standard toboggan with scoop and c - collars, leg splint, arm splints, blanket, trauma dressing.
- Stop the Bleed kit at the top of the course as well.
- 2 patrollers are assigned to stand at the race start for ½ hour watch, starting with the forerunners, new team every ½ hour.
- The backup team is ready to respond at the patrol station above the racecourse.
- If an injury is reported on the racecourse, one patroller responds. The other stays with the toboggan. Notifies Butler (patrol station above course) that we are checking an injury on the course.
- First responding patroller calls for appropriate equipment.
- The second patroller responds with requested equipment and notifies Butler (patrol station) that said equipment needs to be replaced at the start of the course.
- Two patrollers that were back up now assume the watch detail with equipment at the start of course.

Mt. Van Hoevenberg Sports Complex Emergency Protocol

See Appendix E

Hospitality

There will be Dasani Water and Powerade available at the finish for participants and coaches during official training and competition days.

Officials

Alpine:

Chief of Race:	Paul Van Slyke
Chief of Course:	John Norton
Referee:	Royce Van Evera
Technical Delegate:	Doug Hall
Chief of Timing:	Matt Howard
Race Administrator:	Chris Grant

Nordic:

Chief of Competition:	Allan Serrano
Asst. Chief of Competition:	Knut Sauer
Chief of Course:	Joe Garso
Chief of Stadium:	TBD

Technical Delegate:	Allan Pokorny
Assistant TD:	Tamra Mooney
Chief of Timing:	Ed Despard
Race Administrator:	Catherine Leist
Medical Chief:	Nathan Jones

Post-Championship & Competition Site Evaluations

All evaluations will be sent from the NCAA at the conclusion of the event.

Registration

The location for registration at the Olympic Center will be the Excelsior & Edelweiss Rooms. Signage will be in place to direct folks

- Sunday, March 5: 4 p.m. – 6 p.m.
- Monday, March 6: 3 p.m. - 5 p.m.

Liability waivers should be turned in at registration.

Scoring

A 40-point scoring system will be used for the championships, wherein the top 30 finishers in each event receive points. A further breakdown of the scoring can be found in Rule 3.3 in the [2022-23 NCAA Skiing Rules Modifications](#).

At the conclusion of the championships, the team with the most total points will be declared the champion.

Results will be updated in real time and will be made available at www.ncaa.com.

Videotaping

Institutions are permitted to videotape championship competitions by their teams or their individual student-athletes for archival, coaching or instructional purposes. Each institution is permitted to use one camera and may videotape only that portion of the competition in which it participates. The videotapes may not be used for commercial purposes.

Waxing Facilities

Waxing facilities will be available at the following locations throughout the championships:

Crowne Plaza Resort – 2 large rooms located in the hotel.

Van Hoevenberg– Each team will be assigned a wax cabin based on the size of the team. Keys will be available for sign out at Day Lodge starting Sunday, March 5. A damage deposit will be collected. Cabins are all outfitted with two tables and four ski forms. Cabin requests and questions should be directed to Knut Sauer knutsauer@frontiernet.net by 4 pm on March 2.

Parking

Whiteface Mountain: Parking for all teams will be reserved in the River lot.

Mt Van Hoevenberg: Parking for teams will be in the event and main lot.

Section 10 - Directions

Driving Directions:

From New York City, New Jersey and points South:

Take the New York State Thruway (I-87) north to Exit 24 (Albany). Take I-87 north (Adirondack Northway) to Exit 30. Pick up Route 9 north and follow it for two miles to Route 73. Continue on Route 73 for 28 Miles to Lake Placid. Time from New York City - 5 hours; Albany – 2.5 hours

From Boston, Springfield, Hartford:

Take the Massachusetts Turnpike (I-90) to Albany. Pick up I-787 north to Cohoes. Connect with Route 7 west to I-87 north. Follow I-87 north (Adirondack Northway) to Exit 30. Pick up Route 9 north and follow it for two miles to Route 73. Continue on Route 73 for 28 Miles to Lake Placid. Time from Boston - 5 hours

From Buffalo, Rochester, Syracuse and points West:

Take I-90 (New York State Thruway) east to Exit 36 (Syracuse). Pick up I-81 north and follow to Watertown. Take Route 3 and follow it east to Saranac Lake, then follow Route 86 east to Lake Placid. Time from Buffalo – 5.5 hours; from Rochester – 4.5 hours; from Syracuse – 3.5 hours

From Montreal:

Take Route 15 south to Champlain crossing, connecting with I-87 (Adirondack Northway) south. Take Exit 34 west, follow Route 9N, then Route 86 to Wilmington and on to Lake Placid. Drive time from Montreal - 2 hours

Section 11 - Drug Testing

The NCAA is dedicated to fair and equitable competition throughout each round of championships and strongly supports the drug-testing program in order to safeguard the health and safety of the participating student-athletes.

