



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

**To:** Karl Eid Ski Jump Users  
**From:** Nordic Skiing Association of Anchorage  
**Date:** December 3, 2020

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. **Travel:** 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. See page 4 for the definition of a Close Contact.
- d. **Screening:** 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.
- e. **Social Distancing:**
  - i. Everyone will maintain a 6ft social distance.
  - ii. There will be no contact games or drills.
- f. **Individual Hygiene:** 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.

## 2. 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. Spectators are not allowed unless the total number of people present – including players, coaches, trainers, medical professionals, any other participants, and spectators – does not exceed the gathering limitations (10 people outside). (EO-16, Att. E)
- f. NSAA has the right and ability to change or black out any jump opening time to ensure the safety of the participants.

*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*

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## 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:

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

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## FAQ about COVID Scenarios:

- **If a skier tests positive:**
  - Let Zak Hammil know ASAP: (907-802-1282).
  - 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.
  
- **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.

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

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

- 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](#)