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| **ASAA Return-To-Events Protocols** as of 7/15/2020 | | | |
| Objective | This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and local restrictions and or recommendations. | | |
| Foundation | ASAA believes and research supports (see attached) it is essential to the physical and mental well-being of students to return to physical activity and athletic competition. We recognize that all students may be unable to return to – and sustain – athletic activity at the same time across the state. There will likely be variations in what sports and activities are allowed to take place. ASAA endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely | | |
| Points of Emphasis | Expanding knowledge of COVID-19 transmission could result in significant changes to these protocols. ASAA will disseminate more information as it becomes available.  Schools should not allow meetings, practices, events or competitions to take place unless all protocols by coaches and advisors can be followed. Administrators must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission.  “Vulnerable individuals” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including , but not limited to, high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. It is recommended that “vulnerable individuals,” including coaches, student participants, staff and officials, consult with their health care provider to determine whether participation in activities or events is prudent under the circumstances. Request for reasonable accommodations should be considered in accordance with the Americans with Disabilities Act and Alaska law.  Due to the near certainty of recurrent outbreaks in the coming months, schools must be prepared for periodic closures and the possibility of some teams having to isolate for two or more weeks. Development of policies is recommended regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions. | | |
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| **Fall Events** | **Low Risk**  Average daily cases over the past 14 days | **Intermediate Risk**  Average daily cases over the past 14 days | **High Risk**  Average daily cases over the past 14 days |
| As determined by school district | Minimal Community Transmission (<5 cases per 100,000 population)  (See DHSS COVID-19 Alert Levels) | Moderate Community Transmission (5-10 cases per 100,000 population)  Some undetected cases and infrequent discrete outbreaks (See DHSS COVID-19 Alert Levels) | Widespread Community Transmission (10 cases per 100,000 population) Many undetected cases and frequent discrete outbreaks (See DHSS COVID-19 Alert Levels) |
| Events/Gatherings | Participants, if possible, when not exercising or competing, social distancing of a minimum of 6 feet should be maintained.  Spectators, social distancing of at least 6 feet continues to be a best practice  Actively encourage high risk participants, spectators and those that have been sick to stay at home  Consider using digital ticketing  To decrease the amount of yelling and cheering, host school approved artificial noisemakers may be used as long as they do not interfere with official whistles  Concession packaged food only | Indoor events– total individuals should be what your facility can handle with social distancing of at least 6 feet  Outdoor events - spectators limited to what your facility can handle with social distancing of at least 6 feet.  Maintain a minimum of 20 minutes between the end of an event and the beginning of a subsequent event.  High risk participants, spectators and those that have been sick should stay at home  Use digital ticketing only  To decrease the amount of yelling and cheering, host school approved artificial noisemakers may be used as long as they do not interfere with official whistles  No concession | In person school is canceled  All in person events cease  Maintaining virtual contact with participants is encouraged |
| Screening | Prior to attending advisors, coaches, supervisors & participants must sign a waiver of liability related to COVID-19  Screen advisors, coaches, supervisors, participants and officials prior to each session. Includes a temperature check, questions and phone number/email. Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure.  Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.  There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols. | Prior to attending advisors, coaches, supervisors & participants must sign a waiver of liability related to COVID-19  Screen advisors, coaches, supervisors, participants and officials prior to each session. Includes a temperature check, questions and phone number/email. Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure.  Screen spectators prior to each indoor session. Includes a temperature check, questions and phone number/email. Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure.  Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.  There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols. | In person school is canceled  All in person events cease |
| Facility Cleaning | Cleaning and disinfecting must be conducted in compliance with CDC protocols or, in lieu of performing the CDC cleaning the facility maybe shut down for at least 72 hours followed by disinfecting of all common services.  Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered. | Cleaning and disinfecting must be conducted in compliance with CDC protocols or, in lieu of performing the CDC cleaning the facility maybe shut down for at least 72 hours followed by disinfecting of all common services.  Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered. |  |