Athlete Notification

Couriers will notify student-athletes selected for drug testing. Student-athletes will be instructed to read and sign the Individual Championship Student-Athlete Notification Form. Depending on the sport, student-athletes may need to report to drug testing within 60 minutes of notification, after their last event of the session, after their last event of the day or at the end of their participation in the championship.

Media Obligations

At individual/team championships, student-athletes who are selected for drug testing must fulfill all media obligation before reporting to the drug-testing area.

Participating Institution's Notification

While couriers will notify student-athletes of his/her selection for drug testing, it is the student-athlete's responsibility to advise their institution of his/her selection for drug testing.

Prolonged Test

If the student-athlete's team must depart the championship prior to a student-athlete completing drug testing, an institutional representative must remain with the student-athlete. If the student-athlete and/or institution incur additional expenses because of the delay (e.g., hotel, transportation back to campus, etc.), the institution may request reimbursement from the NCAA.

Testing Process

Student-athletes are drug tested through urinalysis and must provide a specimen in view of a drug-testing collector of the same gender. The length of the collection process depends on the student-athlete's ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately upon arriving in the drug-testing area, the entire process can be completed within 20 minutes. If the student-athlete is unable to provide an adequate specimen, he/she must remain in the drug-testing area until one is provided. There is no maximum allotted time for a student-athlete to provide an adequate specimen.

Section 12 - Equipment

Equipment regulations for the NCAA Skiing Championships can be found in Rule 1.5 of the [2022-23 NCAA Skiing Rules Modification](#).

Section 13 - Expenses/Reimbursement

Per Diem

Per diem will be provided for the approved official travel party, based on the number of qualifiers from each institution.

TES System

Team expense reports should be filed online through the Travel Expense System (TES). All institutions, including hosts, must complete the online reimbursement process in order to receive the appropriate per diem reimbursement. The system can be accessed at:

<https://web1.ncaa.org/TES/exec/login?js=true>.

If you need assistance or experience any technical difficulties, please contact the travel department at 317-917-6757 or by e-mail at travel@ncaa.org.

Teams and/or individuals should provide themselves sufficient money to meet all expenses throughout the tournament, including ground transportation, lodging and meal expenses, and other miscellaneous expenses.

Section 14 – General Public

Spectator Guidelines

Whiteface Mountain: Spectators must follow designated route to and from the finish area at the bottom of Lower Valley. Spectators may purchase uphill foot passenger tickets on the bear chair for \$10, but they cannot ride the chair back down and must walk down to the base.

Mt Van Hoevenberg: Spectators must follow designated route to and from viewing areas. Foot traffic will be complimentary however those with skis must purchase a ski ticket.

Section 15 - Lodging

Headquarters Hotel

Crowne Plaza Resort and Golf Club Lake Placid
101 Olympic Drive
Lake Placid, NY 12946
518/523-2556

Section 16 - Media Services

Webcast

All championship events will be webcast live on www.ncaa.com on Wednesday, March 8 through Saturday, March 11.

Credentials

Members of the media wishing to request credentials should contact Meghan Nichols (mnichols@stlawu.edu) by 5 p.m. eastern time, Wednesday, March 1.

Interview Policies

All coaches and student-athletes will be made available for post-competition interviews following the 10-minute cooling-off period.

Section 17 - Medical

Athletic Training

Brian Atkins (Office: 315-229-5835; Cell: 315-783-2288; Email: batkins@stlawu.edu) will coordinate all athletic training needs at all times. He or one of his colleagues will be available at both competition venues during all competition days and available by appointment on official training days. There will be ice available as well as all first aid needs. Please contact Brian prior to arrival to arrange necessary treatment schedules. His contact information is listed on the contact information page of this manual.

Concussion Management

The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Participating institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance.

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details please refer to the "NCAA Sports Medicine Handbook Guideline on Concussions" online at www.NCAA.org/health-safety.

