

Boys & Girls Clubs - Alaska
Athletics COVID-19 Mitigation Phase Approach Plan & Guidelines
(Last updated July 27, 2020)

Updated Health & Safety Protocol

With the emergence of COVID-19, Boys & Girls Clubs - Alaska Athletics has put in place several new preventative strategies to ensure the health and safety of our staff & volunteer coaches and players & parents/guardians. The following Phase Approach Plan and Guidelines are to help keep our players, volunteers & staff and community safe.

Purpose:

The purpose of this document is to provide players, parents/guardians, and staff & volunteer coaches with information they can use to assist them with adherence to the Boys & Girls Clubs – Alaska Athletics COVID-19 Mitigation Phase Approach Plan & Guidelines. Many of the recommendations rely upon rules and regulations set forth by public health authorities, to include the Centers for Disease Control and Prevention (CDC), State of Alaska and Municipality of Anchorage.

The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Boys & Girls Clubs – Alaska Athletics makes no representation and assumes no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions. These guidelines address phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

The State of Alaska and Municipality of Anchorage have a phased approach to reopening businesses and easing of social distancing requirements. Youth sports may not be a high priority for state/local officials, or even addressed, which poses significant challenges for those planning a return to youth sporting activities. With that, Boys & Girls Clubs – Alaska Athletics will adhere to all Federal, State and Local guidelines and requirements in implementing a Phased Approach in returning to play.

Finally, although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed or a cure is found, there is no way of eliminating the risk of infection. This consideration is at the forefront when designing the Boys & Girls Clubs – Alaska Athletics COVID-19 Mitigation Phase Approach Plan & Guidelines.

Phase Approach Plan:

Boys & Girls Clubs - Alaska Athletics is adopting a Phase Approach Plan in returning to play to help mitigate the risk of spreading COVID-19. The FOUR phased approach plan will provide a clear direction

and understanding for staff & volunteer coaches, players, and parents/guardians to engage in with recommendations and guidance from the CDC, State of Alaska, and Municipality of Anchorage.

- **Phase I:** SHELTER IN PLACE –NO GROUP TRAINING
- **Phase II:** RETURN TO ACTIVITY WITH INDIVIDUAL AND SMALL GROUP TRAININGS
- **Phase III:** INTRODUCTION OF CONTROLLED PRACTICES AND SMALL-SIDED GAMES
- **Phase IV:** FULL RETURN OF PLAY
- **Phase V:** NO RESTRICTIONS

The Phase Approach Plan will remain fluid to changing needs through checking and validating the plan as the State of Alaska and Municipality of Anchorage moves from one Phase to another.

CURRENT PHASE: Phase 3 (Updated July 27, 2020)

Phase I: SHELTER IN PLACE –NO GROUP TRAINING

General

- No group training or activity.
- Maintaining social distancing.
- Individual training held in participant home/ residence or outside.
- Using own training equipment.
- Coaching occurs virtually.
- No coaches or other athletes should be present during individual training.

Players/Parents/Guardians

- Everyone practice social distancing.
- Ensure player is healthy and check your temperature before activities.
- Should have necessary sanitizing products with them at every training.
- Players to use own ball and equipment.
- Players gear and equipment to be washed/sanitized before/after practice.
- If you are sick or feel sick or are an at-risk individual STAY HOME.
- Notify Boys & Girls Clubs – Alaska Director of Athletics immediately if your child becomes ill for any reason.

Staff & Volunteer Coaches

- Create and distribute protocols to players & parents/guardians.
- Have an effective communication plan in place.
- Coaching occurs virtually.
- No coaches or other athletes should be present during individual training.
- Have fun, stay positive –players/ parents are looking to you for leadership.
- **No practices or games during this Phase**

Phase II: RETURN TO ACTIVITY WITH INDIVIDUAL AND SMALL GROUP TRAININGS

General

- Parent/ Guardian signed and submitted the Health Status Agreement.
- Practices should comply with local and regional guidelines for the appropriate number of people in one group and the size of the group.
- No contact e.g. hugs, high-fives, handshakes, etc.
- Small group training sessions in area where social distancing can be maintained.
- Avoid activities that may require direct or indirect contact (e.g. bumping) between athletes.
- Avoid sharing equipment, practice vest, snacks, water bottles, etc.
- Players should not pick up field equipment, move goals, or handle training equipment.
- Participants, to include players and coaches, remain an appropriate distance based on social distance guidelines.
- Upon arrival staff will ask athletes if they are experiencing signs/symptoms of COVID-19 as well as taking his/her temperature. If the athlete has a temperature of 100.4 or higher, he/she will be prohibited from attending/participating in practices or games.

Players/Parents/Guardians

- Everyone practice social distancing.
- Players to use own ball.
- Set apart bag/ equipment from others.
- Limit carpooling to only members of the same family.
- Hand sanitizer available to use before, during and after practice.
- Required to wear a face mask during practice/games.
- Players gear and equipment to be washed/sanitized before/after training.
- If you are sick or feel sick or an at-risk individual STAY HOME.

Staff & Volunteer Coaches

- Sanitizing options available onsite to include hand sanitizer and disinfectant wipes, which are to be used to wipe down all equipment after each practice session.
- Limit players/parents/coach interactions with staggered practice start/end times to maximize social distancing.
- Physical contact should be minimized during practice sessions.
- Avoid exercises which creates opportunities for contact with another's equipment (including headers, throw-ins, etc.).
- **No small-sided and regulation size games during this Phase.**

Phase III: INTRODUCTION OF CONTROLLED PRACTICES AND SMALL-SIDED GAMES

General

- Events should comply with local and regional guidelines for the appropriate number of people in one group and the size of the group.
- No contact e.g. hugs, high-fives, handshakes, etc.
- Group trainings increased.

- Introduction of controlled exercises and small-sided games.
- Avoid sharing equipment, practice vest, snacks, water bottles, etc.
- Players should not pick up field equipment, move goals, or handle training equipment.
- Recommend social distancing practices are maintained (always on the sidelines).
- Upon arrival staff will ask athletes if they are experiencing signs/symptoms of COVID-19 as well as taking his/her temperature. If the athlete has a temperature of 100.4 or higher, he/she will be prohibited from attending/participating in practices or games.

Players/Parents/Guardians

- Everyone practice social distancing.
- Set apart bag/ equipment from others.
- Limit carpooling to only members of the same family.
- Hand sanitizer available to use before, during and after practice.
- Required to wear a face mask during practice/games.
- Players/Parents/Guardians should leave the field as soon as reasonably possible after play.
- Players gear and equipment to be washed/sanitized before/after training.
- If you are sick or feel sick or an at-risk individual STAY HOME.

Staff & Volunteer Coaches

- Sanitizing options available onsite to include hand sanitizer and disinfectant wipes, which are to be used to wipe down all equipment after each practice session.
- Limit players/parents/coach interactions with staggered practice start/end times to maximize social distancing.
- Physical contact should be minimized during practice sessions.
- Practices may create opportunities for contact with another's equipment (including headers, throw-ins, etc.)
- Recommend that all equipment be disinfected immediately after all training sessions
- **Small-sided games permissible during this Phase.**

Phase IV: FULL RETURN OF PLAY

General

- Events should comply with local and regional guidelines for the appropriate number of people in one group and the size of the group.
- Limited physical contact e.g. high-fives, knuckles, handshakes, etc.
- Regular practice sessions and full return to play allowed while continuing all COVID-19 prevention and response protocols
- Avoid sharing equipment, practice training vests, balls, water bottles, etc.
- Players should not pick up field equipment, move goals, or handle training equipment.
- Recommend social distancing practices are maintained (always on the sidelines).
- Upon arrival staff will ask athletes if they are experiencing signs/symptoms of COVID-19 as well as taking his/her temperature. If the athlete has a temperature of 100.4 or higher, he/she will be prohibited from attending/participating in practices or games.

