KEEPING OUR KIDS SAFE
Parents & Students
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.

KNOW & ADHERE TO ALL SCHOOL DISTRICT POLICIES AND SPORT SPECIFIC MITIGATION PLANS
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
- Stay 6 Feet Away from all individuals when possible
- Wear Face Covering & Eye Protection when possible
- Wash/Disinfect Hands BEFORE & AFTER practices, games, & sharing equipment!
- Do Not Touch your eyes, nose, or mouth
- Clean & Disinfect Frequently touched objects
- Screen at home prior to each event
- Observe proper hygiene

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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.
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).
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

Alaska School Activities Association