



NSAA Adult Ski Lessons Mitigation Plan

Goal: Provide a safe atmosphere for skiers and coaches to enjoy adult ski lessons this winter.

All participants (skiers and coaches) must follow the terms and conditions of the Mitigation Plan in order to participate.

1. Participants:

- a. **Must wear cloth face coverings at all times**, including while working out. 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 3 for the definition of a Close Contact.
- d. **Screening:** Everyone will complete the [Health Status Agreement](#). The Coach will take attendance at each practice so in the case of transmission, everyone in attendance will be notified immediately.
 - i. See Symptoms Checklist on page 2.
 - ii. Any participant with any known symptoms cannot participate within 72 hours of symptoms.
- e. **Social Distancing:**
 - i. Everyone will maintain a 10ft social distance.
 - ii. There will be no contact games or drills.

Facilities: No indoor facilities will be used this season. All preparation and practices will be held outdoors.

Equipment: The Coach will send out wax color recommendations (if applicable) prior to practice and encourage families to wax at home, if possible. If waxing is done on site, it will be conducted in a safe manner to minimize touchpoints.

Food & Beverage: There will be no food or beverages shared between individuals. Everyone must bring their own food if they need it.

Refund Policy: NSAA will be offering a temporary refund policy for the 2020-21 season due to COVID-19 precautions. If the program is closed due to unforeseen circumstances over the course of the session, registration fees will be refunded to families based on a prorated schedule of practices held. If a skier(s) is required to quarantine for 14 days due to a positive test or close contact, NSAA will also provide a refund for those 2 weeks of missed practice.

Contact Tracing Protocol:

- If any active member in the program tests positive, they need to call Sara Lucey immediately: (907)748-7259. The NSAA Office will assess and notify close contacts. Any skier who tests positive must quarantine for 14 days. Any close contact must quarantine for 14 days.

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>

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.

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

- **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.²
 - 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 do we do if we show symptoms?**
 - Get tested: <https://covid-response-moa-muniorg.hub.arcgis.com/pages/testing>

- **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>

References

- [Municipality of Anchorage, Emergency Orders](#)
- [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](#)

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