Hospitals and Emergency Services

Adirondack Medical Center Lake Placid Health Center (ER 8am – 8 pm)

518-523-1717
203 Old Military Road
Lake Placid, NY

Adirondack Medical Center- Saranac Lake (24 Hour Emergency Care)

518-891-4141
2233 State Route 86
Saranac Lake, NY 12983

Mountain Medical Urgent Care Saranac Lake Office

518-897-1000
354 Broadway
Saranac Lake, NY 12983

Medical Examinations

As the event sponsor, the NCAA seeks to ensure that all student-athletes are physically fit to participate in its championships and have valid medical clearance to participate in the competition. The NCAA tournament physician, as designated by the host school, has the unchallengeable authority to determine whether a student-athlete with an injury, illness or other medical condition may expose others to a significantly enhanced risk of harm and, if so, to disqualify the student-athlete from continued participation. For all other instances, the student-athlete's on-site team physician can determine whether a student-athlete with an injury or illness should continue to participate or is disqualified. In the absence of a team physician, the NCAA tournament physician will examine the student-athlete and has valid medical authority to

disqualify him or her if the student-athlete's injury, illness or medical condition poses a potentially life-threatening risk to himself or herself. The chair of the governing sports committee (or a designated representative) shall be responsible for administrative enforcement of the medical judgment, if it involves disqualification.

Section 18 - Participant Expectations & Guidelines

Code of Conduct

The NCAA expects each championship to exhibit an experience that represents the highest level of fair play and good sportsmanship. The NCAA and the NCAA Division I Championships/Sports Management Cabinet expect that student-athletes, coaches and administrators do their best to ensure participation in intercollegiate athletics promotes character development for all participants, enhances the integrity of higher education and promotes civility; therefore, championship events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletic participation, but also in the broad spectrum of activities associated with the championship event. Accordingly, the Championships Committee will take strong action in response to any form of misconduct by student-athletes, coaches and/or administrators during the entire championship. This includes criticism of officials and a misconduct incident at the competition.

Ethical Behavior by Coaches

Members of the coaching profession have certain inherent obligations and responsibilities to the profession, to the student-athletes and to all those with whom they come into contact in the field. Coaches are expected to be role models who conduct themselves with integrity and high ethical standards at all times.

The words and actions of a coach carry tremendous influence, particularly on the young people under his or her direction. It is, thus, imperative that he or she demonstrate and demand high principles of sportsmanship and ethical behavior.

Therefore, coaches must:

1. Always place the safety and welfare of student-athletes above the value of a win and above any personal prestige or glory.
2. Ensure that the coaching staff and all others associated with the program treat the student-athletes under their control with fairness and respect.
3. Remember that they are on public display and that their conduct reflects upon the image of their respective institutions.
4. Teach their student-athletes strict adherence to the rules and regulations of the sport, the institution and other governing bodies to which they are responsible.
5. Firmly establish with their student-athletes the standards of acceptable conduct.
6. Treat opponents and assigned officials with respect and demand that student-athletes do the same, instilling in their student-athletes the importance of respect and sportsmanship over winning.
7. Ensure that student-athletes understand that taunting, intimidating and baiting opponents is unacceptable behavior and will not be tolerated.
8. Monitor their coaching staff and student-athletes to ensure that they do not use profane and vulgar language while representing the institution.

9. Ensure, along with institutional administration, that fans are reminded of the expectations of sportsmanship and respect for officials and opponents and their supporters.

Misconduct

[Reference: Bylaw 31.02.4 in the NCAA Division II Manual.]

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics.

Sportsmanship

The primary goal of the rules is to maximize the safety and enjoyment of the student-athlete. Sportsmanship is a key part of that goal. Sportsmanship should be a core value in behavior of players and bench personnel, in crowd control by game management and in the officials' proper enforcement of the rules governing related actions.

Sports Wagering

The NCAA defines sports wagering as putting something at risk – such as an entry fee or a wager – with the opportunity to win something in return. The NCAA opposes all forms of legal and illegal sports wagering on college sports. Student-athletes and athletics administrators cannot place a sports wager for any NCAA-sanctioned sport. This includes wagering on the intercollegiate, amateur or professional level.

A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is involved in any sports wagering activity that involves college sports or professional athletics, through Internet gambling, a bookmaker, a parlay card or any other method employed by organized gambling, will be ineligible for all regular-season and postseason competition for at least one year.

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules, in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

Tobacco Ban

The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

The use of tobacco products is prohibited during practice and competition. A member of the official travel party who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

Section 19 - Team Travel/Transportation

Airports

Lake Placid is within two hours driving time of three major airports:

Albany, NY

Burlington, VT

Montreal, Quebec

Two smaller airports have daily scheduled flight service to and from Boston Logan International Airport:

Adirondack Regional Airport

Airport Identifier: SLK

Located in Lake Clear, about 20 minutes from Lake Placid.

Plattsburgh International Airport

Airport identifier: PGB

Located in Plattsburgh, about an hour from Lake Placid.

