

Club Sports Alaska - Mitigation Plan

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Why Play Sports During the Coronavirus Crisis?

Now more than ever, kids are in need of an activity to do outside! The goal of Club Sports Alaska's programs is to provide a safe outlet for children to get outside by play with other children. Studies have shown that sports and other physical activities help children's memory, improves creativity and develops problem solving skills. The lack of sports and other activities, like PE class, after school programs and organized sports, since mid-March is a huge detriment to our children. It is time to get out and play!

This Mitigation Plan is subject to change as the local mandates announced.

Coronavirus Mitigation Plan

All participants and spectators are asked to follow this Mitigation Plan.

- Anyone exhibiting a fever in the past 72 hours will not be allowed on the premises.
- Prorated refunds will be available if time is missed due to illness.
- The questionnaire in Appendix A will be filled out by all participants before the first night of each program.
- Guardians of participants agree to inform Club Sports Alaska (CSA) if they exhibit a fever within seven days of participation. CSA will inform the other participants and they should monitor for symptoms and practice recommended social distancing measures.
- Participants are requested to wash or sanitize hands before and after each session. Hand-washing and/or sanitizing stations will be provided.
- Spectators from different households are asked to remain 6ft apart.
- Equipment lending will not be provided.
- Referee training will be provided to communicate this Coronavirus Mitigation plan.

For Volunteers and Referees:

Return to Field Criteria for Coaches and Referees with Confirmed or Suspected Coronavirus

Use the *Test-based strategy* as the preferred method for determining when Coaches and Referees may return to premises:

1. *Test-based strategy*. Exclude from premises until
 - Resolution of fever without the use of fever-reducing medications and
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath), and
 - Negative results of an FDA Emergency Use Authorized molecular assay for Coronavirus from a nasopharyngeal swab specimen.

If the *Test-based strategy* cannot be used, the *Non-test-based strategy* may be used for determining when Coach/Referee may return to premises:

2. *Non-test-based strategy*. Exclude from work until
 - At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
 - At least 7 days have passed *since symptoms first appeared*

Coach/Referees with laboratory-confirmed Coronavirus who have not had any symptoms should be excluded from premises until 10 days have passed since the date of their first positive coronavirus diagnostic test assuming they have not subsequently developed symptoms since their positive test. If Coach/Referee had Coronavirus ruled out and have an alternate diagnosis (e.g., tested positive for influenza), criteria for return to work should be based on that diagnosis.

Return to Work Practices and Work Restrictions

After returning to premises, Coach/Referee should:

- Self-monitor for symptoms, and seek re-evaluation from health care professional if respiratory symptoms recur or worsen

Club Sports Alaska Questionnaire

The safety of our Coaches, Referees and families remain Club Sports Alaska's overriding priority. Club Sports Alaska is monitoring the situation closely and will periodically update company guidance based on current mandates from the State of Alaska and the Municipality of Anchorage.



To prevent the spread of infectious disease and reduce the potential risk of exposure to our families, we are conducting a simple screening questionnaire. Your participation is important to help us take precautionary measures to protect you and everyone on the field.

1	Has anyone in your household had a fever of 100.4F or higher in the last 72 hrs?	Yes/No
2	Has anyone in your household had any of the following symptoms?: Cough, Sore Throat, Shortness of Breath, Change of Taste or Smell	Yes/No

I understand that if I or my child has a fever in the 72 hours prior to an event, we are not permitted to participate.

Signature: _____ Date: _____