



Nordic Skiing Association of Anchorage
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To: NSAA Biathlon Range Users
From: Nordic Skiing Association of Anchorage
Date: May 27, 2021
Re: NSAA Biathlon Range Mitigation Plan Update

The Municipality of Anchorage has lifted all mandates. The Nordic Skiing Association of Anchorage still recommends the following:

1. Staff, Coaches, Athletes & Volunteers:

- a. Participants and staff are encouraged to wear cloth face coverings indoors, but not required.
- 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/RSO's should conduct a pre-range opening verbal screening
 - i. See Symptoms Checklist on page 3.
 - ii. Any participant with any known symptoms cannot participate within 72 hours of symptoms.
- e. **Individual Hygiene:**
 - i. Frequent use of hand sanitizer is encouraged.

2. Facilities:

- a. Clean and disinfect frequently touched surfaces including shared equipment, locker rooms, and restrooms. Use of shared equipment will be minimized.
- b. Social distancing of 6ft is encouraged indoors.

Please call the NSAA Office with any questions or concerns: 907-276-7609.

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>