

ASD Sports & Activities Summer Contact Mitigation Plan

1. Mitigation Plan Overview

- a. This mitigation plan is intended to provide guidance for ASD schools and coaches when engaging in summer contact with student athletes and when planning to use ASD facilities during the months of June and July. A separate mitigation plan will be provided for the Fall sports season which begins July 29th.
- b. This mitigation plan assumes the State of Alaska and the Municipality of Anchorage (MOA) remain in Phase 3 or 4 of the [Reopen Alaska Responsibly Plan](#)
- c. This plan may be suspended any time based on the reinstatement of Phase 1 or 2 or this plan may be adjusted based on updated guidance from the State of Alaska, the Alaska Department of Education and Early Development (DEED), the Municipality of Anchorage (MOA), or the Alaska School Activities Association (ASAA).
- d. This plan reinforces that even when permitted to resume summer activities in *low-risk* status, ASD will require coaches to do so responsibly and follow the best-practice recommendations outlined in the [ASAA Return-to-Activities Protocols](#) and the State of Alaska COVID-19 [Attachment K](#) and [Attachment U](#) in order to reduce the chance of exposure to COVID-19 between staff, participants, volunteers, spectators, and the public.
- e. The intent of this plan is to allow for normal summer contact with ASD student athletes beginning June 8 as permitted under [ASAA Out-of-Season and Open-Facility policies](#), including open-facility workouts, conditioning, camps, and clinics.
- f. Participation in summer sessions remains optional for all student athletes. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.
- g. For the month of June, ASD summer sessions will be limited to outdoor facility use only.
- h. Because custodial crews do not work in the month of June, ASD cannot ensure adequate cleaning of indoor facilities on a daily basis; therefore, indoor facilities (gyms, locker rooms, weight rooms, bathrooms, etc.) remain closed for use. Indoor facilities will tentatively reopen when regular high school custodial coverage resumes July 8th.
- i. This mitigation plan outlines the protocols ASD schools and coaches must follow under current *low-risk* conditions. Section 10 of this mitigation plan outlines additional restrictions and precautions that will take effect if the condition changes to *medium-risk*. If the condition moves to *high-risk* at any point this summer, all in-person activities and student contact will be cancelled until further notice.

2. Participants

- a. For the purpose of this mitigation plan, "Participant" means any person participating in a summer session with ASD student athletes including ASD employees, coaches (head or

assistant coach, paid or volunteer), students, clinicians, officials/referees, support staff, and spectators.

3. Vulnerable Individuals

- a. “Vulnerable individuals” are defined by the CDC as people age 65 years and older and others with serious underlying health conditions, including , but not limited to, high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. It is recommended that “vulnerable individuals,” including coaches, student participants, staff and officials, consult with their health care provider to determine whether participation in activities or events is prudent under the circumstances. Requests for reasonable accommodations should be considered in accordance with the Americans with Disabilities Act and Alaska law.

4. Designated Event Monitor

- a. **There should be a designated individual on site solely responsible for monitoring and following all social distancing, hygiene, staffing/operations (including participant screening), and cleaning and disinfecting protocols as outlined in this mitigation plan. The designated event monitor may be an ASD employee, coach, or volunteer who is familiar with the requirements under this plan.**

5. Social Distancing

Both *single-team* and *multi-team* sessions are allowable while in low-risk status under the ASAA Return-to-Activities Protocols.

- a. Participants should maintain a minimum social distance of six feet as often as possible between non-household members when not exercising or competing.
- b. Participants are encouraged to wear cloth face coverings when not engaged in vigorous activity.
- c. Plastic shields covering the entire face are not allowed due to the risk of unintended injury to the person wearing the shield or others.
- d. Coaches and spectators are strongly encouraged to wear cloth face coverings at all times. It is critical that coaches recognize the importance of modeling best practices while working with student athletes.
- e. Equipment may be shared between participants with intermittent cleaning (see Cleaning/Disinfecting section).
- f. Any persons with symptoms consistent with COVID-19 should not participate or be on the premises.
- g. For multi-team sessions, all participants must be from low-risk communities.
- h. Any transportation should allow for social distancing of at least six feet as a best practice.
- i. Individuals traveling from out-of-state must follow all state travel mandates.

- j. The number of spectators allowed to attend an event will be informed and limited by current State and Municipality of Anchorage (MOA) guidelines. Under current MOA guidelines, events anticipated to draw over 500 spectators require advanced municipal approval.

