



Nordic Skiing Association of Anchorage
203 W. 15th Avenue, Suite 204
Anchorage, Alaska 99501
(907) 276-7609
www.anchoragenordicski.com

To: Karl Eid Ski Jump Users
From: Nordic Skiing Association of Anchorage
Date: August 3, 2020
Re: Revision: COVID-19 Mitigation Plan for NSAA Jump

The Nordic Skiing Association of Anchorage & Team AK Ski Jumping follow all rules mandated by the Municipality of Anchorage. The Ski Jumps opening is subject to such mandates and may change at any time.

1. Staff, Coaches, Athletes & Volunteers:
 - a. If a participant has traveled, their return from travel COVID-19 test must be negative.
 - b. Must not have been in contact with anyone known to have the COVID 19. If contact has occurred and a participant still wishes to visit the jumps, they must have a physician's note clearing them.
 - c. Coaches will conduct pre-practice symptoms screening and maintain attendance log.
 - i. See Symptoms Checklist questions on the bottom of page 2.
 - ii. Anyone with any known symptoms cannot use the facility or join an outdoor activity within 72 hours of exhibiting.
 - d. NSAA/Jump will provide sanitizer for users; frequent use is encouraged.
 - e. Face coverings are required by everyone using the ski jumps, participants must supply.
2. Facilities:
 - a. Only Coaches are to enter Kids shack, Ski shack, and Coaches shack.
 - b. Touchpoint sanitization upon entry and exit of facilities to things like door handles and locks. Disinfectant provided by NSAA.
 - i. Coaches and volunteers will be responsible for monitoring and following sanitation protocols.
 - c. Porta potty can be used but must be cleaned after every use. Coaches will train athletes and volunteers on cleaning procedures and provide cleaning products.
3. Jump Openings:
 - a. Jumps are only open during scheduled practices.
 - b. Changing will be done outside, participants should wear clothes underneath warm up clothing that can be worn under jump suit.

- c. Gear will be checked out for the duration of the session during the first practice to ensure there will be no sharing of equipment amongst athletes.
 - d. Gloves are required.
 - e. Outdoor activities are limited to 50 individuals including staff and spectators.
 - f. NSAA has the right and ability to change or black out any jump opening time to ensure the safety of the participants.
4. Social Distancing:
- a. Maintain 6 feet of social distancing at all times and maintain 10 feet while working out.
 - i. Coaches and volunteers will be responsible for monitoring and following social distancing protocols.

The Nordic Skiing Association of Anchorage reserves the right to revoke access to the Ski Jumps for anyone who violates the above procedures. Please call Zak Hammill, Ski Jump Coach with any questions or concerns: 907-802-1282

References:

- CDC Guidelines for Disinfecting:
www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html
- CDC Symptoms for Coronavirus:
www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
- Municipality of Anchorage, Prevention:
<https://covid-response-moa-muniorg.hub.arcgis.com/pages/symptoms-prevention>

Symptoms Checklist

Each athlete and volunteer should be verbally assessed by a Coach/Staff prior to each practice.

- Have you travelled outside of Alaska within the last 14 days?
 - If answer is yes, staff/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, staff/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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| <ul style="list-style-type: none"> ● Fever or chills ● Cough ● Shortness of breath or difficulty breathing ● Fatigue ● Diarrhea | <ul style="list-style-type: none"> ● Muscle or body aches ● Headache ● New loss of taste or smell ● Sore throat ● Congestion or runny nose ● Nausea or vomiting |
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