

# ASAA COVID-19 DDF Recommendations

## as of 11/16/2020

This document is intended to provide guidance for schools to consider with their stakeholders in writing mitigation plans for DDF at any risk level.

District mitigation plans should be designed in accordance with state and local restrictions. The Alaska Department of Health and Social Services (DHSS) is available to provide consultation on mitigation plans. To request assistance, please email [karol.fink@alaska.gov](mailto:karol.fink@alaska.gov) or call 907-310-8721

### Points of Emphasis

- Do not allow any DDF event to take place unless all protocols can be followed.
- Educate coaches, advisors and parents on the symptoms of COVID-19. Any individual who has even one of the symptoms must stay home and get tested.
- Educate coaches, advisors and parents on the importance of following protocols in order to keep their activity going.
- Advisors and coaches should take the NFHSlearn COVID-19 course and/or view the ASAA COVID-19 Educational Presentation.
- Parents should view the ASAA COVID-19 Educational Presentation for parents and receive the COVID-19 handout.
- It is recommended that people who are at increased risk for severe illness including coaches, students, staff and officials, consult with their health care provider to determine whether participation in activities or events is prudent under the circumstances. Information from the CDC on who are at increased risk can be found at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/>.
- There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols.
- Schedule a minimum of 20 minutes between the end of one event and the beginning of individuals showing up for another event.
- Schools must be prepared for periodic closures and the possibility of some students or teams having to quarantine for up to two weeks.
- Close contact between any individuals should be limited to the extent possible. Close contact is defined as being within 6 feet of an infected individual for at least 15 minutes. The 15 minutes is cumulative so even a 30 second huddle adds to the risk.
- Individuals should screen at home before arriving at a practice or event. STAY HOME IF SYMPTOMATIC.

### Facilities

- Cleaning and disinfecting must be conducted in compliance with CDC. The most current guidelines can be found at <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>
- Any equipment such as benches, chairs, etc. having holes with exposed foam should be covered.
- Facilities must have visual indicators (cones, tape, etc.) of proper spacing between individuals.

- Hand sanitizer should be plentiful and available to all participants. Place them at entrances, meeting rooms, tables, etc. Encourage all individuals to use often.
- Ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible.
- When possible have separate entrance and exit points. Use signage for direction of walking traffic.
- Use signage or close every other stall to encourage physical distancing of all individuals in restrooms.

### Participants/Advisors/Coaches/Supervisors

- Prior to attending advisors, coaches, supervisors & participants must sign a waiver of liability related to COVID-19.
- Advisors, coaches, supervisors, and participants should be screened prior to arriving at an event and again when they arrive. 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-quarantine, and contact their primary care provider or other health-care professional.
- Maintain physical distancing of 6 feet between all individuals at all times.
- All participants should wear cloth face coverings and eye protection
- Plastic shields covering the entire face are allowed
- Coaches should wear face coverings (ideally surgical grade) and eye protection. Especially when physical distancing is not possible.
- Individuals must bring their own water bottle that is labeled and filled. No sharing of water bottles.
- To decrease the amount of hand face contact, limit the consumption of food. Individuals must have their own food if they have to eat. No sharing of food or drink.
- No pre or post meet handshakes, high fives, fist/elbow bumps, group celebrations, huddles, etc.

### DDF Specifics

- Conduct practice in pods of students with the same 4-6 students training together to limit overall exposure.
- Remind participants to not touch their face.
- Clean and disinfect equipment (ie. podiums, tables, keyboards) between each user.
- Limit the number of individuals in a room so there can be at least 6' between them at all times. Consider using 2 rooms if available.
- Performance areas should be 10' apart. Best practice is to increase distance as time near others increases.
- During competitions no spectators allowed.
- For tournaments and dual competition, consider doing virtual meets with each team competing from their school.
- Remote practices are acceptable.

### Important Information

- You cannot test yourself out of quarantine.
- Adherence to mitigation plans is crucial.
- If there is a positive test, schools will work with public health officials and communicate with students and families.
- Antigen testing guidelines will be included once information is available.

Using these guidelines to develop quality mitigation plans for practices and events will allow activities to continue in Alaska high schools.