6. Hygiene Best Practices

- a. **A hand washing or hand sanitizing station must be made available to participants.**
- b. **All participants should wash or sanitize their hands upon arriving at the facility.**
- c. Participants should be encouraged to wash or sanitize their hands frequently throughout the session.
- d. Participants should arrive in appropriate attire and be encouraged to immediately return home to shower after participation.
- e. Appropriate clothing/shoes should be worn at all times to minimize sweat from transferring onto equipment/surfaces.
- f. Participants should each have their own water bottle. Water bottles and food should not be shared.
- g. Participants should refrain from handshakes, high-fives, fist/elbow bumps, and other forms of individual or group celebrations that require physical contact.

7. Staffing/Operations

- a. **All participants must complete and submit a [COVID Sports Waiver and Release](#) form prior to participation in any summer session.**
- b. **Participants must be screened prior to each session. Coaches must have a system to log and retain the screening information. Coaches are encouraged to use the [COVID-19 Monitoring Form](#) for this purpose.**
- c. The screening must include the following information:
 - i. A temperature check for all participants
 - ii. A record of the participants name and contact information (phone or email)
 - iii. Response to five screening questions:
 1. Have you had a fever in the last 72 hours?
 2. Do you have a persistent cough?
 3. Do you have a sore throat?
 4. Are you experiencing unusual shortness of breath?
 5. Have you had close contact with someone with COVID-19 in the last 14 days?
- d. Anyone with a temperature of greater than 100.3 degrees or anyone who lives with someone who has tested positive within the last two weeks should not be allowed to participate, should self-isolate, and should contact their primary care provider or other health-care professional for further guidance.
- e. Participants must agree to inform someone from the organization if they become sick within seven days of participation so that other participants can be informed that a

fellow participant became sick and they should monitor for symptoms and practice recommended social distancing measures.

8. Cleaning/Disinfecting

- a. **Whenever possible equipment should be wiped down thoroughly before and after each individuals' use.**
- b. **All shared athletic equipment, including balls, bats, mats, etc., should be cleaned intermittently during practices and contests and prior to the next session.**
- c. Any equipment such as weight benches, athletic pads, etc. that have holes with exposed foam should be covered so they can be cleaned properly.
- d. When an active participant is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting must be performed as soon after the confirmation of a positive test as practical. In lieu of performing CDC cleaning and disinfecting, the athletic facility may shut down for a period of at least 72 consecutive hours to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.
- e. Cleaning and disinfecting should be conducted in compliance with CDC protocols: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-businessresponse.html> & <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

9. Communication Plan

- a. This mitigation plan, along with any updates or changes to risk-level status, will be posted on the [ASD Sports & Activities Page](#) on or before June 8th.
- b. An email communication about participation in summer activities will be sent to all high school families.
- c. COVID-19 Warning signage will be posted at all high school outdoor sports facilities.
- d. In the event of a potential exposure event, coaches should contact their school administration. If the administration is unavailable, coaches should contact ASD Healthcare Services directly at 907-742-4136.

10. Medium Risk

- a. If it is determined that conditions change to medium-risk status, all previous protocols remain in place with the additional restrictions added as outlined below:
- b. Social Distancing
 - i. Only single-team sessions are permitted. All attendees must be affiliated with the host school.
 - ii. **All team camps, commercial camps, scrimmages between schools, etc are prohibited.**

- iii. Indoor activities are limited to 25% of maximum occupancy or 50 individuals, whichever is less. Outdoor activities are limited to 50 individuals.
- iv. Workouts should be conducted in “pods” of students with the same 5-10 students working out together weekly to limit overall exposure across the larger group.
- v. There must be a minimum distance of six feet between each individual at all times. When exercising a distance of at least 10 feet must be maintained. Visual indicators such as cones, tape, flagging, etc. must be used at the facility to indicate and monitor proper spacing between individuals.
- vi. Schedulers must maintain a minimum of 20 minutes between the end of one session and the beginning of subsequent sessions to limit exposure between groups.
- vii. Sessions are limited to individual skill development and workouts.
- viii. No contact with other participants is allowed. Exercises that require a partner or spotter should not be done.
- ix. No sharing of equipment between participants.
- x. No spectators allowed.
- xi. No travel allowed.
- c. Hygiene Best Practices
 - i. No additions.
- d. Staffing/Operations
 - i. No additions.
- e. Cleaning/Disinfecting
 - i. Prior to an individual or group entering a facility, hard surfaces within that facility should be wiped down and sanitized.

11. High-Risk

- a. All in-person activities cease until further notice.