Players/Parents/Guardians

- Everyone practice social distancing.
- Set apart bag/ equipment from others.
- Encouraged to limit carpooling to only members of the same family.
- Hand sanitizer available to use before, during and after practice.
- Encouraged to wear a face mask during practice/games if desired.
- Players/Parents/Guardians should leave the field as soon as reasonably possible after play.
- Players gear and equipment to be washed/sanitized before/after training.
- If you are sick or feel sick or an at-risk individual **STAY HOME**.

Staff & Volunteer Coaches

- Sanitizing options available onsite to include hand sanitizer and disinfectant wipes, which are to be used to wipe down all equipment after each practice session.
- Minimize social distancing avenues within entrances/parking lots/fields/spectator areas.
- Physical contact only permitted within the rules of the sport during time of active play.
- Recommend that all equipment be disinfected immediately after all training sessions
- **Regulation sized games permissible during this Phase.**

Phase V: NO RESTRICTIONS

- COVID-19 is no longer a public health matter and there are no restrictions, recommendations, guidelines, or requirements directed by Federal, State, Local and Public Health Authority.

REVERTING TO EARLIER PHASES

Regardless of the current Phase, everyone should be prepared to step back and revert to an earlier phase if any of the following occur:

- Cluster of infections occur.
- Inability to maintain COVID-19 prevention and response protocols.
- Inability to track and/or isolate players or staff & volunteer coaches.
- External factors exposes a COVID-19 risk to players, parents/guardians or staff & volunteer coaches.
- Changes to federal, state or local public health official guidelines regarding group gatherings.

Guidelines:

- **Players & Parents/Guardians**
 - Players will NOT his/her own appropriate sized ball designated for his/her age group.
 - Boys & Girls Clubs – Alaska will provide balls for the practice/games, which has previously been wiped down and sanitized.
 - Soccer Players are required to wear socks over his/her shinguards.
 - If a player is wearing his/her shinguards over his/her socks or isn't wearing shinguards, he/she will not be able to participate until corrected.

- Flag Football Players are required to wear gloves.
- Players personal items, e.g. water bottles, sports drinks, etc., must be left in the possession of his/her parents when engaged in a sporting activity.
 - Water bottles, sports drinks or snacks should not be shared.
- Players will be given reversible training vests, which have been previously laundered, prior to the practice and will be asked to wear for the duration of the practice and returned at the practices conclusion.
- Players will not assist with equipment set up or breakdown.
- Players should ensure his/her equipment is washed and sanitized before each practice.
- Player should not do group celebrations, high-fives, hugs, handshakes, and other behavior that breaks social distancing.
- Players temperature will be taken prior to each event and any player with a temperature of 100.4 or higher will be prohibited from attending/participating in practices or games.
- Players are **REQUIRED** to wear a face mask during practice/games.
 - If a player does not have a face mask, he/she will not be able to participate in the activities for the day.
- Players are encouraged to **ALWAYS** practice social distancing.
- Players and Parents/Guardians should limit carpooling to only members of the same family.
- Parents/Guardians must remain off grassy areas before, during, and after their child's practice, e.g. remain on paved, blacktop areas only and are encouraged to **ALWAYS** practice social distancing.
 - Additionally, Parents/Guardians are **REQUIRED** to wear a face mask while on the grounds of Boys & Girls Clubs – Alaska.
- Parents/Guardians must notify the Boys & Girls Clubs – Alaska Director of Athletics immediately if their child becomes ill for any reason.
- All participants have signed/submitted the Health Status Agreement (Release of Liability and Assumption of Risk Agreement) to the Boys & Girls Clubs – Alaska Director of Athletics.
- If any player or parent/guardian is sick or feels sick or is an at-risk individual please **STAY HOME**.
 - Any player or parent/guardian who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending/participating in practices or games. Any staff or volunteer coach who sees any adult attendee who displays any of these symptoms will be politely, but firmly, asked to leave. A minor who is displaying any of these symptoms will be safely isolated until an adult responsible for the minor can remove him/her. Everyone should be monitoring symptoms daily, and if a player or someone in his/her household shows any signs/symptoms of the novel coronavirus they should be staying at home for 14 days.
- **Staff & Volunteer Coaches**
 - Staff will greet players & parents/guardians prior to each practice beginning and administer screening questions about player/ household members illnesses.
 - Staff & Volunteer Coaches will wear a face mask prior to, during, and after practice.
 - Staff & Volunteer Coaches temperature will be taken prior to each event and any player with a temperature of 100.4 or higher will be prohibited from attending/participating in practices or games.
 - Staff & Volunteer Coaches will use hand sanitizer prior to, during, and after practice.
 - Staff & Volunteer Coaches will use his/her own water bottle, hand sanitizer and other personal products.