Rental Cars

RENTAL VEHICLES

For teams arriving at Pierre Trudeau International Airport (YUL) in Montreal, Canada or Albany International Airport in Albany (ALB), NY rental vehicles are available through many national car rental agencies. Arrangements can be made by calling the agency directly at the following North American telephone numbers:

Enterprise 1-800-261-7331 or www.enterprise.com

National 1-800-227-7368 or www.nationalcar.com

Thrifty 1-800-367-2277 or www.thrifty.com

Hertz 1-800-654-3131 or www.hertz.com

Avis 1-800-331-1212 or www.avis.com

Dollar 1-800-800-4000 or www.dollar.com

Budget 1-800-527-0700 or www.budget.com

Ryder 1-800-467-9337 or www.ryder.com

Automobile rental available locally:

Hertz (518) 891-9044 or 1-800-654-3131

Priceless (518) 523-4838

Adirondack Car Rental (518) 523-9600

Short's Travel Management

TRAVEL PARTY

Please refer to the NCAA travel policies for all information regarding transportation and per diem expenses. Travel policies can be found online [here](#). Please reference Appendix A of the travel policies for reimbursable travel party numbers.

Please reference the NCAA travel policies as the NCAA travel policy is updated annually [here](#), and the travel policies supersede all other documents.

TRAVEL INFORMATION

Air Travel. Based on the travel policies, if you are eligible for a flight, please contact Short's Travel Management at 866-655-9215 as soon as possible to arrange your air travel. At any time prior to selection announcements you may access the travel portal at www.shortstravel.com/ncaachamps to update your team contact information, travel party roster, equipment manifest and any preferences. Entering this information prior to selections will help expedite the travel booking process required to issue tickets.

Your institution user ID and password login credentials, for the Short's Portal, were emailed to the university director of athletics prior to Fall 2021 championships. If you still need assistance with your Short's Portal user ID and password, please email ncaaalo@shortstravel.com or travel@ncaa.org.

Ground Travel. Individual sports will be reimbursed a mileage rate per person per mile in accordance with the NCAA travel policy. Individual sports who wish to drive instead of fly will be reimbursed mileage up to the cost of a commercial flight (quote to be obtained from Short's Travel).

Travel Expense System. Per diem will be provided for an official travel party. Please reference the NCAA travel policies for all information regarding transportation and per diem reimbursement. Per diem and other eligible expenses will be reimbursed through the Travel Expense System (TES). Please go to www.travel.ncaa.org to file for reimbursement or request a travel exception. Registration with an institutional email address is required to access TES through NCAA My Apps. The NCAA travel department may be reached at 317-917-6757, or by email at travel@ncaa.org.

The NCAA Championships Travel policies may be found online

Please reference the NCAA travel policies as the NCAA travel policy is updated annually [here](#), and the travel policies supersede all other documents.

Section 20 - Tickets

Ticket Prices

Admission is free for all four days of the championships for all competitors and spectators. Those wishing to ski will be required to buy a trail pass and/or lift ticket.

Section 21 - Travel Party

Squad Size

Participating teams are limited to a squad size of no more than twelve (12) eligible student-athletes. No more than three (3) student-athletes are eligible per gender, per discipline.

Travel Party Size

In accordance with NCAA policies, official travel party sizes are as follows:

- Teams with 1-3 student-athlete(s) competing are allowed 1 non-athlete.
- Teams with 4-6 student-athletes competing are allowed 2 non-athletes.
- Teams with 7-9 student-athletes competing are allowed 3 non-athletes.
- Teams with 10-12 student-athletes competing are allowed 5 non-athletes.

Section 22 - Uniforms

Student-athletes competing in the championships shall wear the official uniform of their institution in competition and related ceremonies. This applies to warm-ups and competitive uniforms.

A student-athlete may use athletics equipment or wear athletics apparel that bears the trademark or logo of an athletics equipment or apparel manufacturer or distributor in athletics competition and pre- and postgame activities (e.g.: Celebrations, pre- or postgame press conferences), provided the following criteria are met:

1. Athletics equipment (e.g.: shoes, helmets, goggles and skis) shall bear only the manufacturer's normal label or trademark, as it is used on all such items for sale to the general public; and
2. The student-athletes institution's official uniform (including numbered racing bibs and warm-ups) and all other items of apparel (e.g.: socks, head bands, t-shirts, wrist bands, visors or hats, and towels) shall bear only a single manufacturer's or distributors normal label or trademark (Regardless of the visibility of the label or trademark), not to exceed 2 ¼ square inches in area (rectangle, square, parallelogram) including any additional material (e.g.: patch) surrounding the normal trademark of logo. The student-athletes institution's official uniform and all other items of apparel shall not bear a design element similar to the manufacturer's trademark/logo that is in addition to another trademark/logo that is contrary to the size restriction.

Logo Policy*

[Reference: Bylaw 12.5.4 in the NCAA Division I and II Manuals, and Bylaw 12.5.3 in the NCAA Division III Manual.]

The provisions of Bylaw 12.5.4 (Divisions I and II) or Bylaw 12.5.3 (Division III) indicate that an institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2 1/4-square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restrictions.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2 1/4-square inches) of an apparel

manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes, and any and all credentialed personnel in the bench area during the conduct of competition, which includes any practices and pregame or postgame activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff. Non-compliance with this legislation could result in loss of eligibility, forfeiture of points earned by those ineligible student-athletes and adjustment of team standings.

Section 23 - Host City Information

Dining Options

Bazzi's Pizza: 518-523-9056
Brown Dog Cafe & Wine Bar: 518-523-3036
Caffe Rustica: 518-523-7511
Caribbean Cowboy: 518-523-3836
Cascade Inn: 518-523-2130
Chair 6 Restaurant: 518-523-3630
China City: 518-523-8866
Delta Blue: 518-523-1818
Desperado's: 518-523-1507
Duncan's Grille at the Pines of Lake Placid: 518-523-9240
Ere's Pizza: 518-523-2997
Great Adirondack Steak & Seafood Co.: 518-523-1629
Jimmy's Lakeside Restaurant: 518-523-2353
Lake Placid Pub & Brewery: 518-523-3813
Liquid and Solids: 518-873-5012
Lisa G's: 518-523-2357
Mr Mike's Pizza: 518-523-9770
Nicola's On Main: 518-523-5853
Soulshine Bagel: 518-523-9772
The Breakfast Club: 518-523-0007
The Cottage Café: 518-523-9845
The Dancing Bears: 518-523-4411
Wiseguys: 518-523-4446

Section 24 – Trophies and Awards

Additional Award Ordering

To purchase additional awards please use the following link:
<http://www.mtmrecognition.com/ncaa/>

Elite 90

The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the final site for each of the 90 NCAA championships. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. All ties are broken by number of credits completed.

For more information regarding this program, please contact Mark Bedics, Andrew Louthain or Quintin Wright (317-917-6222; elite90@ncaa.org). All documents, including deadlines and nomination forms, can be obtained at [Elite 90 forms](#).

The submission deadline for nomination for **NCAA Men's and Women's Skiing** is **5 p.m. Eastern time on Thursday, March 2.**

Locker Room Program

In addition to awards, the national championship winning team will receive national champion t-shirts and hats to commemorate their achievement.

Participation Award

Each student-athlete advancing to the final site will receive a participant medal to commemorate their achievement.

NCAA National Championships 5km
 Technical Specifications
 Course Length: 5314m
 Height Difference: 100m
 Max Climb: 48m
 Total Climb: 183m
 Lowest Point: 613m
 Highest Point: 713m

2023 NCAA SKIING CHAMPIONSHIPS REGISTRATION/TRAVEL ITINERARY/LODGING FORM

This form must be returned to **Cheryl Canfield, ccanfield@stlawu.edu** by **Thursday, March 2, 2023** for all competing institutions. Failure to meet this deadline will result in a \$50 fine assessed by the National Collegiate Men's and Women's Skiing Committee.

Institution: _____

Number of:

Student-athletes: _____

Coaches: _____

Administrators: _____

Total: _____

Bringing U-Haul/Wax Trailer? Yes No

Total Number of Vehicles (parking passes needed): _____

Travel Itinerary:

(airline/flight/times)

Arrival _____

Departure: _____

Hotel/Condo _____ Phone: _____

Student-Athletes

Men's Alpine

Women's Alpine

Men's Nordic

Women's Nordic

List of all Coaches, Administrators & SID's:

Name, Title, Cell phone & email address:

Assumption of Risk Release and Waiver

Event: **2023 NCAA Skiing Championships**

Participant's Name (Please Print) _____(the Participant)

Participant's Age _____

In consideration for permitting Participant to participate in the Event, the undersigned, for themselves, and for their respective heirs, personal representatives and assigns, agree as follows:

Assumption of Risk: The undersigned hereby acknowledge and agree that they understand the nature of the Event; that Participant is qualified, in good health, and in proper physical condition to participate therein; that there are certain inherent risks and dangers associated with the Event; and that, except as expressly set forth herein, they, knowingly and voluntarily, accept, assume responsibility for, each of these risks and dangers, and all other risks and dangers that could arise out of, or occur during, Participant's participation in the Event.

Release and Waiver: The undersigned hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the National Collegiate Athletic Association and its member institutions, and, if applicable, the owners or lessors of the premises on which the Event takes place, or any subdivision thereof, and each of them, their officers and employees, (collectively, the "Releases"), from and for any liability resulting from any personal injury, accident, or illness (including death), and/or property loss, however caused by the willful misconduct, gross negligence or intentional torts of the above parties, as applicable.

