

ASAA COVID-19 Nordic Ski 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 Nordic Ski 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 or call 907-310-8721

Points of Emphasis

- Do not allow any nordic ski 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 athletes 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.
- Require all teams to screen their participants prior to arriving at the venue.
- When attending an event you are responsible to bring your own towels, hand sanitizer and medical kits.
- 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>
- Weight equipment should be wiped down thoroughly before & after each individual's use.
- Any equipment such as benches, athletic pads, 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, locker rooms, starts and finishes, etc. Encourage all individuals to use often.
- Monitor locker rooms to maintain 6 feet between all individuals.

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 except when actively competing.
- Cloth face coverings by participants should be worn when feasible. Such as in the locker room, during meetings, etc. Encourage masks during warm-ups, at the end of practice or a race or whenever they can be tolerated by the athlete.
- Participants should always be allowed to wear face coverings, if desired.
- Plastic shields covering the entire face will not be allowed in nordic ski due to the risk of unintended injury to the person wearing the shield or others.
- Coaches should wear face coverings (ideally surgical grade) and eye protection. Especially when physical distancing is not possible.
- Participants must come dressed to participate and leave to shower and change.
- Individuals must bring their own water bottle that is labeled and filled. No sharing of water bottles.
- No pre or post race handshakes or high fives.
- Avoid all non-sport related contact. I.e. high fives, fist/elbow bumps, group celebrations, huddles, etc.

Nordic Ski Specifics

- During practice and meets create starts and finishes that limit the number of individuals gathering.
- Use interval starts that limit congestion. Start order by ranking (fastest first) or using at least 30 second interval starts for random start order.
- Limit or eliminate the access to indoor facilities. Personal vehicles can be used to keep participants warm.
- Whenever feasible do not use indoor waxing facilities.

- Conduct practice in pods of students with the same 5-10 students training together to limit overall exposure.
- Remind participants to not touch their face.
- Do not mass collect warm ups. Participants should have their own area for their personal items.
- When breathing hard, maintain physical distancing of 10 feet except when actively competing.
- Limit the consumption of food to decrease the amount of hand face contact.
- Meet workers should wear face coverings and eye protection.

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.