| Facility & Equipment | Facility should have signage of cleaning protocols and visual indicators of proper spacing between individuals  All athletic equipment, (including balls, bats, mats, etc.) should be cleaned intermittently and prior to the next session.  Hand sanitizer should be plentiful and available to all participants and spectators.  Indoor activities – Ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible. | Locker room use should be minimal depending on the activity and facility.  Facility should have signage of cleaning and COVID protocols and visual indicators (cones, tape, etc.) of proper spacing between individuals  Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.  Any shared equipment, (including balls, bats, mats, free weights, etc.) should be cleaned frequently and prior to the next event.  Hand sanitizer should be plentiful and available to all participants and spectators  Indoor activities – Ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible.  Indoor activities - Block off rows or sections to keep participants and spectators separated    Limit the number of people who occupy the restroom. Monitor so lines do not form without maintaining at least 6 feet from each other. |  |
| Face Coverings | Cloth face coverings by participants should be encouraged when not engaging in vigorous activity. Such as sitting on the bench, in the locker room, on the sidelines, etc.  Participants should always be allowed to wear face coverings, if desired  As approved by the NFHS, plastic shields designed specifically for football and hockey helmets are allowed. Plastic shields covering the entire face for all other sports will not be allowed due to the risk of unintended injury to the person wearing the shield or others.  Coaches are strongly encouraged to wear cloth face coverings. Especially when physical distancing is not possible  Depending on the activity officials are strongly encouraged to wear cloth face coverings  Spectators are strongly encouraged to wear cloth face coverings. | Cloth face coverings by participants should be used when not engaging in vigorous activity. Such as sitting on the bench, in the locker room, on the sidelines, etc.  Participants should always be allowed to wear face coverings, if desired  As approved by the NFHS, plastic shields designed specifically for football and hockey helmets are allowed. Plastic shields covering the entire face for all other sports will not be allowed due to the risk of unintended injury to the person wearing the shield or others.  Coaches should wear cloth face coverings. Especially when physical distancing is not possible.  Depending on the activity officials are strongly encouraged to wear cloth face coverings  Spectators must wear cloth face coverings |  |
| Individual Hygiene | Wash your hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.  Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.  Students should report in appropriate attire and immediately return home to shower after participation.  Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.  Have your own water bottle. Water bottles must not be shared. Food should not be shared.  All individuals should refrain from handshakes, high fives, fist/elbow bumps, group celebrations, etc. | Wash your hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.  Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.  Students should report in appropriate attire and immediately return home to shower after participation.  Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.  Have your own water bottle. Water bottles must not be shared. Food should not be shared.  All individuals should refrain from handshakes, high fives, fist/elbow bumps, group celebrations, etc. |  |
| By Activity | Tier 1 – events can be held using the low risk protocols  Tier 2 – events can be held using the low risk protocols  Tier 3 – events can be held using the low risk protocols | Tier 1 – local events can be held using medium risk protocols (local - ASAA Regions, Conferences or governmental designation)  Tier 2 – local events can be held using medium risk protocols  Tier 3 – local events can be held with limits on number of participants. Determine capacity of your facility with social distancing of at least 6 feet. Mark off areas for participants when not competing. | All in person events cease  Maintaining virtual contact with participants is encouraged |
| Travel/Housing | Travel allowed with social distancing of at least 6 feet as a best practice for non-household individuals.  Individuals that are consistently working in close contact should be considered a household. | Travel allowed with social distancing of at least 6 feet as a best practice  Accommodations should allow for all non-household individuals to sleep at least 6 feet apart  Teams from different schools should not share the same housing  Individuals that are consistently working in close contact should be considered a household. |  |

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| **Activity Risk Tiers** | | |
| Tier 1 | Activity that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by participants | Swimming individual events, Cross Country Running, Rifle, Nordic Ski, Cheer (no stunting), Esports, Track & Field individual running and throwing events, DDF individual events |
| Tier 2 | Activity that involves close sustained contact, but with protective equipment in place that may reduce the likelihood of viral transmission between participants, or intermittent close contact, or the use of equipment that can’t be cleaned between participants. | Tennis, Flag Football, Swimming relays, Volleyball, Gymnastics, Bowling, Hockey, Basketball, Baseball, Soccer, Softball, Track & Field relays and jumping events, DDF partner events, Music solos |
| Tier 3 | Activity that involves close sustained contact between participants and lack of significant protective barriers | Football, Cheer stunting, Wrestling, Music duets or larger groups |