Indemnification and Hold Harmless: The undersigned also hereby agree to INDEMNIFY, DEFEND AND HOLD the Releases HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities including, but not limited to, attorneys' fees, arising from, or in any way related to, Participant's participation in the Event, except for those arising out of the willful misconduct, gross negligence or intentional torts of the above parties, as applicable.

Permission to Use Likeness/Name. The undersigned further agree to allow, without compensation, Participant's likeness and/or name to appear, and to otherwise be used, in material, regardless of media form, promoting the National Collegiate Athletic Association, and/or its championships, events and activities, including those of its representatives and licensees.

Severability: The undersigned expressly agree that the foregoing assumption of risk, release and waiver of liability and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the State of New York and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

Acknowledgement of Understanding: The undersigned have read this assumption of risk, release and waiver of liability and indemnity agreement, and have had the opportunity to ask, questions about the same. The undersigned fully understand this assumption of risk, release and waiver of liability and indemnity agreement, that the undersigned are giving up substantial rights in connection therewith, and that its terms are contractual, and not a mere recital. The undersigned acknowledge that they are signing this agreement freely and voluntarily.

Signature of Participant

Date

Signature of Parent/Guardian of Minor (if participant is under the age of 18)

Date

Signature of Parent/Guardian of Minor (if participant is under the age of 18)

Date

2023 NCAA SKIING CHAMPIONSHIPS
HOST INSTITUTION: ST. LAWRENCE UNIVERSITY
MARCH 8-11, 2023
Student-Athlete Questionnaire

Deadline for submitting this form is **Thursday, March 2, 2023**

*Email this form to **Meghan Nichols – mnichols@stlawu.edu**

School:

Hometown, State/Country:

Year in School (Check one): Fr ___So___Jr___Sr___Grad Student___

Major:

Season/Career Honors:

(ie: NCAA Champion, All-American, National Tea, Olympics, etc.)

Favorite Skier:

Sports Hero:

Favorite Reality Show or TV Series:

Favorite Place:

Other Comments of interest for the announcer:

ORDA

MT. VAN HOEVENBERG SPORTS COMPLEX

CROSS COUNTRY SKI CENTER EMS PLAN

INCLUDES MOUNTAIN BIKE PROCEDURES

**INCLUDES CARDIAC ARREST ON THE TRAIL SYSTEM
PROCEDURES**

INCLUDES COVID OPERATION

May 2020

The following is a general plan for emergency medicine procedures at the cross-country venue.

COMMUNICATION

- Venue manager
- Ski patrol
- Ticket booth
- Maintenance personnel

SKI PATROL CERTIFICATION

A patroller must hold one of the following certifications plus a current CPR certification to provide first aid coverage. The person with the highest certification is in charge.

- National Ski Patrol Outdoor Emergency Care Technician (OEC)
- NYS Emergency Medical Technician (EMT)
- NYS Advanced Emergency Medical Technician
- NYS Advanced Emergency Medical Technician Critical Care (AEMT-CC)
- NYS Advanced Emergency Medical Technician Paramedic (AEMT-P)

LOCATION OF SKI PATROL

- There is a first aid room set up in buildings open to the public. Other buildings on site may have first aid rooms.
- There is a ski patroller in the building open to the public when patrol is on site.
- Other patrollers can be elsewhere at the venue.

PATROL DUTIES

- A patroller's first priority is to handle medical problems. They must respond immediately to a problem.
- The Bob Run may also request a patroller respond to help with an accident.
- Patrol reports unsafe skiing conditions or other hazards to management and helps correct the problem. Other duties may include providing information to the public, ski instructing, etc.

PROCEDURES DURING AN EMERGENCY

- Follow NYS emergency medicine protocols when providing care.
- The ski patrol toboggan is always ready to go and the first aid equipment.
- The UTV always has the first aid equipment plus litter on board.
- Take the AED for any suspected cardiac problem.
- Take the megaduffel.
- A UTV, side by side or snowmobile is used to evacuate the injured off the trail system. A snowmobile tows the toboggan with first aid equipment. The UTV has a

litter plus a backpack with first aid equipment and sleeping bag. Take the safest, shortest route to the accident.

- Fill out an accident report for every injury. Accident reports are confidential and are not released without the patient's permission. Reports are filed in a secure location. Fill out an accident report and a signed refusal form for patients refusing treatment.

PROCEDURES FOR NOTIFYING THE AMBULANCE SQUAD

Ski patrol must see that the patient is transported to the hospital if necessary. Proper notification and communication with the ambulance squad is essential. The following steps are used when calling the ambulance squad:

- Essex county dispatch is notified (call 911) with a request for an ambulance and the nature of the problem.
- Ski patrol will make a request for ALS or Life Flight if needed.
- Ambulance personnel are given a verbal report on the patient. A copy of the accident report is given to ambulance personnel if time permits.

