

KPBSD Nordic Ski Mitigation Plan

Updated 12/8/2020

Mitigation Plan Overview

This mitigation plan is intended to provide guidance for Kenai Peninsula Cross Country Ski athletes and coaches when engaging in winter contact and when planning to use KPBSD facilities during the winter season.

All participants in Winter Activities must follow the guidelines outlined by ASAA for practice and events.

[ASAA Covid-19 Resources](#)

This mitigation plan outlines protocols coaches must follow.

Designated Event Monitor

There will be a designated individual on site responsible for monitoring and following all social distancing, hygiene, staffing/operations (including participant screening), and cleaning and disinfecting protocols as outlined in this mitigation plan. The designated event monitor may be a KPBSD employee, coach, or volunteer who is familiar with the requirements under this plan.

Participation

- All participants must complete and submit a [COVID-19 Sports Waiver and Release](#) form prior to participation.
- All participants will be screened using the [COVID-19 Monitoring Form](#).
- Anyone with a temperature of 100.3 degrees or greater, or anyone who lives with someone who has tested positive within the last two weeks will not be allowed to participate, should self-quarantine and should contact their primary care provider or other health-care professional for further guidance.
- In the event of a potential exposure, coaches will contact their school administration.

Daily Practice Guidelines

Entering/Practice/Leaving venue

- Skiers need to use the restroom before they report. The locker rooms and restrooms will not be accessible.
- A coach will be waiting at the entrance to administer temperature check (in-ear) and ask screening questions before players enter the facility.

- Participants screened 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.
- 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.
- As athletes enter the practice area, they are required to align on one of the cones 10 ft apart located on the field. Athletes are to stay in their designated area until told otherwise.
- All athletes will wear face coverings for the entire practice unless engaging in distanced (10 ft+) high-aerobic activity.
- Workouts will be conducted as individuals 10ft apart at all times. Coaches will divide up the group and keep an eye on the athletes at all times.
- All individuals will refrain from handshakes, high fives, fist/elbow bumps, group celebrations, etc.
- Prior to entering/exiting any buildings, athletes will use hand sanitizer.
- Following workouts, skiers need to leave the facility and return home immediately to shower and wash clothing.
- No food or drinks are to be shared.

Venue Mitigation

- Coaches/Volunteers arrive 2:45 pm to set up cones in field and get check in station set up
- Practice locations
 - Soldotna High School
 - Tsalteshi Trails either Skyview or lower trailhead
 - Soldotna High School fields and trails
 - Other local trail systems (Wildlife refuge, beaches, and other outdoor facilities)
- Hand sanitizer should be plentiful and available to individuals as they transfer from various locations.
- Facility will have signage of cleaning and COVID protocols and visual indicators (cones, tape, etc.) of proper spacing between individuals
- Coaches/Volunteers will wear cloth face coverings.
- Coaches will continue to clean and disinfect venue and equipment (along with any touch points)
- No use of tents with warming heaters
 - Temporary tents without walls are permitted

- No use of Motorhomes as warming areas.
- No spectators will attend practice sessions.

Waxing mitigation protocols

- Kick waxing and daily glide waxing will occur outside.
- Athletes will be required to supply their own kick wax kit for daily use.
- Any waxes that will be shared (glide and specialty kick wax) must be applied by the coaches and their designees exclusively.
 - While following the approved mitigation plan, coaches may wax indoors, without the presence of athletes.

Competitions

- All competitions for XC skiing will be between Kenai Peninsula schools only.
- All participating teams will follow approved KPBSD mitigation guidelines. Any event hosted on the Kenai Peninsula (whether the hosting team is a KPBSD school or not) will be administered using approved KPBSD mitigation guidelines.
- All competitions will consist of interval starts.
- Race variations to limit teams being at site all day.
- Meets will be run on courses set in cooperation with NSAA in an interval start format.
- Masks must be worn by coaches, staff, and volunteers at **ALL TIMES**.
- Masks must be worn by athletes.
- In the case of changing risk levels, different meet formats may be used as approved by KPBSD representatives.
- No use of indoor facilities (such as school gyms).
 - No use of tents with warming heaters
 - Temporary tents without walls are permitted
 - No use of motorhomes as warming areas.
- Waxing
 - Kick waxing and daily glide waxing will occur outside.
 - Athletes will be required to supply their own kick wax kit for daily use.
 - Any waxes that will be shared (glide and specialty kick wax) must be applied by the coaches and their designees exclusively.

- While following the approved mitigation plan, coaches may wax indoors, without the presence of athletes.
- Spectators are requested to be limited to two per student-athlete for the game/level in which the student-athlete is rostered.
- Spectators will wear masks at all times.
- Per KPBSD recommendation, spectators may be further limited or not allowed at events.