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| **ASAA Return-To-Practice 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 Practices** | **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) |
| Practice | Participants, if possible, when not exercising or competing, social distancing of a minimum of 6 feet should be maintained.  Accommodations should be made for High risk participants.  Those that have been sick should stay at home | Practices should be limited to the facility’s capacity to have participants 10’ apart.  Maintain a minimum of 20 minutes between the end of a practice and the beginning of a subsequent practice for cleaning purposes.  Focus on individual skill development and conditioning.  Limited Contact with Others (increased distance and decreased exposure time); Limited Sharing of Equipment.  Workouts should be conducted in “pods” of students with the same 5-12 students working out together weekly to limit overall exposures  Accommodations should be made for High risk participants.  Those that have been sick should stay at home | In person school is canceled  All indoor activities cease  Maintaining virtual contact with participants is encouraged  Outdoor conditioning can be held with 10’ maintained between all individuals |
| Participant Screening  (includes advisors, coaches and supervisors) | Prior to attending participants, coaches and advisors must sign a waiver of liability related to COVID-19  Screen participants 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 participants, coaches and advisors must sign a waiver of liability related to COVID-19  Screen participants 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. | Outdoor conditioning - Screening of participants, coaches and advisors that is done at medium risk continues |
| 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.  Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.  Weight equipment should be wiped down thoroughly before & after each individual’s use  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.  Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.  Weight equipment should be wiped down thoroughly before & after each individual’s use  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 shared equipment, (including balls, bats, mats, etc.) should be cleaned intermittently and prior to the next session. (Intermittently - every 10 min)  Hand sanitizer should be plentiful and available to all participants. | Monitor number of individuals in locker rooms so students can be 6 feet apart.  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.  As much as possible no sharing of equipment. Any shared equipment, (including balls, bats, mats, free weights, etc.) should be cleaned frequently and prior to the next session.  (Frequently - every time drill is stopped)  Hand sanitizer should be plentiful and available to all participants. | No use of indoor facilities  Outdoor facilities should have visual indicators of proper distancing  No sharing of equipment  Hand sanitizer should be plentiful and available to all participants. |
| 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 | 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. | Cloth face coverings by participants must be used when not engaging in vigorous activity.  Coaches 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.  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. | Outdoor conditioning – same as medium risk |
| By Activity | Tier 1, 2 & 3 – practice can be held using the low risk protocols | Tier 1, 2 & 3 – practice can be held using the medium risk protocols | Tier 1, 2 & 3 – Outdoor conditioning can be held with 10’ maintained between all individuals |

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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 |