▪

RACE EVENTS

- The patroller is in charge (the one with the highest certification) with the physician if there is a physician for the event. The patroller in charge is at the finish area.
- See the General EMS Plan for Events at the ORDA Venues. This plan is followed for compliance to the DOH Public Function Permit.

OLYMPIC TRAINING CENTER ATHLETES

There may be athletes training on site that are staying at the Olympic Training Center. The Olympic Training Center (OTC) has a sports medicine clinic. They have the medical information and the release to treat for all their athletes. The sports medicine clinic must be notified if an OTC athlete is injured.

INFECTION CONTROL

See infection control plan.

SEARCH AND RESCUE

See search and rescue plan

MOUNTAIN BIKE OPERATION

The venue permits mountain biking during the summer and fall on designated loops.

Venue staff are certified in Basic First Aid / CPR AED and are responsible for care of any injured person. When there is an EMT at the bob run, they will respond.

EMERGENCY PROCEDURES

The emergency procedures are the same summer and winter. This includes cardiac arrest on the trail system. The only difference is a UTV or truck is used to evacuate an injured person off the trail system.

SEARCH AND RESCUE

Search and rescue procedures are the same summer and winter.

CARDIAC ARREST ON THE TRAIL SYSTEM

- Do CPR where the patient is. Do not attempt to transport the patient while CPR is in progress.
- Ambulance ALS personnel and equipment transported to patient via snowmobile or UTV or truck depending on the time of year.
- Ambulance ALS personnel will determine when to transport the patient off the trail system.

COVID OPERATION

NYS Department of Health emergency medicine protocols are followed when providing care. The EMS Viral Pandemic Triage Protocol is followed.

This region of New York State falls under the Mountain Lakes Regional EMS council. The following is a link to COVID 19 resources regarding EMS operations.

<https://mountainlakesems.org/covid19/>

Refer to this link to keep updated.

Other important links:

<https://forward.ny.gov/>

<https://coronavirus.health.ny.gov/covid-19-travel-advisory>

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

EMS Viral Pandemic Triage Protocol



Department
of Health

Bureau of
Emergency
Medical Services

**During a pandemic, all patients must be screened for the following.
Screening shall occur from a safe distance of six (6) feet.**

NEXT

Does the patient have s/s of Influenza Like Illness (ILI)?

Fever greater than 100.4 °F or subjective temperature if thermometer is not available.

Sore throat

Nasal congestion

Post-nasal drainage

Shortness of breath

s/s of gastrointestinal distress

Wheezing

Cough

Headache

Fatigue

NO

**Follow standard
ALS & BLS EMS
treatment protocols.**

YES

DON PPE BEFORE INITIATING CLOSE CONTACT WITH THE PATIENT

- N95 or surgical mask, gloves, gown and eye protection.
- Limit close contact to as few providers as possible. Other personnel should remain 6 feet away.
- Only providers wearing proper PPE should perform a close patient assessment.

*Close contact means being within approximately 6 feet of a COVID-19 case for a prolonged period of time.

NEXT

Perform an Assessment

Age >65

Temperature >100.4F

Respirations > 22

SpO2 < 95%

Heart Rate > 110

Systolic BP < 100 mmHg

Altered mental status

* Refer to BLS protocols for pediatric vital signs

YES

**Follow standard
BLS & ALS EMS
treatment protocols.**

NO

Obtain Patient Medical History

Is the patient a diabetic?

Is the patient pregnant?

Does the patient have a cardiovascular or pulmonary disease?

Is the patient immunocompromised (HIV, chemotherapy, etc.)?

YES

**Consult with medical
control for any
difficult or unclear
situations.**

NO

**Does the patient have secondary or underlying medical
conditions other than, or in addition to, ILI?**

Ex. chest pain concerning for cardiac cause, CHF, etc.

YES

**If indicated,
transport patient in
accordance with
DOH BEMS Policy**

NO

This patient meets criteria for non-transport and/or treatment in place

Provide the patient with the NYS DOH COVID-19 Hotline number and the NYS DOH EMS COVID-19 Patient Information Handout. If the patient insists on transport, contact medical control for guidance.



Regional Emergency Medical Advisory Committee Advisory
Regarding COVID-19

Re: Cloth Masks

Distribution: All Mountain Lakes REMAC Physicians and EMS Providers

Date: September 18, 2020

The following advisory is the result of recent discussion among the Mountain Lakes REMAC physicians.

