



ASD High School Racing NSAA Mitigation Plan January 5, 2021

[See ASD plan for practice for foundation of mitigation.](#)

Highlights from the ASD mitigation plan pertaining to racing:

- Masks worn by all coaches, volunteers and athletes.
- Masks will be worn at all times unless vigorously exercising.
- No indoor facilities or tents with heaters
- Participants will sign a COVID-19 Waiver and do a daily screening
- No shared food or drinks.
- Ski waxing may not occur indoors.
 - *As the season progresses, the NSAA will monitor the city orders. If an opportunity arises, there may be a change considered and coaches may in the future be able to wax indoors, without the presence of athletes.*
- In the event of a potential exposure, coaches will contact their school administration. If the administration is unavailable, coaches will contact ASD Healthcare Services Directly at 907-742-4136.

Race Specific Mitigation

- **ASD Mandates:**
 - All competitions for nordic skiing will be between ASD schools only.
 - A Designated Event Monitor must be identified: There will be a designated individual on site responsible for monitoring and following all social distancing, hygiene, staffing/operations (including participant screening), and cleaning and disinfecting protocols as outlined in this mitigation plan. The designated event monitor may be an ASD employee, coach, or volunteer who is familiar with the requirements under this plan.
- **PPE:**
 - Masks will be required by all individuals at the venue all times.
 - Exception: masks and face coverings during high intensity outdoor organized sports activities are encouraged, but not required, if athletes generally can maintain ten (10) feet physical distancing at all times. (Per EO 17 - Attachment E)
 - Racers will wear their mask until the race starts and put it on directly after their finish.
 - 6 ft physical distancing is mandatory for all individuals not in the same household
 - All touch points will be cleaned between races as frequently as feasible.

- **Race Formats:**
 - Start formats will be adjusted based on the number of participants and race venue.
 - Races will be individual/dual starts, 30 second intervals.
 - In the case of changing risk levels, different formats may be used as approved by ASD and NSAA representatives.

- **Venue:**
 - Race starts will be spread throughout the day so that there will be less people at the venue at a time. No spectators. Athletes may have one parent or designator help stay in the park to help them. Transportation is up to the individuals schools.
 - All races have been moved to venues that can accommodate a large mitigation space. See Calendar.
 - Waxing will occur outside at the venue and should be done following ASD mitigation guidelines and best practices
 - No concession sales are allowed

- **Facilities:**
 - There will be no inside facilities. The bunker will be available for medical use only.
 - There will be portapotties available at the venue.
 - Bathrooms station will be cleaned per CDC guidelines.
 - After the use of a porta potty, please wash your hands. There will be provided hand sanitizer.
 - Tents with walls and heaters are not allowed. Temporary tents without walls are permitted.

- **Volunteers:**
 - Bib removal will be by the athlete only.
 - Race bibs will sit for sufficient time before being washed prior to the next race.
 - The NSAA volunteer staffing will be determined for each race.

- **Athlete Support Individuals:**

Non-racing athlete support individuals are allowed one per athlete in the park to facilitate athlete transportation to and from the venue. At the venue, any non-racers must adhere to physical distancing requirements, wear a face covering at all times and be in designated areas.

- **Time at Venue:**
 - Athletes and Athlete Support individuals are expected to arrive at the venue with sufficient, but not excessive, time to warm up and text wax. Estimated time necessary is 45-60min prior to race start.

- Athletes are expected to depart 30 mins after the completion of the venue or as soon as a cool-down is completed.
- **Race Clothing during Races**
 - Racer's warm ups may be placed on designated fencing or on the snow and must be separated from others' racers' gear.
 - Racers must return to their warm up gear immediately upon the completion of their racer to gather their gear.
 - For racers, face coverings must stay on until just prior race start and must be put on directly after completion of the race.
- **Bibs**
 - One Coach will pick up the bibs from the NSAA bib handout station. Coaches will, be responsible for distributing athletes' bibs in a safe manner in compliance with ASD and NSAA mitigation guidelines
 - After the completion of their race, athletes will remove their own bibs and place them in the provided trash cans.
 - Bibs will sit for more than 72 hours and then washed prior to the next race
- **Host School Responsibilities**
 - Supply volunteers as requested by NSAA for set-up and clean-up
 - Assist with course design & preparation

Proposed HS Schedule

Date	Technique	Proposed Distances	Venue
Jan. 9	Skate	5k (ABC), 3k (D-O)	Kincaid
Jan. 16	Classic	5k (A-F), 3k (O)	Service
Jan. 23	Skiathlon (AB)/Skate (C-O)	5k/5k (AB), 6k (C-F), 3k (O)	Kincaid
Feb. 6	Classic	10k/7.5k (AB), 5k (C-O)	Kincaid
Feb. 12	Regions Skate	TBD	Kincaid
Feb. 13	Regions Classic	TBD	Kincaid
Feb. 20	Skate Ski Cross	~3k	Kincaid
Feb. 25	State Championships	TBD	Kincaid
Feb. 26	State Championships	TBD	Kincaid

Feb. 27	State Championships	TBD	Kincaid
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