

# ASAA Return-To-Activities Protocols as of 6/10/2020

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| Objective          | This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and local restrictions and or recommendations.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Foundation         | ASAA believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition. We recognize that all students may be unable to return to – and sustain – athletic activity at the same time across the state. There will likely be variations in what sports and activities are allowed to take place. This may lead to inequities, however ASAA endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Points of Emphasis | <p>Expanding knowledge of COVID-19 transmission could result in significant changes to these protocols. ASAA will disseminate more information as it becomes available.</p> <p>Schools should not allow meetings, practices, events or competitions to take place unless all protocols by coaches and advisors can be followed. Administrators must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission.</p> <p>“Vulnerable individuals” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including , but not limited to, high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. It is recommended that “vulnerable individuals,” including coaches, student participants, staff and officials, consult with their health care provider to determine whether participation in activities or events is prudent under the circumstances. Request for reasonable accommodations should be considered in accordance with the Americans with Disabilities Act and Alaska law.</p> <p>Due to the near certainty of recurrent outbreaks in the coming months, schools must be prepared for periodic closures and the possibility of some teams having to isolate for two or more weeks. Development of policies is recommended regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions.</p> |

| SUMMER               | Low Risk                                                                                                                                                                                                     | Medium Risk                                                                                                                                                                                                                                                                                                                                                                       | High Risk                      |
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| Single Team Sessions | <p>Must follow limits on gatherings</p> <p>Physical distancing for participants should occur as much as possible between non-household members</p> <p>Equipment may be shared with intermittent cleaning</p> | <p>Must follow limits on gatherings</p> <p>Individual Skill Development and Workouts; Limited Contact with Others (increased distance and decreased exposure time); Limited Sharing of Equipment with intermittent cleaning</p> <p>Attendees must be affiliated with the host school</p> <p>Team Camps, Commercial Camps, Scrimmages etc. are not allowed (See ASAA handbook)</p> | All in person activities cease |
| Multi Team Sessions  | <p>Must follow limits on gatherings</p> <p>Physical distancing for participants should occur as much</p>                                                                                                     | <p>Team Camps, Commercial Camps, Scrimmages etc. are <b>not</b> allowed (See ASAA handbook)</p>                                                                                                                                                                                                                                                                                   | All in person activities cease |

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|                           | <p>as possible between non-household members</p> <p>Equipment may be shared with intermittent cleaning</p> <p>All attendees must be from low risk communities</p> <p>Individuals from out of state must follow state travel mandates.</p> <p>Team Camps, Commercial Camps, Scrimmages etc. are allowed (See ASAA handbook)</p>                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |               |
| Pre-Workout Screening     | <p>Prior to attending participants, coaches and advisors must sign a waiver of liability related to COVID-19</p> <p>Screen coaches &amp; participants prior to each session. Includes a temperature check, questions and phone number/email. Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure.</p> <p>Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.</p> | <p>Prior to attending participants, coaches and advisors must sign a waiver of liability related to COVID-19</p> <p>Screen coaches &amp; participants prior to each session. Includes a temperature check, questions and phone number/email. Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure.</p> <p>Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.</p>                                          |               |
| Limitations on Gatherings | <p>Participants, if possible, when not exercising or competing, social distancing of a minimum of 6 feet should be maintained.</p> <p>Spectators, social distancing of at least 6 feet continues to be a best practice</p>                                                                                                                                                                                                                                                                                                                                                                     | <p>Indoor activities are limited to 25% of maximum occupancy or 50 individuals whichever is less. Outdoor activities are limited to 50 individuals.</p> <p>Workouts should be conducted in “pods” of students with the same 5-10 students working out together weekly to limit overall exposures.</p> <p>There must be a minimum distance of 6 feet between each individual at all times. When exercising a distance of at least 10 feet should be maintained.</p> <p>Maintain a minimum of 20 minutes between the end of a session and the beginning of a subsequent session to limit exposure between groups</p> <p>No spectators</p> | No gatherings |
| Face Coverings            | <p>Cloth face coverings by participants may continue to be used when not engaging in vigorous activity. i.e. sitting on the bench, in the locker room, on the sidelines, etc.</p> <p>As approved by the NFHS, plastic shields designed specifically for football and hockey helmets are allowed.</p>                                                                                                                                                                                                                                                                                           | <p>The recommendation is that cloth face coverings be worn by students. Exceptions are swimming, distance running or other high intensity aerobic activity.</p> <p>As approved by the NFHS, plastic shields designed specifically for football and hockey helmets are allowed.</p>                                                                                                                                                                                                                                                                                                                                                      |               |

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|                      | <p>Plastic shields covering the entire face for all other sports will not be allowed due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches, are strongly encouraged to wear cloth face coverings. Especially when physical distancing is not possible</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>Plastic shields covering the entire face for all other sports will not be allowed due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches, are strongly encouraged to wear cloth face coverings. Especially when physical distancing is not possible.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Facility Cleaning    | <p>Cleaning and disinfecting must be conducted in compliance with CDC protocols or, in lieu of performing the CDC cleaning the facility maybe shut down for at least 72 hours followed by disinfecting of all common services.<br/><a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html</a></p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Weight equipment should be wiped down thoroughly before &amp; after each individual's use</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> | <p>Cleaning and disinfecting must be conducted in compliance with CDC protocols or, in lieu of performing the CDC cleaning the facility maybe shut down for at least 72 hours followed by disinfecting of all common services<br/><a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html</a></p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (furniture, railings, door handles, bathrooms, etc.).</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Weight equipment should be wiped down thoroughly before &amp; after each individual's use</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> |  |
| Individual Hygiene   | <p>Wash your hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Students should report in appropriate attire and immediately return home to shower after participation.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Have your own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>All individuals should refrain from handshakes, high fives, fist/elbow bumps, group celebrations, etc.</p>                                                               | <p>Wash your hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Students should report in appropriate attire and immediately return home to shower after participation.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Have your own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>All individuals should refrain from handshakes, high fives, fist/elbow bumps, group celebrations, etc.</p>                                                                                                                                                                                                                                                                      |  |
| Facility & Equipment | Facility should have signage of cleaning protocols and                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Locker rooms should not be utilized.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |

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|        | <p>visual indicators of proper spacing between individuals</p> <p>All athletic equipment, (including balls, bats, mats, etc.) should be cleaned intermittently during practice and contests and prior to the next session.</p> <p>There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols.</p> | <p>Facility should have signage of cleaning and COVID protocols and visual indicators (cones, tape, etc.) of proper spacing between individuals</p> <p>Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p> <p>Exercises that require a partner or spotter should not be done.</p> <p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>All athletic equipment, (including balls, bats, mats, etc.) should be cleaned after use and prior to the next workout.</p> <p>There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols.</p> |  |
| Travel | Travel allowed with social distancing of at least 6 feet as a best practice                                                                                                                                                                                                                                                                                                             | No travel                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |