

# 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.



Photo By: 2020 MatSuSports.net

**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 Participants, Advisors, Coaches prior to each event



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



Encourage proper hygiene

# 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.
- **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
- **Facility:** Make sure your facility is cleaned & properly marked.
- **Train:** Train adult individuals to help monitor.

## INFORM



## SUPPLIES



## FACILITY



## TRAIN ADULTS



# PHYSICAL DISTANCING STRATEGIES



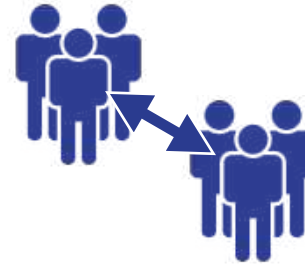
Close contact is defined as being within 6 feet of an individual for 15 minutes. The 15 minutes is cumulative! Even a 30 second huddle adds to the risk.



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



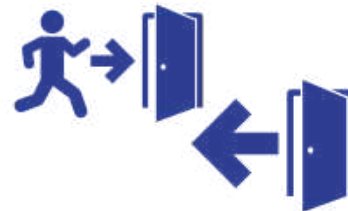
Avoid high fives, handshakes, hugs, etc.



Separate Varsity from JV. Allow enough time for teams to leave and arrive (recommended 20 min between). **ADDITIONALLY** - Workout and meet outside whenever feasible



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



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.

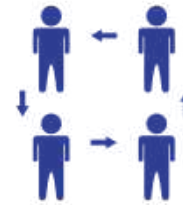


Screening form should include the following:

- 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



# 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.



# 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.

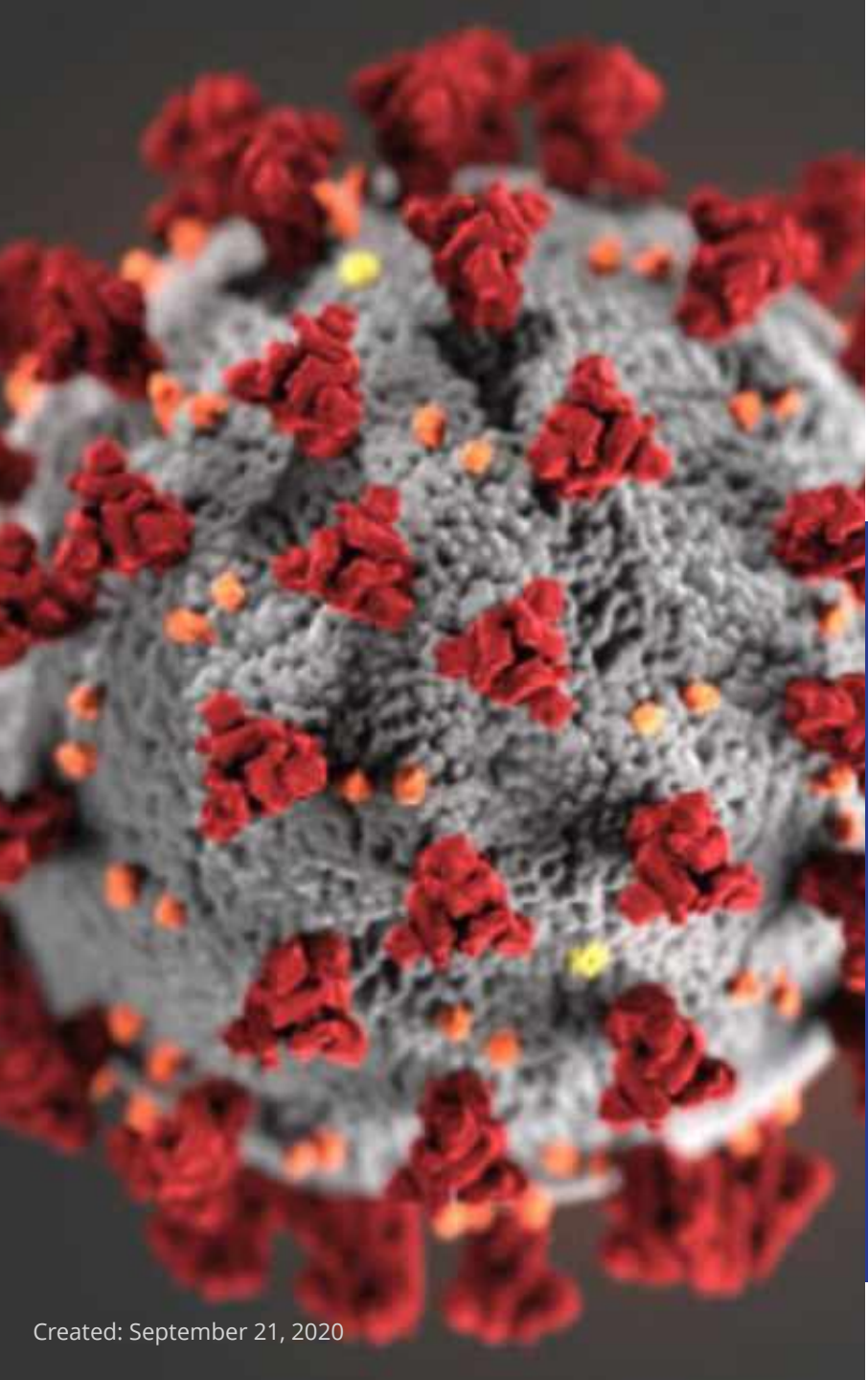


# COVID-19 ADDITIONAL INFORMATION

## Keep Activities Going



Alaska School Activities Association



# 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)



# CORONAVIRUS SYMPTOMS

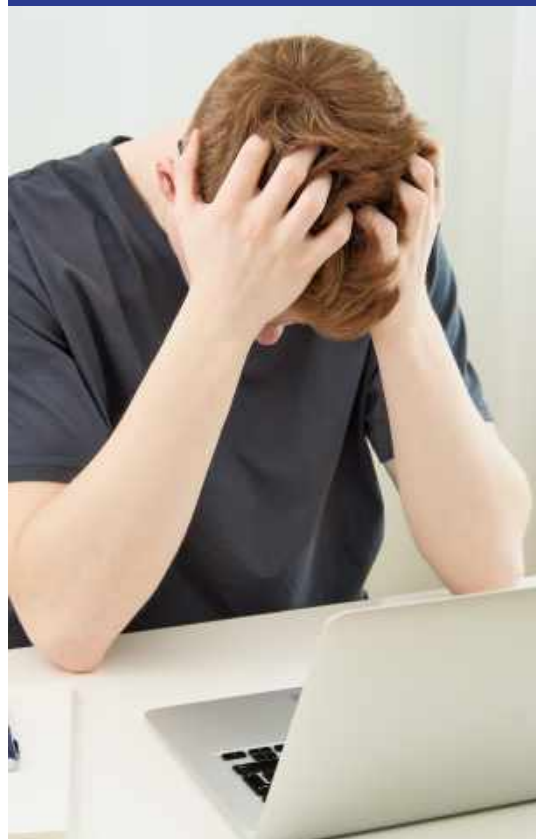


Fever  
Chills  
Cough  
Fatigue



Sore Throat  
Shortness of Breath  
Difficulty Breathing

Muscle or Body Aches  
Headache  
Diminished Taste or Smell



Congestion  
Runny Nose  
Nausea/Vomiting  
Diarrhea



# 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.



# 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

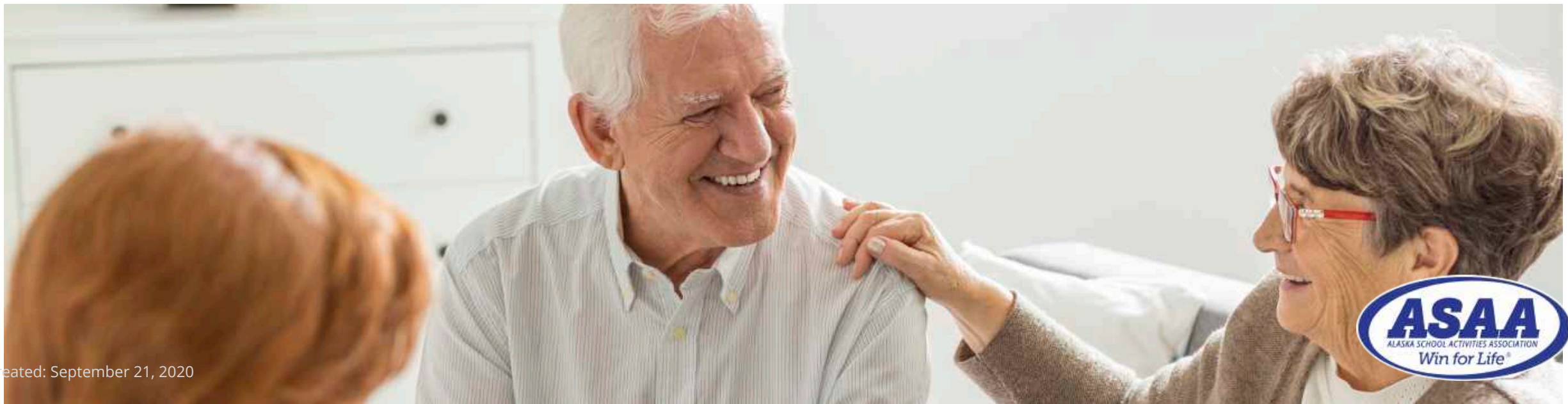
Obesity

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

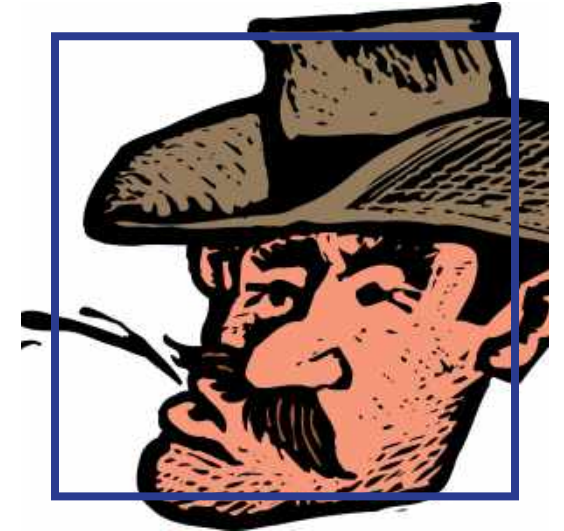


**Wash Hands**

- 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**

# 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



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