



Nordic Skiing Association of Anchorage
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To: NSAA Biathlon Range Users
From: Nordic Skiing Association of Anchorage
Date: December 02, 2021
Re: NSAA Biathlon Range Mitigation Plan Update

Range openings are subject to the following mandates and may change at any time. All participants must follow the terms and conditions of the Mitigation Plan in order to participate.

1. Athlete, Coaches, Volunteers:
 - a. **Face coverings must be worn at all times while indoors.**
 - i. Exception: Masks and face coverings can be removed during high intensity outdoor organized sports activities if athletes generally can maintain six (6) feet physical distancing.
 - ii. Face coverings must cover the nose and mouth.
 - iii. No food or drink is to be consumed while indoors.
 - 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 5 for the definition of a Close Contact.
 - i. For all those who test positive, see FAQ Section on pg. 5.
 - d. **Screening:** Coaches/RSO's must conduct a pre-range opening verbal screening (Symptoms Checklist & Response Sheet).
 - i. See Symptoms Checklist on page 3.
 - 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.
 - f. **Hygiene:**
 1. NSAA will provide sanitizer for users; frequent use is encouraged.
2. **Buildings:**
 - a. Only Coaches/RSO's are to enter Building B or the Mat Shed unless otherwise authorized by NSAA.
 - i. If the upstairs of Building B is authorized for a Rifle Safety Course, the building must be closed to other users for 72 hours. Please use the login sheet on the door to track last use.
 - b. Touchpoint sanitization (Cleaning and disinfecting must be conducted in compliance with [CDC protocols](#)) upon entry and exit of Building B to things like keypads and locks.

Disinfectant provided by NSAA.

3. Mats:

- a. Spray thoroughly with disinfectant (provided by NSAA). Let dry according to instructions on the product label.
- b. Coaches/RSO's will sign off that mats have been cleaned on a [cleaning log](#).

4. Rifles:

- a. Only Coaches/RSO's can retrieve/return rifles from Building B.
- b. Cleaning and disinfecting must be conducted in compliance with CDC protocols after each use and let dry according to the instructions on the product label by Coach/RSO.
- c. Coaches/RSO's are responsible for rifle maintenance: oiling metals and treating the stocks with wood oil or wax as needed.
- d. Coaches/RSO's will sign off that rifles have been cleaned on a [cleaning log](#).

5. Restroom:

- a. Range Users will follow the touchpoint sanitization (cleaning and disinfecting must be conducted in compliance with [CDC protocols](#)) upon entry and exit of the restroom. Disinfectant provided by NSAA.
- b. Ranger Users must use hand sanitizer after use.
- c. Coaches/RSO's will sign off that the restroom has been cleaned after each range opening using the [cleaning log](#).

6. Range Openings:

- a. Reservations are required and must be logged in the NSAA Biathlon Range Calendar.
- b. Maintain at least 1 hour between the end of one range booking and the start of a new booking.
- c. Range openings will be monitored by NSAA.
- d. NSAA has the right and ability to change or black out any range opening time to ensure the safety of the participants.
- e. Coaches/RSO's who open the range must have been trained on cleaning protocols by NSAA or NSAA designees.

7. Target Line

- a. Limit down range activity to the Coach/RSO in regards to maintaining the targets, target building, and zero target frames
- b. Each user group should use their own paint to limit exposure.

8. Social Distancing:

- a. Range Users must practice 6-foot physical distancing protocols.

The Nordic Skiing Association of Anchorage reserves the right to revoke access to the Biathlon Range for anyone who violates the above procedures.

Please call Heather Liller, NSAA Program Manager with any questions or concerns: 907-992-0109

Symptoms Checklist

Each athlete and volunteer should be verbally assessed by a Coach/RSO prior to each practice. This form will also help us track down any persons who have used the range in case there is an unknown issue that does arise.

- Have you travelled outside of Alaska within the last 14 days?
 - If the answer is yes, RSO/athlete/volunteer 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, RSO/athlete/volunteer will be asked to leave immediately and follow the guidelines provided by the [State of Alaska](#).

If staff/athlete/volunteer has exhibited any of the following symptoms, they will be asked to leave immediately and not participate for the next 72 hours

- 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

References:

- [MOA EO-19, 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](#)
- [CDC Guidelines for Disinfecting](#)

Racing Appendix

Goal: Provide a safe race atmosphere for community members and volunteers to participate in the NSAA Biathlon Race Series. All mandates outlined in the Biathlon Range Mitigation Plan will be followed and racers will participate at their own risk.

Online pre-registration required.

Facilities & Equipment:

- Upstairs of Building B may be used by timing staff and/or medical personnel. Social distancing, face covering and sanitizing protocols must be adhered to.
- Downstairs of Building B may be used for coaches and staff for race supplies only. No racer allowed.
- Timing Equipment and race supplies will need to be sanitized between users.
- There will be no indoor facilities for warm up or cool down
- If rifles are being shared by racers, they must be sanitized between users.
- **Bibs:**
 - Bib Handout will be conducted in a COVID friendly manner outdoors. Bib pick up must be done before zero time starts. Time and method will be identified prior to each race.
 - Racers will be required to take off their own bib in the finish chute and place in a bucket.
 - Bibs will sit for a minimum of 72hrs, then a volunteer will wash and sort before the next race.

Race Format: Race formats will be discussed prior to every race. In a High Risk COVID Climate, there will be interval race starts.

Spectators: 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 (6 people inside or 10 people outside). (EO-16, Attachment E)

Refund Policy: NSAA will be offering a temporary refund policy for the 2020-21 season due to COVID-19 precautions. If a race is canceled due to COVID, NSAA will provide participants with a refund. If participants cannot participate due to COVID, NSAA will provide them with a refund.

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.¹

- **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 if a skier travels?**
 - Option 1:
 - Submit proof of a negative test taken within 72 hours before arrival
 - Must follow strict social distancing** for 5 days after arrival.

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

² <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>