

# KEEPING OUR KIDS SAFE

## Parents & Students



Alaska School Activities Association

# Keeping Activities Open & All Safe

Check with your school to make sure they have Quality Mitigation Plans in place.

Parents and students need to be diligent in adhering to all aspects of the mitigation plan.

Individuals need to be honest with symptoms and screening questions. One person's actions could impact the entire team.



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**KNOW & ADHERE TO ALL SCHOOL DISTRICT POLICIES  
AND SPORT SPECIFIC MITIGATION PLANS**





# **CORONAVIRUS... STOP THE SPREAD!**

The more people you  
interact with,  
the closer the physical  
interaction,  
the more sharing of  
equipment by multiple  
people, and  
longer the interaction, the  
HIGHER THE RISK!



# CORONAVIRUS... STOP THE SPREAD!



Stay Home if Sick



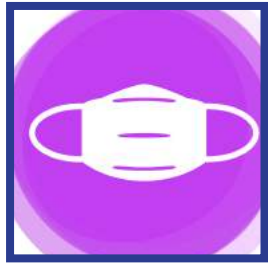
Do Not Touch your eyes, nose, or mouth



Stay 6 Feet Away from all individuals when possible



Clean & Disinfect Frequently touched objects



Wear Face Covering & Eye Protection when possible



Screen at home prior to each event



Wash/Disinfect Hands BEFORE & AFTER practices, games, & sharing equipment!



Observe proper hygiene

# Off the Field and Court Behaviors



- Your behavior while not at practice or competition matters!
- Do not hold in-person team gatherings like potlucks, team dinners, etc.
- Avoid congregating in the parking lot.
- Do NOT have sleepovers, group dinners or attend large gatherings.
- No sharing of food and drinks.
- Individuals need to be 6' apart.
- Limit shared transportation as much as possible.





# Personal Items



## NO SHARING

DO NOT share clothes, shoes, hats, gloves, and other personal clothing items.



## WATER BOTTLES

No sharing water bottles. You must bring your own water bottle, filled and labeled.



## FACE COVERINGS & MASKS

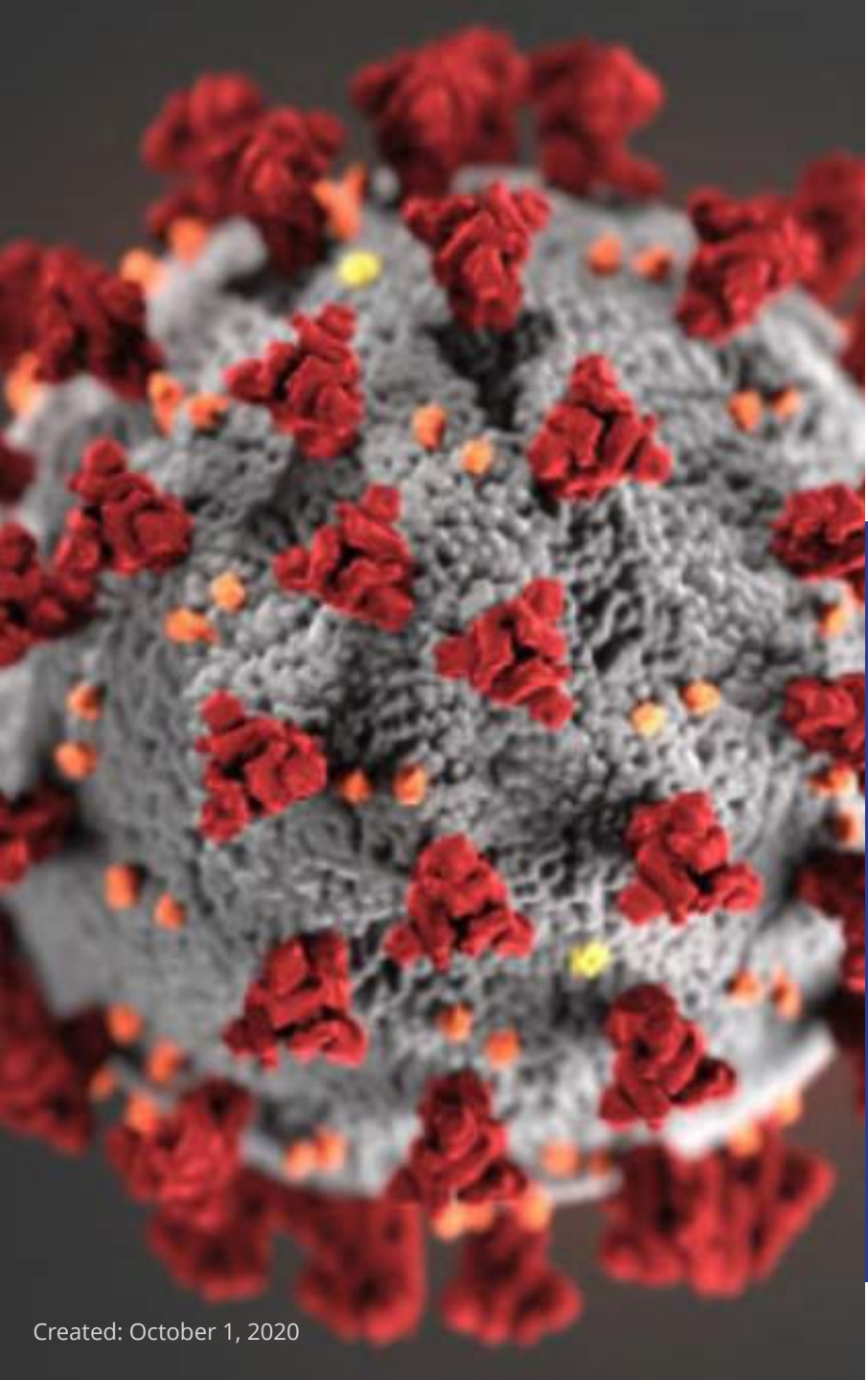
You must have your own face covering that covers the nose and mouth



## CLEAN/DISINFECT EQUIPMENT

Clean and disinfect equipment and surfaces frequently.





# CORONAVIRUS (COVID-19)

- COVID-19 is caused by a coronavirus called SARS-CoV-2.
- COVID-19 is a respiratory illness that can spread from person to person.
- Symptoms may appear 2-14 days after exposure to the virus.
- Some people may not develop symptoms (asymptomatic carriers)



# Teenage Symptoms



- Many youth are asymptomatic carriers.
- If teenagers do have symptoms they can be very mild.
- Very important to identify and take seriously all New & Unexplained symptoms!  
Even if they only have one symptom.





# CORONAVIRUS SYMPTOMS



Fever  
Chills  
Cough  
Fatigue



Sore Throat  
Shortness of Breath  
Difficulty Breathing

Muscle or Body Aches  
Headache  
Diminished Taste or Smell



Congestion  
Runny Nose  
Nausea/Vomiting  
Diarrhea





# Important Points

- Do not attend if you have symptoms of COVID-19, diagnosed with COVID-19, are waiting for COVID-19 test results or may have been in close contact to someone with COVID-19.
- Players should not be penalized for being honest about their symptoms and missing practice.
- Individuals cannot “test” out of quarantine.
- Be a role model! Wear a mask, and consistently remind teammates, family, and friends , to do the same.
- If you see unsafe behavior say something! It could mean difference between continuing and cancelling the season.



# THANK YOU

## Keep Activities Going



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