KEEPING OUR KIDS SAFE
Coaches & Advisors

Alaska School Activities Association
Keeping Activities Open & All Safe

Districts should consult with DHSS in developing Quality Mitigation Plans.

Advisors and coaches 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

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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 Participants, Advisors, Coaches prior to each event

Encourage proper hygiene

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Prepare Before You Begin

• **Inform:** Tell parents (email, zoom, call) about actions the team is taking to protect players. Remind them to screen their students prior and if not feeling well to keep them at home.

• **Facility:** Make sure your facility is cleaned & properly marked.

• **Supplies:** Have the following available onsite.
  - Masks
  - Hand sanitizer (at least 60% alcohol)
  - Disinfecting spray for equipment
  - Signs; ie explaining risks, adherence to protocols, mark distances
  - Thermometer
  - Screening Form

• **Train:** Train adult individuals to help monitor.
PHYSICAL DISTANCING STRATEGIES

Have visual markers of 6 feet (meetings, drills, benches, etc.) and regularly remind individuals to stay 6’ apart when not actively competing.

Close contact is defined as being within 6 feet of an individual for 15 minutes. The 15 minutes is cumulative! Even a 30 second huddle adds to the risk.

Avoid high fives, handshakes, hugs, etc.

Limit number of individuals in core group. No visitors, spectators, volunteers, etc.

Separate Varsity from JV. Allow enough time for teams to leave and arrive (recommended 20 min between).

ADDITIONALLY - Workout and meet outside whenever feasible

Create separate entrances and exits

Focus on individual skills and drills

Require participants to come dressed to participate & leave to shower/change.
Example of Screening Procedure

Individuals should screen prior to arriving at the activity and then be screened on site.

Screening form should include the following:
- Name
- Email/phone
- Temperature
- Symptoms - Yes or No
- Contact - Yes or No
- Travel out of AK - Yes or No

Two adults trained in screening: One to take temperature and the other to complete screening form.

Marks for 6 Feet spacing in line.

Hand Sanitizer

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Off the Field and Court Behaviors

• Educate students & parents that their 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.
• Encourage your players to 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. Each individual must bring their own water bottle, filled and labeled.

FACE COVERINGS & MASKS

Each person must have their own face covering that covers the nose and mouth.

CLEAN/DISINFECT EQUIPMENT

Clean and disinfect equipment and surfaces frequently.

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Facility & Equipment

- Normal routine cleaning with soap and water will decrease how much of the virus is on surfaces and objects, which reduces the risk of exposure.

- Frequent disinfection of surfaces and objects touched by multiple people is important.

- Viruses on surfaces and objects naturally die within hours to days. Warmer temperatures and exposure to sunlight will reduce the time the virus survives on surfaces and objects.

- Limit sharing of equipment (bats, balls, megaphones, discus, etc.).

- If equipment is to be shared, it should be disinfected frequently.
Important Points

• Do not allow anyone that has symptoms of COVID-19, diagnosed with COVID-19, is waiting for COVID-19 test results or may have been in close contact to someone with COVID-19 to attend.

• Do not penalize players 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 players, family, fans, officials, and staff to do the same.

• If you see unsafe behavior say something! It could mean difference between continuing and cancelling the season.
COVID-19 ADDITIONAL INFORMATION
Keep Activities Going
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)
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

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• 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.
Identify Increased At-Risk Population

Persons 65 Years & Older

People with Pre Existing Conditions

Heart Disease  
Lung Disease  
Diabetes  
Asthma  

Bone Marrow or Organ Transplantation  
Immunocompromised and Immune Deficiencies  
Use of Immune Weakening Medications  
Obesity  

Chronic Kidney Disease  
Liver Disease  
Cancer  
Smoking
Prevention Hygiene

Cover Cough & Sneezes

• Use tissue or inside of elbow if possible
• Throw tissue away and wash hands immediately

Wash Hands

• After coughs and sneezes immediately wash your hands.
• Use soap & water for at least 20 seconds or use at least 60% alcohol hand sanitizer.

Do Not Touch Face

No Spitting

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What To Do If Notified Of A Positive Case

**Instruction**
Instruct individual to remain at home, self isolate and contact their health care provider.

**Communicate**
Communicate to individual that they did the right thing in notifying you.

**Contact Administration**
Contact your administration.

**State/City Guidelines**
Follow all state and city guidelines.

**Prepare for Information**
Be prepared to provide information, and screening logs for possible contact tracing.
THANK YOU
Keep Activities Going

Alaska School Activities Association

Questions on this presentation please contact ASAA Associate Director Sandi Wagner (sandi@asaa.org)