



Anchorage Biathlon Club COVID-19 Mitigation Plan

The Anchorage Biathlon Club (ABC) conducts most of its training outdoors. ABC will continue to use the outdoor environment as it appears to be more hostile to the spread of the virus. ABC will design its training sessions to maintain social distancing of at least 10 feet between athletes while exercising. When not actively training a social distance of 6 feet will be maintained. All coaches, volunteers and athletes will wear fabric face coverings when feasible. It is recognized that masking would be impractical for many of our training activities. The rate of respirations would be expected to saturate the coverings quickly and that likely renders them ineffective. Masking could also inhibit performance. For that reason, social distancing and staying in an outdoor environment will be our focus. Additional spacing between athletes will be utilized when athletes are exercising without a facial covering. ABC will continue to follow mandates and recommendations as they are published and will evaluate and adjust our protocols as appropriate. Please do not hesitate to reach out with any questions. All athletes/parents will be given a copy of the COVID-19 mitigation plan and will be expected to sign off on the contents below:

Coaches:

1. All staff members will participate in active monitoring and record their temperature daily
2. Coaches must attest to their health upon arrival for the training session.
3. Anyone reporting symptoms of concern will be directed to follow the current State of Alaska guidelines for testing, self-quarantine, and management of symptoms. They will not be allowed to participate in the activity.
4. No coach will report to a group training within 72 hours of exhibiting a fever.
5. All coaches or volunteers will wash and/or disinfect their hands prior to and upon conclusion of training.

Athletes:

1. Prior to team work-outs, participants must check in with the coach and attest that they are not experiencing symptoms suggestive of COVID-19 infection.

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2. Anyone who has knowingly been in contact with a suspected positive case of COVID- 19 within the past 14 days and who was not wearing appropriate personal protective equipment will not be allowed to participate in group activities.
3. No participant may join the group within 72 hours of exhibiting a fever.
4. Participants will be expected to bring a face covering to all group activities and to follow the coaches directives regarding social distancing.
5. All athletes will wash and/or disinfect their hands prior to and upon conclusion of training.

Range:

1. All common area surfaces and shared equipment will be wiped down with antiseptic wipes and/or solution as approved by the CDC.
2. Range mats will be sprayed and wiped down w/ antiseptic solutions prior to usage and at conclusion of training.
3. Signage will be posted at the entrance to notify the public of our COVID -19 Mitigation plan and the signage will clearly state that any person with symptoms consistent with COVID-19 may not enter the premises.
4. Any indoor equipment used will be disinfected in between each athlete.
5. Range mats will be placed and utilized at every other lane, leaving one unused firing lane between each biathlete on the firing line.

Parent/date

Athlete/date

References:

1. CDC Cleaning and Disinfecting Your Facility.
<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
2. CDC Symptoms of Coronavirus.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
3. AK DHSS COVID-19 Resources: <https://covid19.alaska.gov/>.
4. AK DHSS, Social Distancing.
<http://dDHhss.alaska.gov/dph/Epi/id/Pages/COVID-19/socialdistancing.aspx>
5. AK DHSS. Social Distancing Outside.
<https://www.facebook.com/alaska.dhss/videos/232158854502479/?t=0>
6. MOA Emergency Orders.
<https://covid-response-moa-muniorg.hub.arcgis.com/pages/emergency-orders>

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