



# NSAA Junior Nordic Mitigation Plan

**Goal:** Provide a safe atmosphere for Junior Nordic skiers and coaches to ski this winter.

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

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1. Staff, Coaches, Athletes & Volunteers:

- a. **Must wear cloth face coverings at all times.**
  - i. Exception: Masks and face coverings can be removed during high intensity outdoor organized sports activities if athletes generally can maintain ten (10) feet physical distancing. (EO-17, Att. E)
  - ii. Face coverings must cover nose and mouth.
  - iii. NSAA will provide a neck gaiter to every skier and coach for the season (thank you, Alyeska Pipeline!).
- b. **Travel:** If a participant has traveled, their return from travel COVID-19 must follow the current [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 5 for the definition of a Close Contact or FAQ if a skier tests positive.
- d. **Screening:** Everyone (Coach, Skier, Volunteer) will complete the [Junior Nordic Health Status Agreement](#). Coaches 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 4.
  - ii. Any participant with any known symptoms cannot participate within 72 hours of symptoms.
- e. **Social Distancing:**
  - i. Everyone will maintain a 6ft physical distance.
  - ii. There will be no contact games or drills.
  - iii. Special note for beginning skiers: Our coaches will be putting forth their best effort to comply with physical distancing protocols when on the trails with our Junior Nordic skiers. We know that there may be a circumstance when a skier absolutely needs assistance getting up, and we will be there to do so. However, we want to keep our coaches and your kids safe, so if there is a particular child who **repeatedly** needs assistance and is unable to independently get themselves up, we will most likely ask that child to try Junior Nordic next season instead of this year. In this event, we would offer a full refund.
- f. **Individual Hygiene:** NSAA will provide travel size bottles of hand sanitizer to each coach to keep in their pocket during practice.

2. **Facilities:** No indoor facilities will be used this season. All preparation and practices will be held outdoors.
3. **Equipment:**
  - a. NSAA will conduct a COVID friendly gear pick up/drop off, see the [Junior Nordic website](#) for details.
  - b. Waxing: Each ability group will have a designated coach/volunteer to wax skis and they will wear gloves and a mask. Coaches will send out wax color recommendations prior to practice and encourage families to wax at home, if possible.
4. **Cookie Tour:** There will not be a traditional Cookie Tour and each group will have its own unique sorting arrangement. No cookies will be passed out this year, but thanks to Great Harvest, there will be cookie coupons available to skiers!
  - a. **Kincaid M/W 4:30p:** Group skiers by previous experience and hand sort as needed.
  - b. **Kincaid M/W 6:30p:** Small group interval start.
  - c. **Kincaid T/R 4:30p:** Group skiers by previous experience and hand sort as needed.
  - d. **Kincaid T/R 6:30p:** Group skiers by previous experience and hand sort as needed.
  - e. **Hillside M/W 4:30p:** Group skiers by previous experience and age then take a short tour around the stadium and onto Randy's Loop, and hand sort as needed.
  - f. **Hillside M/W 6:30p:** Group skiers by previous experience and hand sort as needed.
  - g. **Hillside T/R 4:30p:** Group skiers by previous experience and hand sort as needed.
  - h. **Hillside T/R 6:30p:** Group skiers by previous experience and allow Head Coaches to sort by speed within their groups.
  - i. **Russian Jack M/W 6:30p:** Group skiers by previous experience and hand sort as needed.
  - j. **Russian Jack T/R 4:30p:** Group skiers by previous experience and hand sort as needed.
  - k. **Russian Jack T/R 6:30p:** Group skiers by previous experience and hand sort as needed.
5. **Group Size:** Each group will keep a 1:7 coach to skier ratio or less and will gather for instruction in small pods.
6. **Group Location:** Site Directors will identify where each skill level group is meeting. Skier levels will be split into small pods and will have an assigned meeting location with distance from other groups. Look for feather banners for appropriate groups.
  - a. **Kincaid M/W 4:30p:** Polar Cub's behind the ScoreBoard at lower lot, Otters by the boulders near lower lot.
  - b. **Kincaid M/W 6:30p:** Polar Cub's behind the ScoreBoard at lower lot, Otters by the boulders near lower lot, Wolverines East of the bridge in the stadium, and Hawks at the timing building.
  - c. **Kincaid T/R 4:30p:** Polar Cub's behind the ScoreBoard at lower lot, Otters by the boulders near lower lot.
  - d. **Kincaid T/R 6:30p:** Polar Cub's behind the ScoreBoard at lower lot, Otters by the boulders near lower lot, Wolverines East of the bridge in the stadium, and Hawks at the timing building.
  - e. **Hillside M/W 4:30p:** Polar Cub's will meet at the green power box (west side of Little Gym) & Otters on the North side of the Little Gym.

- f. **Hillside M/W 6:30p:** Polar Cubs will meet South of the Stadium (nearest the parking lot), Otters will meet in the east side of the stadium (north of the Little Gym), Wolverines will meet on the Northeast side of the stadium by the entrance to Randy's, and Hawks will be on the Northwest side of the stadium by the exit of Randy's.
  - g. **Hillside T/R 4:30p:** Polar Cub's will meet at the green power box (west side of Little Gym) & Otters on the North side of the Little Gym.
  - h. **Hillside T/R 6:30p:** Polar Cubs will meet South of the Stadium (nearest the parking lot), Otters will meet in the east side of the stadium (north of the Little Gym), Wolverines will meet on the Northeast side of the stadium by the entrance to Randy's, and Hawks will be on the Northwest side of the stadium by the exit of Randy's.
  - i. **Russian Jack M/W 6:30p:** Polar Cubs on the North side of the parking Lot, Otters by the Maintenance Building on the Northeast side of the parking lot, Wolverines on the East side of the parking lot, just on the trail, Hawks on the Southeast of the Chalet on the trail at the top of the hill.
  - j. **Russian Jack T/R 4:30p:** Polar Cubs on the North side of the parking Lot, Otters by the Maintenance Building on the Northeast side of the parking lot.
  - k. **Russian Jack T/R 6:30p:** Polar Cubs on the North side of the parking Lot, Otters by the Maintenance Building on the Northeast side of the parking lot, Wolverines on the East side of the parking lot, just on the trail, Hawks on the Southeast of the Chalet on the trail at the top of the hill.
7. **Group Practice Time:** 4:30pm and 6:30pm groups will remain the same.
- a. Saturdays, group will be divided:
    - i. T/R 4:30pm & M/W 6:30pm groups will meet from 9:00am - 10:15am
    - ii. M/W 4:30p & T/R 6:30pm groups will meet from 11:00am - 12:15pm
8. **Food & Beverage:** There will be no food or beverages shared between individuals. Everyone must bring their own food if they need it.
9. **Orientation & Training:**
- a. The Parent Orientation information will be delivered virtually from Site Directors. See the website for site specific information.
  - b. Coaches Orientation will be held via zoom.
10. **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.
11. **Contact Tracing Protocol:** If any active member in the program tests positive, they (or their parent) needs to call Shannon Donley immediately: (907)227-6982. Shannon & 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.

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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](#)

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## FAQ about COVID Scenarios:

- **If a skier tests positive:**
  - Let Shannon Donley know ASAP: (907-227-6982).
  - 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>

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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 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 do we do if we show symptoms?**
  - Children with cold or flu symptoms need to stay home
  - 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](#)

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