Cloth masks are not adequate protection for EMS providers. If an adequate supply is available (including reuse of masks) N95 use on every provider making patient contact on every call is preferred (please recall there are significant numbers of asymptomatic, contagious, COVID positive patients). If an adequate N95 supply (including mask reuse) is not available, a *surgical* mask is acceptable for all providers interacting with patients who are not exhibiting COVID symptoms (fever, chills, shortness of breath, cough, vomiting) and are not undergoing airway/aerosolizing procedures. Additionally, surgical masks are also required *on every patient* who is not intubated and not on CPAP. Surgical masks should be placed over patient nasal cannulas and non-rebreather masks whenever these devices are used. Use of an N95 mask, eye protection and clothing protection/gloves are required for all providers interacting with patients who are undergoing airway interventions and aerosolizing procedures. If a patient refuses to wear a mask, N95 use is required for the caregiving EMS providers. All drivers should wear a surgical mask at minimum at all times unless the driver's compartment is completely sealed off from the patient compartment. Drivers must wear a surgical mask at minimum if a patient companion is occupying the ambulance passenger seat.

Please see the CDC website regarding N95 mask reuse. In short, mask reuse is acceptable for as long as the mask retains the ability to seal well. Masks should be stored in paper bags (1 mask per bag) between shifts, and on a hook (or similar) between uses on the same shift. The idea during the shift, is to limit self-contamination of the mask.

<https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html><<https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html>

As always, thank you for being the smart, heroic, compassionate providers that you are. Be safe. Please don't hesitate to contact me if I can be helpful.

Tiffany Bombard, NRP, MD
Mountain Lakes REMAC Chairhuman
(207) 318-7757
tbombardmd@cvph.org

NYSEF-WhitefaceEventSafety Plan:

The purpose of this document is to explain the medical safety measures that are in place for ski racing events at Whiteface:

1. The Whiteface Mountain Ski Patrol will provide coverage at the start of all events.
2. Whiteface has on hill patrol houses and base patrol building.
3. Whiteface has trauma toboggans located at the summit of Little Whiteface above the Thruway Drapers race trail.
4. Whiteface has Paramedics, Critical Care techs, and EMT's stationed in the Medical Service area (staffing levels vary with event schedules).

In the event of medical needs:

1. There are two patrollers near the start gate of the race. A race hold is put on the start of the race and the race course is clear of racers, patrol at the start of the race will be released to proceed to the injury location
2. The patrol leaving the start will notify by radio to the patrol house at the top of the gondola who will dispatch a replacement patrol to stand by at the start
3. Patrol arriving at the scene of the injury after initial evaluation will call via their radio for additional patrol support as needed. This support will be dispatched from the race start and / or the top of the Gondola
4. If during the initial injury evaluation, it is decided that hospital transport is needed the patrol at the scene will call via his/her radio to the base first aid and ask them to activate the Wilmington Ambulance. This decision will be made by either patrol or MSA staff only.
5. After the injured athlete has been cleared from the race arena check points will once again clear the race hill and the Technical Delegate and/or jury approval will approve race to be started again.
6. All injuries removed from the racecourse by patrol will be first transported to the Medical Services Area located at the bottom of the Boreen trail in the main lodge.
7. Copies of accident reports are not available due to federal health regulations

The Wilmington Ambulance transports patients to the nearest appropriate facility, as determined by the crew, which include:

Adirondack Medical Center- Lake Placid or Saranac Lake Champlain Valley Physicians Hospital, Plattsburgh
Fletcher Allen Hospital in Burlington Wilmington Fire and Rescue

The Wilmington Fire and Rescue has 24 hour 7 day a week rescue capabilities. The station is located 4 miles away from the Whiteface Mountain Base Lodge. Response time to Whiteface is about 5 minutes though during holidays and on weekends, they are on standby at Whiteface.

LifeFlight or other helicopter transportation is available to an appropriate facility as determined by the crew and if weather allows.

BARBECUE FORM

Institution: _____

BARBECUE:

Date: Saturday, March 11, 2023

Time: Approximately 1:30 PM

Place: Mont Van Hoevenburg

Number of student-athletes in your official travel party attending the barbecue: _____

Number of non-athletes in your official travel party attending the barbeque: _____

(see below)

Number of additional barbecue tickets requested at \$25.00 each _____ Total

number of people attending the barbeque from your institution: _____

Team allotments:	1-3 Athletes = 1 Non-athlete
	4-6 Athletes = 2 Non-athletes
	7-9 Athletes = 3 Non-athletes
	10-12 Athletes = 5 Non-athletes

Make payable to: St. Lawrence University

Please return this form by Thursday, March 2, 2023 to:

Cheryl Canfield (email: ccanfield@stlawu.edu)