- Staff will ensure equipment e.g. balls, cones, reversible training vests, etc., is washed and sanitized before each practice.
- Staff & Volunteer Coaches will handle all equipment to include set up & breakdown.
- Staff & Volunteer Coaches will emphasize coaching Phase appropriate technique & skill exercises and adhere to appropriate socially distancing practices during small-sided games.
- If any Staff & Volunteer Coach is sick or feels sick or is an at-risk individual please STAY HOME.
 - Any Staff & Volunteer Coach who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending practices or games. Additionally, if a Staff & Volunteer Coach or someone in his/her household shows any signs/symptoms of the novel coronavirus they should be staying at home for 14 days.

Conclusion:

Boys & Girls Clubs – Alaska Athletics highest priority is to ensure we provide a healthy and safe environment for activity within our sports programs. BGCA Athletics will refrain from making any decision without first considering all information available from our national governing bodies along with Federal, State, and Local guidelines and requirements.

The Boys & Girls Clubs – Alaska Athletics Mitigation Phase Approach Plan & Guidelines will adhere to all Federal, State, and Local guidelines and requirements. Given the changing pandemic environment, these guidelines may change at any time and BGCA Athletics will need to ensure that they have plan in place to communicate with our staff & volunteer coaches and players & parents/guardians should there be a temporary closure of our programs.

Resources:

- CDC Consideration for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- US Youth Soccer Return to Activity Notice: <http://www.alaskayouthsoccer.org/doclib/5-14-20-USYS%20RTA%20Notice%20051320.pdf>
- Alaska Youth Soccer Return to Play Protocols: <http://www.alaskayouthsoccer.org/2020>
- Municipality of Anchorage Coronavirus Response Roadmap to Reopening: <https://covid-response-moa-muniorg.hub.arcgis.com/pages/roadmap-to-reopening>
- State of Alaska Reopen Alaska Responsibly: <https://covid19.alaska.gov/reopen/>
- Questions, please contact athletics@bgcalaska.org

**Boys & Girls Clubs – Alaska Athletics
Health Status Agreement
(Release of Liability and Assumption of Risk Agreement)**

In consideration of being allowed to participate in any way in the program, related events, and activities, I the undersigned, and acknowledge: there are risks to my child of exposure to directly or indirectly arising out of, contributed to, by, or resulting from an outbreak of any and all communicable disease, and certify as follows:

- I/We have not had a fever in the last 14 days.
- I/We have not had a cough and/or experienced any difficulty breathing/shortness of breath in the last 14 days.
- I/We have not knowingly had contact with a person confirmed with COVID-19 in the past 14 days.
- I/We have not traveled outside the United States within the last 14 days.
- I/We have not traveled outside the State of Alaska within the last 14 days.
- I/We have not tested positive for COVID-19.
- I/we have fully recovered and have been released to return to work/play as normal by my medical doctor.

RELEASE FROM LIABILITY:

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, and on my behalf, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Boys & Girls Clubs - Alaska, its officers, officials, affiliates, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event programs and activities of Boys & Girls Clubs – Alaska Athletics, from any and all claims, demands, losses, and liability arising out of or related to any ILLNESS, INJURY, DISABILITY OR DEATH I may suffer, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I agree to notify the Boys & Girls Clubs – Alaska Director of Athletics immediately if my child becomes ill for any reason and / or we have tested positive for COVID-19. I have read this Release of Liability and Assumption of Risk Agreement, fully understand its terms outlined, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Player Name

Age Group

X _____
Parent/Guardian Signature

Phone Number

Date

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