



Nordic Skiing Association of Anchorage  
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**To:** Karl Eid Ski Jump Users  
**From:** Nordic Skiing Association of Anchorage  
**Date:** November 6, 2020  
**Re:** Revision: COVID-19 Mitigation Plan for NSAA Jump

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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. **Participants and staff must wear cloth face coverings at all times**, including while working out, if practicable and safe for the individual. Face coverings must cover nose and mouth.
  - b. If a participant has traveled, their return from travel COVID-19 must follow [State of Alaska travel regulations](#).
  - c. Close contacts of individuals who have tested positive for COVID-19 are required to quarantine for 14 days after their last contact and may not participate in sporting events.
  - d. Coaches/RSO's must conduct a pre-range opening verbal screening and maintain the screening and attendance log.
    - i. See Symptoms Checklist on page 3.
    - ii. Any participant with any known symptoms cannot participate in jump activities.
    - iii. No participant may use the facility or join an outdoor activity within 72 hours of exhibiting a fever.
  - e. NSAA will provide sanitizer for users; frequent use is encouraged.
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 30 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](http://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](http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)
- Municipality of Anchorage, Organized Sports:  
<https://www.muni.org/covid-19/documents/attachment%20b%20operating%20criteria%20-%20organized%20sports.final.pdf>
- State of Alaska, Dept. of Health & Social Services. Travel Regulations:  
<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/travel.aspx>
- State of Alaska, Dept. of Health & Social Services. Close Contact Guidelines:  
<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/exposed.aspx>

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