

Coronavirus Guidelines for NSCF Training Activities (updated 10/13/20)

Below is a coronavirus alert level chart from the State of Alaska used by the Alaska School Activities Association (see http://www.newsminer.com/opinion/community_perspectives/tough-decisions-ahead-for-alaska-youth-sports/article_56316c0a-ce1f-11ea-a885-37e3a69a42d4.html) to recommend guidelines for sports activities at differing levels of coronavirus incidence. The chart uses cases/100,000 population (averaged over the preceding 14 days) to allow proper statistical comparison between localities of different populations; this data, updated daily, is available online from the State of Alaska at <https://coronavirus-response-alaska-dhss.hub.arcgis.com/datasets/table-2c-geographic-distribution-of-case-rates/data>.

ALERT LEVEL	Average daily incidence over the past 14 days	Interpretation
HIGH	>10 cases per 100,000 population	Widespread community transmission with many undetected cases and frequent discrete outbreaks
INTERMEDIATE	5-10 cases per 100,000 population	Moderate community transmission with some undetected cases and infrequent discrete outbreaks
LOW	<5 cases per 100,000 population	Minimal community transmission

For example, as of Aug. 2, 2020, for the last 14 days the state reported 88 new cases in the FNSB for an average of 6 cases/day; with a population of 95,898 this translates to an average daily incidence (case rate) of 6.6 cases/100,000 population, Intermediate Alert Level in the table above. For the same period the Municipality of Anchorage reported 916 new cases for an average of 65 cases/day; with a population of 291,841 this translates to an average daily incidence of 22.4 cases/100,000 population, High Alert Level.

At that time the Alaska School Activities Association (ASAA) recommended all high school sports transition to outdoor conditioning only with social distancing at the High Alert Level (>10 cases/100,000 people per day averaged over 14 days). Guidelines adopted for NSCF training activities are:

- A fourteen-day average of less than one case /100,000 population: business as usual, including indoor practices, and use of the cave.
- A fourteen-day average of one to less than five cases/100,000 population: outdoor activities only, groups of up to 15 permitted with social distancing of 10 feet, masks to be worn when not actively exercising.
- A fourteen-day average of five to less than 15 cases/100,000 population: outdoor only, groups of up to 10 permitted for youth training groups and up to 15 for adult groups, with social distancing of 10 feet for all participants, masks to be worn when not actively exercising.
- A fourteen-day average of 15 or greater cases/100,000 population: outdoor only, groups of up to 10 permitted for youth training groups and up to 15 for adult groups, with social distancing of

10 feet for all participants, masks to be worn when not actively exercising; monitor the incidence of COVID-19 in our community daily and act to limit group training when the board feels that the risks outweigh the benefits of our activities.

These policies may be modified in response to changing circumstances with the pandemic.

In addition to the case incidence guidelines above, coaches and athletes will abide by the following:

- Keep cohorts the same (no switching between training groups) and, if possible, keep siblings in the same cohort to limit the extent of possible exposure to the virus.
- Coaches to exercise social distancing from athletes, wear masks when feasible, and to monitor compliance of same by the athletes.
- No indoor gathering before or after outdoor training.
- Coaches and athletes will sanitize their hands and any equipment used outdoors before and after training sessions. Weight equipment used outdoors and biathlon rifles will be sanitized between uses by different individuals.
- If coaches or athletes don't feel well, stay home. COVID-19 symptoms may include fatigue, sore throat, runny nose, congestion, loss of sense of smell/taste, nausea, vomiting, and diarrhea in addition to fever/chills/cough/muscle aches/shortness of breath. If you develop any of the above symptoms contact your healthcare provider for appropriate evaluation and testing, if indicated. Coaches and athletes who develop symptoms and tested negative should coordinate with their health care provider for return to activity guidelines. Coaches and athletes who have had close contact (closer than 6 feet for a cumulative of 15 minutes or more in a 24 hour period) with a person that has tested positive should be quarantined for 14 days from the time of exposure and should contact their health care provider to see if testing is indicated; a negative test result does not end the quarantine. Coaches and athletes who have tested positive should contact their health care provider for guidance on discontinuation of isolation and return to activity (as of Aug. 2nd the CDC recommendations are A.) 10 days since time of test if asymptomatic or B.) 24 hours without fever, improvement of symptoms AND at least 10 days since onset of symptoms). Athletes (or their parents) are required to report any of the above to a coach immediately and coaches will report athletes or themselves to a member of the SDOC.