



## NORTHWEST ARCTIC BOROUGH SCHOOL DISTRICT

Ambler · Buckland · Deering · Kiana · Kivalina · Kobuk · Kotzebue · Noatak · Noorvik · Selawik · Shungnak  
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# NWABSD Basketball Travel & Event Mitigation Plan as of 2/8/21

### Travel Protocols

**Time Period: Same-day Travel (\*\*For 1<sup>st</sup> 2 Weekends)**

- Departure flights start at 8:00 AM in Kotzebue
- Return flights start at 5:00 PM
- \*Goal is to play 2 games: morning game, break for lunch, afternoon game.
- \*Another goal is to avoid overnighting at sites

### Cold Weather Policy:

- Departure cutoff changed from -35F to -25F to avoid potential of overnighting.
- Daily forecast must show above -30 till 10:00 PM before departing
- Return flights remains at -35F

### Weather: Visibility/Blizzards

- No travel will be permitted if a site(s) have bad weather forecasted for the given or following day.
- \*We are not going to launch when the chances of getting stuck are too high.

### Site's Status:

- Green - okay to travel & host
- Yellow - okay to travel & host
- Red - prohibited from traveling & hosting

## **Event Protocols**

[ASAA COVID-19 Events Guidelines](#) (pg 2-4)

[ASAA COVID-19 Basketball Recommendations](#) (pg 4-6)

[NFHS Basketball Rules Considerations](#) (pg 7-8)

### [NWABSD Additional Protocols](#)

- Spectators: None
- Concessions: None
- Gate: None
- Streaming: Recorded & uploaded to District YouTube Channel

*\*Avoid live streaming because if wifi connection is poor or has difficulties, the game won't be viewable at all. It's safest to record it and upload it than live streaming.*

### **Current Available Teams:**

10 Boys' Teams: BKC, DRG, **KVL**, WTK, ORV, IAN, UPR, 2A WLK, 3A OTZ, 3A OTZ JV

8 Girls' Teams: BKC, **KVL**, WTK, ORV, IAN, UPR, 2A WLK, 3A OTZ

- Every other Saturday: half the teams on one Saturday, the other half the following Saturday.

### **WEEKENDS Left:**

Feb 12-13 1st Half of teams

Feb 19-20 2nd Half of teams

Feb 26-27 \*\*TBD

Mar 5-6 \*\*TBD

[Mar 11-13 \(3A Conference Tournament @ Kotzebue?\)](#)

1A/2A village games: TBD

[Mar 17-20 \(1A NWA Tournament @ Kotzebue \\*\\*Spring Break\)](#)

[Mar 24-27 \(3A State Tournament @ Anchorage\)](#)

[Apr 31-3 \(1A/2A State Tournament @ MatSu Valley\)](#)

## *Saturday Event Schedule*

### **Screening:**

- Traveling team must be screened prior to departure from originating site.
- Upon arrival, traveling team must be screened before entering the gym.
- Home team must be screened before entering the gym.
- Event support staff, e.g officials, table workers, & supervisors, must be screened before entering the gym.

*\*\*Prior C19 testing to travel and play may at some point become part of the mitigation plan.*

### **Overnight Potential:**

- Traveling team should only bring a sleeping bag and pillow in the case that they potentially end up getting stuck and must overnight at host school.
- Host school shall have 1 room designated for this potential.

### **Gym Supervision:**

- 2 supervisors will be present in the gym to ensure that all C19 protocols on being followed.

### **NMS Custodial:**

- 1 person should be on duty throughout the day in-case emergency cleaning situations arise.
- Full gym cleaning should be conducted after all games are completed and all parties involved have exited the gym.

### **Tentative Schedule:**

10:00 AM Game 1 (Uniforms: Home – Light & Away – Dark)

*\*\*Game 1 should start 30 minutes after all people involved have been screened and allowed to enter the gym.*

11:30 AM Light Lunch (ex. Cold Sandwiches, fruits, veggies, and drinks)  
Both teams & support personnel will have lunch provided to them.

1:30 PM Game 2 (Uniforms: Home – Dark & Away – Light)

*\*\*Game 2 should start 2 hours after the completion of Game 1.*

3:00 PM – To Go Hot Meal (ex. Pizza, chips, and drinks)

# ASAA COVID-19 Events Guidelines

## as of 9/16/2020

This document is intended to provide guidance for schools to consider with their stakeholders in writing mitigation plans for hosting events at any risk level.

District mitigation plans should be designed in accordance with state and local restrictions. The Alaska Department of Health and Social Services (DHSS) is available to provide consultation on mitigation plans. To request assistance, please email [karol.fink@alaska.gov](mailto:karol.fink@alaska.gov) or call 907-310-8721

### Points of Emphasis

- Do not allow any event to take place unless all mitigation protocols can be followed.
- Educate coaches, advisors and parents on the symptoms of COVID-19. Any individual who has even one of the symptoms must stay home and get tested.
- Educate coaches, advisors and parents on the importance of following protocols in order to keep their activity going.
- Advisors and coaches should take the NFHSlearn COVID-19 course and/or view the ASAA COVID-19 Educational Presentation.
- Parents should view the ASAA COVID-19 Educational Presentation for parents and receive the COVID-19 handout.
- It is recommended that people who are at increased risk for severe illness including coaches, students, staff and officials, consult with their health care provider to determine whether participation in activities or events is prudent under the circumstances. Information from the CDC on who are at increased risk can be found at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/> .
- There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols.
- Schedule events to minimize the number of people present at a given time.
- Schools must be prepared for periodic closures and the possibility of some athletes or teams having to quarantine for up to two weeks.
- Close contact between any individuals should be limited to the extent possible. Close contact is defined as being within 6 feet of an infected individual for at least 15 minutes. The 15 minutes is cumulative so even a 30 second huddle adds to the risk.
- Require visiting teams to screen their participants prior to arriving at your venue.
- Individuals should screen at home before arriving at an event. STAY HOME IF SYMPTOMATIC.
- Visiting teams are responsible to bring their own towels, hand sanitizer and medical kits.

### Facilities

- Cleaning and disinfecting must be conducted in compliance with CDC. The most current guidelines can be found at <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html> .

- Frequently touched surfaces and shared objects must be disinfected between events. Schedule a minimum of 20 minutes between the end of one event and the beginning of individuals showing up for another event.
- Facility must have signage of cleaning and COVID protocols and visual indicators (cones, tape, etc.) of proper spacing between individuals.
- Hand sanitizer should be plentiful and available to all participants and spectators. Place them at entrances, bleachers, scoring tables, sidelines/benches and restrooms. Encourage all individuals to use often.
- For indoor events, ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible.
- Block off areas to keep participants and spectators separated by a minimum of 12 feet.
- Have separate entrance and exit points. Use signage for direction of walking traffic.
- Monitor locker rooms to maintain 6 feet between all individuals.
- Use signage or close every other stall to encourage physical distancing of all individuals in restrooms.

### Participants/Advisors/Coaches/Supervisors

- Prior to attending advisors, coaches, supervisors & participants must sign a waiver of liability related to COVID-19.
- Advisors, coaches, supervisors, participants and officials should be screened prior to arriving at an event and again when they arrive. 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 quarantine, and contact their primary care provider or other health-care professional.
- Maintain physical distancing of 6 feet between all individuals at all times except when actively competing.
- Cloth face coverings by participants should be used when not engaging in vigorous activity. Such as sitting on the bench, in the locker room, on the sidelines, during meetings, etc. Encourage masks during warm-ups or whenever they can be tolerated by the athlete.
- Participants should always be allowed to wear face coverings, if desired.
- As approved by the NFHS, plastic shields designed specifically for football and hockey helmets are allowed. Plastic shields covering the entire face for all other sports will not be allowed due to the risk of unintended injury to the person wearing the shield or others.
- Coaches should wear face coverings (ideally surgical grade) and eye protection. Especially when physical distancing is not possible.
- Participants must come dressed to participate and leave to shower and change.
- Individuals must bring their own water bottle that is labeled and filled. No sharing of water bottles.
- No pre or post event handshakes or high fives.
- Teams should avoid all non-sport related personal contact. I.e. high fives, fist/elbow bumps, group celebrations, huddles, etc.

### Spectators



- The size of your facility will determine if you have spectators. You must allow for 6 feet of distancing between all individuals including participants.
- Bleacher seating should be marked and restricted such that there is 6' of physical distancing and every other row is unoccupied.
- Face coverings are required of all spectators.
- Discourage yelling and cheering by allowing artificial noise makers that do not interfere with the official's whistle. No use of airhorns.
- No concessions. To decrease the amount of hand face contact, no food or drink allowed.
- Use digital ticketing as much as possible.
- Post flyers and make PA announcements with COVID information ie. symptoms, protection. [Print Resources](#)

### Important Information

- You cannot test yourself out of quarantine.
- Adherence to mitigation plans is crucial
- If there is a positive test, schools will work with public health officials and communicate with students and families.
- Antigen testing guidelines will be included once information is available.

Using these guidelines to develop quality mitigation plans for events you host will allow activities to continue in Alaska high schools. For information on hosting specific events see documents on the ASAA website

# ASAA COVID-19 Basketball Recommendations

## as of 11/30/2020

This document is intended to provide guidance for schools to consider with their stakeholders in writing mitigation plans for basketball at any risk level.

District mitigation plans should be designed in accordance with state and local restrictions. The Alaska Department of Health and Social Services (DHSS) is available to provide consultation on mitigation plans. To request assistance, please email [karol.fink@alaska.gov](mailto:karol.fink@alaska.gov) or call 907-310-8721

### Points of Emphasis

- Do not allow any basketball event to take place unless all protocols can be followed.
- Educate coaches, advisors and parents on the symptoms of COVID-19. Any individual who has even one of the symptoms must stay home and get tested.
- Educate coaches, advisors and parents on the importance of following protocols in order to keep their activity going.
- Advisors and coaches should take the NFHSlearn COVID-19 course and/or view the ASAA COVID-19 Educational Presentation.
- Parents should view the ASAA COVID-19 Educational Presentation for parents and receive the COVID-19 handout.
- It is recommended that people who are at increased risk for severe illness including coaches, students, staff and officials, consult with their health care provider to determine whether participation in activities or events is prudent under the circumstances. Information from the CDC on who are at increased risk can be found at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/>
- There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols.
- Schedule a minimum of 20 minutes between the end of one event and the beginning of individuals showing up for another event.
- Schools must be prepared for periodic closures and the possibility of some athletes or teams having to quarantine for up to two weeks.
- Close contact between any individuals should be limited to the extent possible. Close contact is defined as being within 6 feet of an infected individual for at least 15 minutes. The 15 minutes is cumulative so even a 30 second huddle adds to the risk.
- Require visiting teams to screen their participants prior to arriving at your venue.
- When attending an event you are responsible to bring your own towels, hand sanitizer and medical kits.
- Individuals should screen at home before arriving at practice or event. STAY HOME IF SYMPTOMATIC.

### Facilities

- Cleaning and disinfecting must be conducted in compliance with CDC. The most current guidelines can be found at <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>

- Weight equipment should be wiped down thoroughly before & after each individual's use.
- Any equipment such as benches, athletic pads, etc. having holes with exposed foam should be covered.
- Facilities must have visual indicators (cones, tape, etc.) of proper spacing between individuals.
- Hand sanitizer should be plentiful and available to all participants. Place them at entrances, meeting rooms, locker rooms, scoring tables, benches, etc. Encourage all individuals to use often.
- Train outdoors whenever feasible.
- When indoors ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible.
- Block off areas to keep participants and spectators separated by a minimum of 12 feet.
- Have separate entrance and exit points. Use signage for direction of walking traffic.
- Monitor locker rooms to maintain 6 feet between all individuals.
- Use signage or close every other stall to encourage physical distancing of all individuals in restrooms.

### Participants/Advisors/Coaches/Supervisors

- Prior to attending advisors, coaches, supervisors & participants must sign a waiver of liability related to COVID-19.
- Advisors, coaches, supervisors, and participants should be screened prior to arriving at an event and again when they arrive. 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-quarantine, and contact their primary care provider or other health-care professional.
- Maintain physical distancing of 6 feet between all individuals at all times except when actively competing.
- Cloth face coverings by participants should be used when not engaging in vigorous activity, such as in the locker room, sitting on the bench, during meetings, etc. Encourage masks during warm-ups, skill work or whenever they can be tolerated by the athlete.
- Participants should always be allowed to wear face coverings, if desired.
- Plastic shields covering the entire face will not be allowed in basketball due to the risk of unintended injury to the person wearing the shield or others.
- Coaches should wear face coverings (ideally surgical grade) and eye protection. Especially when physical distancing is not possible.
- Participants must come dressed to participate and leave to shower and change.
- Individuals must bring their own water bottle that is labeled and filled. No sharing of water bottles.
- No pre or post match handshakes or high fives.
- Avoid all non-sport related contact. I.e. high fives, fist/elbow bumps, group celebrations, huddles, etc.

### Basketball Specifics

- Follow all NFHS Basketball Rules Considerations.



- Balls should be sanitized prior to and after use by wiping down with a non-alcohol wipes. Allow to dry completely before using.
- Conduct practice in pods of students with the same 5-10 students training together to limit overall exposure.
- Balls may be shared within pods, however every 14 minutes the balls must be sanitized or replaced.
- Hands must be sanitized before and after sharing equipment.
- Encourage players to not lick their hands and then wipe their shoes.
- Remind participants to not touch their face.
- Limit the consumption of food to decrease the amount of hand face contact.
- Each team should bring their own warm-up balls to a game.
- No high fives when substituting.
- 2-3 sanitized back up balls should be at the scorer's table.
- The size of your facility will determine if you have spectators. You must allow for 6 feet of distancing between all individuals including participants.
- Bleacher seating should be marked and restricted such that there is 6' of physical distancing and every other row is unoccupied.
- Limit team benches to essential personnel (coaches & participating players).
- In tournaments, have designated areas for each team that allows for 6' social distancing.
- Face coverings are required of all spectators.
- Discourage yelling and cheering by allowing artificial noise makers that do not interfere with the official's whistle. No use of airhorns or megaphones.
- No concessions. To decrease the amount of hand face contact, no food or drink allowed.
- Post flyers and make PA announcements with COVID information ie. symptoms, protection. [Print Resources](#)
- Workers should wear face coverings and eye protection.

### Important Information

- You cannot test yourself out of quarantine.
- Adherence to mitigation plans is crucial.
- If there is a positive test, schools will work with public health officials and communicate with students and families.
- Antigen testing guidelines will be included once information is available.

Using these guidelines to develop quality mitigation plans for practices and events will allow activities to continue in Alaska high schools.



## 2020-21 Basketball Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Basketball Rules Committee offers this document as guidance on how state associations can consider modifications to the NFHS Basketball Rules Book. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### Return to Competition

#### 1. Basketball Rules Considerations

- ***Pregame Protocol (2019-2020 NFHS Officials Manual, page 16, 1.8; NFHS Basketball Rule Book – 3-4-5)***
  - Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
  - All individuals maintain a social distance of 6 feet or greater at the center circle.
  - Suspend handshakes prior to and following the Pregame Conference.
- ***Team Benches (1-13-1)***
  - ***Social distancing should be practiced when possible. Below are some suggestions.***
    - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
    - Place team benches opposite the spectator seating.
    - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
    - Create separation between the team bench and spectator seating behind the bench.
    - Limit contact between players when substituting.
    - Personnel not in the game should adhere to any required local/state face covering requirements.
- ***Officials Table (2-1-3)***
  - The host should sanitize the table before the game and at half time.
  - Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
  - Limit seats at the table to essential personnel which includes home team scorer and timer with a recommend distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media,

etc.) may not be deemed essential personnel and consider an alternate location for them.

- Table personnel should adhere to any required local/state face covering requirements.

## **2. Pre and Post Game Ceremony**

- Suspend the pregame introduction handshakes.
- Suspend post game protocol of shaking hands.

## **3. Basketball Rules Interpretations**

### **○ Rule 4-1 EQUIPMENT AND ACCESSORIES**

- Basketball
    - Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
    - The host school should ensure that the ball is sanitized during time-outs and between quarters.
    - Sanitizer should be provided by the host team at the table.
  - Cloth face coverings are permissible for players.
  - Consider requiring coaching staff and other bench personnel to wear face coverings while on the bench.
- ### **○ Rule 5-3 Officials Uniform and Equipment**
- By state association adoption, long-sleeved shirts are permissible. (5-1-3)
  - Officials should not be required to wear jackets during pre-game court/player observation.
  - Electronic whistles are permissible (supplies are limited).
    - Choose a whistle whose tone will carry inside.
    - Check the market for choices
  - Cloth face coverings are permissible.
  - Gloves are permissible.

## **4. Other Considerations**

- ***Throw-in***
  - Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.
- ***Free Throw Administration***
  - The lead official shall stand on the end line and bounce the ball to the free thrower.
- ***Jump Ball***
  - Eliminate the jump ball and award the ball to the visiting team the first alternating possession for the throw in.
  - To start an overtime period, use a coin toss to determine which team is awarded the ball.