



## NSAA Backcountry Tours Mitigation Plan

**Objective:** Provide a safe atmosphere for community members to participate in the Backcountry Tours program this season.

*Participants are required to follow the directives outlined in the Mitigation Plan in order to participate.*

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**Face Coverings:** Cloth face coverings are required by all while not actively skiing.

**Screening:** Participants must RSVP in advance online and sign the COVID liability waiver. Participants must do the [COVID Assessment](#) online within 48 hours of the Tour. Tour leads will need to verify attendance using the online response sheet.

### **Facilities & Equipment:**

- No regular indoor facilities are used for Backcountry Tours. For overnight trips, attendees must book their own lodging and must be separate from those not in their "bubble."
- There will be no shared food.
- There should be no carpooling outside of the participant's "bubble."
- If medical equipment is needed, use Anchorage Nordic Ski Patrol COVID guidelines.

**Social Distancing:** at least 6ft social distancing is required.

**Individual Hygiene:** Participants are encouraged to wear face coverings and carry their own hand sanitizer while on the tour.

### **Tour Leads:**

1. Must complete the COVID Assessment online before each tour for themselves.
2. Must verify that participants have:
  - a. Completed the RSVP online - NSAA Admin will send the Tour leader the roster the day prior.
  - b. Completed the COVID Assessment via the Response Sheet. Put in your initials into the first column.
    - i. If participants show up Day-Of: they must sign a paper COVID-19 Liability Waiver and the Tour leads must do a verbal symptoms screening (using the questions from the DCA) and take their contact information. Leads should take a picture of this information and email/text it to Sara at (907)748-7259 or [program@anchoragenordicski.com](mailto:program@anchoragenordicski.com) by the evening of the Tour date.

### **Contract Tracing Protocol:**

1. In the event that someone on a Tour has a positive COVID test, they should alert Sara Lucey, NSAA Program Manager (907)748-7259, as soon as possible.
2. Sara will reach out to everyone on the Tour via the contact information they provided on the COVID Assessment.

## Symptoms Checklist

Participants will complete the Daily COVID Assessment online tool prior to their scheduled practice.

- Have you traveled outside of Alaska within the last 14 days?
  - If the answer is yes, participants must follow [State of Alaska regulations](#).
- Have you been in close contact with someone who tested positive for COVID-19?
  - If the answer is yes, participants will be asked not to attend and follow the guidelines provided by the [State of Alaska](#).

If participant/staff/volunteer has exhibited any of the following symptoms, they will be asked not to attend:

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

[Municipality of Anchorage Coronavirus Symptoms Website](#)

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## FAQ about COVID Scenarios:

- **If a skier tests positive:**
  - Stay at home for the full 14 days until your quarantine period is over (except to get tested or emergency medical care) and 24hrs with no fever and general symptoms have improved . Avoid all public places and transportation.
  - If you or a member of your household has additional close contact with a person sick with COVID during your quarantine period, you will all need to restart your 14 days.
  - Each positive case within a group will be investigated to determine if other skiers are close contacts.
    - Close contacts will be notified and will be required to complete a 14-day quarantine period to monitor for symptoms.
    - The Centers for Disease Control defines a close contact as Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.<sup>1</sup>
- **If a household member of a skier has tested positive:**
  - The skier who lives with the infected individual would be considered a close contact and will be required to self quarantine for 14 days.

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<sup>1</sup> <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

- **If a skier who is identified as a close contact tests negative for COVID-19 during the 14-day quarantine period, can they return to practice?**
    - No. If a skier tests negative during their quarantine period, the individual still needs to remain in quarantine until 14 days have passed since their last exposure.
  
  - **What does a Close Contact mean?**
    - A close contact is someone who was within 6 feet of an infected person for a *cumulative total* of 15 minutes or more over 24 hours while the person was infectious.<sup>2</sup>
    - The infectious period for COVID-19 starts 2 days before the patient experiences symptoms (or, for patients who show no symptoms, 2 days prior to testing) until the time the patient is isolated.
    - Example of cumulative exposure: Three separate 5-minute exposures (for a total of 15 minutes) over a 24-hour period.
  
  - **What would we do if we traveled?**
    - Option 1:
      - Submit proof of a negative test taken within 72 hours before arrival
      - Must follow strict social distancing for 5 days after arrival.
      - A second test between 5-14 days after arrival is recommended, but not required.
    - Option 2
      - Arrive in Alaska without a test and receive a test at the airport at no cost.
      - Self-quarantine until a negative test returns.
      - All travelers with negative results from the arrival test must follow strict social distancing for 5 days after their arrival in Alaska.
      - A second test between 5-14 days after arrival is recommended, but not required.
    - A resident may decline a test; however, they must quarantine for the 14 days after arrival.
    - Full details at: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/travel.aspx>
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## References:

- [Municipality of Anchorage, Emergency Order 16](#)
- [MOA EO-16, Attachment E for Organized Sports](#)
- [State of Alaska Travel Regulations](#)
- [CDC Definition of Close Contact](#)
- [Alaska Department of Health & Social Services, Close Contact Protocol](#)
- [Municipality of Anchorage, Coronavirus Symptoms List](#)

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<sup>2</sup> <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/exposed.aspx>