



Nordic Skiing Association of Anchorage
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To: NSAA Biathlon Range Users
From: Nordic Skiing Association of Anchorage
Date: June 18, 2020
Re: NSAA Biathlon Range Phase III Mitigation Plan v3

The NSAA follows all rules mandated by the Municipality of Anchorage. Range opening is subject to such mandates and may change at any time.

1. Participants:

- a. If a participant has traveled, their return from travel COVID-19 test must be negative and follow Alaska state guidelines.
- a. A participant may not have been in contact with anyone known to have the COVID 19. If contact has occurred, the participant must have a negative COVID 19 test and or they must have a physician's note clearing them.
- b. Coaches/RSO's are to conduct a pre-range opening verbal screening and maintain the screening log (Symptoms Checklist & Response Sheet).
 - i. Any participant with any known symptoms cannot participate in range activities.
 - ii. No participant may use the facility or join an outdoor activity within 72 hours of exhibiting a fever.
 - iii. NSAA will provide sanitizer for users; frequent use is encouraged.
- c. Participants and staff should wear cloth face coverings at all times, including while working out, if practicable and safe for the individual.

2. Buildings:

- a. Only Coaches/RSO's are to enter Building B or the Mat Shed.
- b. Touchpoint sanitization (Cleaning and disinfecting must be conducted in compliance with [CDC protocols](#)) upon entry and exit of Building B to things like keypads and locks. Disinfectant provided by NSAA.

3. Mats:

- a. Spray thoroughly with disinfectant (provided by NSAA). Let dry according to instructions on the product label.
- b. Coaches/RSO's will sign off that mats have been cleaned on a [cleaning log](#).

4. Rifles:

- a. Only Coaches/RSO's can retrieve/return rifles from Building B.
- b. Cleaning and disinfecting must be conducted in compliance with CDC protocols after each use and let dry according to the instructions on the product label by Coach/RSO.
- c. Coaches/RSO's are responsible for rifle maintenance: oiling metals and treating the stocks with wood oil or wax as needed.
- d. Coaches/RSO's will sign off that rifles have been cleaned on a [cleaning log](#).

5. Restroom:

- a. Range Users will follow the touchpoint sanitization (cleaning and disinfecting must be conducted in compliance with [CDC protocols](#)) upon entry and exit of the restroom. Disinfectant provided by NSAA.

- b. Ranger Users will be encouraged to use hand sanitizer after use.
 - c. Coaches/RSO's will sign off that the restroom has been cleaned after each range opening using the [cleaning log](#).
6. **Range Openings:**
- a. Reservations are required and must be logged in the NSAA Biathlon Range Calendar.
 - b. Outdoor activities are limited to 50 individuals including staff and spectators.
 - c. Maintain at least 1 hour between the end of one range booking and start of a new booking.
 - d. Range opening will be monitored by NSAA.
 - e. NSAA has the right and ability to change or black out any range opening time to ensure the safety of the participants.
 - f. Coaches/RSO's who open the range must have been trained on cleaning protocols by NSAA or NSAA designees.
7. **Target Line**
- a. Limit down range activity to the Coach/RSO in regards to maintaining the targets, target building, and zero target frames
 - b. Each user group should use their own paint to limit exposure.
8. **Social Distancing:**
- a. Range Users must practice 6-foot physical distancing protocols.

The Nordic Skiing Association of Anchorage reserves the right to revoke access to the Biathlon Range for anyone who violates the above procedures.

Please call Sara Kamahele, NSAA Program Manager with any questions or concerns: 907-992-0110

Reference:

CDC Guidelines for Disinfecting: www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

Municipality of Anchorage, Phase III, Fitness & Gyms:

www.muni.org/covid-19/documents/final%20phase%203%20-%20attachment%20c%20-%20fitness.pdf

Symptoms Checklist

Each athlete and volunteer should be verbally assessed by a Coach/RSO prior to each practice. This form will also help us track down any persons who have used the range in case there is an unknown issue that does arise.

- Have you travelled outside of Alaska within the last 14 days?
 - If answer is yes, RSO/athlete/volunteer must confirm they had a negative result.
- Have you been in contact with any know person to have COVID 19?
 - If answer is yes, RSO/athlete/volunteer will be asked to leave immediately.

If staff/athlete/volunteer has exhibited any of the following symptoms, they will be asked to leave immediately and not participate for the next 72 hours

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| ● Fever or chills | ● Headache |
| ● Cough | ● New loss of taste or smell |
| ● Shortness of breath or difficulty breathing | ● Sore throat |
| ● Fatigue | ● Congestion or runny nose |
| ● Muscle or body aches | ● Nausea or vomiting |
| | ● Diarrhea |

<https://covid-response-moa-muniorg.hub.arcgis.com/pages/symptoms-prevention>