

NWABSD

Return to Basketball Practice Protocols

Covid-19 Protocols

The district is using Alaska School Activities Association (ASAA) practice protocols to inform our mitigation plan. (see pages 4-6) <https://asaa.org/covid-19/>

ASAA Covid-19 Basketball Recommendation

The district is using Alaska School Activities Association (ASAA) practice protocols to inform our mitigation plan. (see pages 7-9) <https://asaa.org/covid-19/>

For Coaches & Volunteer Coaches

- Must take NFHS' "COVID-19 FOR COACHES AND ADMINISTRATORS" free course prior to the first practice.
[COVID-19 for Coaches and Administrators](#) (NFHSlern course)

For Parents & Guardians

- Parents/Legal Guardian(s) must sign "ASAA Covid-19 Waiver and Release" and "NWAASD Covid-19 Waiver and Release" form (see page 10-11)
- Parents/Legal Guardian(s) should view the ASAA COVID-19 Educational Presentation [ASAA COVID-19 Education for Parents](#) (PDF)

For HS Athletes

- Must have an active student physical exam on record.
 - Any physical set to expire may be granted a 6-month extension as long as it is noted in their PlanetHS account.

MS Basketball – On Hold

Per Mitigation Plan

NWABSD Return to Basketball Practice Guidelines

As of 12/8/2020

*Coaches & supervisors are required to wear masks at all times.

*Student athletes must wear masks at all times when not actively involved in a drill, game, or conditioning. This includes while warming up, sitting on the bench, and during breaks in action.

*Every person will be screened prior to entering the gym.

High Risk Level (Red)

Not Allowed

Medium Risk Level (Yellow)

- No more than 15 students permitted at a time
- No longer than 1:30.
 - Consider running multiple, shorter practices to keep pods from coming into contact with one another. A 20 min transition period is recommended.
- Locker rooms can only be used for bathroom purposes.
- Participants must come dressed to participate and leave to shower and change.

Week 1: Jan 11-15

- Pods of 4 of the same students.
- Conditioning Allowance: None
- Strength Training Allowance: Bodyweight exercises (no equipment permitted including jump ropes)
- Scrimmage Allowance: 2 on 2 Half-court (no full court)
- Individual Drill Allowance: Allowed while maintaining a 10ft separation.
- 2 person drills Allowance: regular 1-on1, partner passing & shooting.

Week 2: Jan 18-22

- Pods of 4-6 of the same students.
- Conditioning Allowance: Allowed while maintaining a 10ft separation
- Strength Training Allowance: Bodyweight exercises (no equipment permitted including jump ropes)
- Scrimmage Allowance: 3 on 3 Half-court (no full court)
- Individual Drill Allowance: Allowed while maintaining a 10ft separation.
- Multiple Person Drills: All Half-court drills

Week 3: Jan 25-29

- Pods of 5-10 of the same students.
- Conditioning Allowance: Allowed while maintaining a 10ft separation
- Strength Training Allowance: Bodyweight exercises (no equipment permitted including jump ropes)
- Scrimmage Allowance: 5 on 5 Full-court
- Individual Drill Allowance: Allowed while maintaining a 10ft separation.
- Multiple Person Drills: All Half-court drills

Low Risk Level (Green)

- No more than 20 students permitted at a time
- No longer than 2:00.
- Locker rooms can only be used for bathroom purposes.
- Participants must come dressed to participate and leave to shower and change.
- Conditioning Allowance: All while maintaining a 10ft distance from another student
- Strength Training Allowance: Bodyweight exercises (no equipment permitted including jump ropes)

Week 1: Jan 11-15

- Pods of 4-6 of the same students.
- Scrimmage Allowance: 3 on 3 Half-court (no full court)
- Individual Drill Allowance: Allowed while maintaining a 10ft separation.
- Multiple Person Drills: All Half-court drills

Week 2: Jan 18-22

- Pods of 5-10 of the same students.
- Scrimmage Allowance: 5 on 5 Full-court
- Individual Drill Allowance: Allowed while maintaining a 10ft separation.
- Multiple Person Drills: All Half-court drills

Week 3: Jan 25-29

- May resume regular practices while following maintaining all mitigation protocols.

ASAA COVID-19 Practice 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 activity practices 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 or call 907-310-8721

Points of Emphasis

- Do not allow any practice 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 practice and the beginning of individuals showing up for another practice.
- 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.
- Individuals should screen at home before arriving at a practice. 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 weight 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, etc. Encourage all individuals to use often.
- Train outdoors whenever feasible.
- For indoor activities, ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible.
- Monitor locker rooms to maintain 6 feet between all individuals.

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 sitting on the bench, in the locker room, on the sidelines, 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.
- 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.
- Avoid all non-sport related contact. I.e. high fives, fist/elbow bumps, group celebrations, huddles, etc.

General Practice

- Conduct practice in pods of students with the same 5-12 students training together to limit overall exposure.
- Equipment may be shared, however every 14 minutes the equipment must be disinfected or replaced with a disinfected item.
- Remind participants to not touch their face.
- Hands must be sanitized before and after sharing equipment.
- When breathing hard, maintain physical distancing of 10 feet except when actively competing.
- Limit the consumption of food to decrease the amount of hand face contact.

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 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 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.

COVID-19 WAIVER AND RELEASE

The Alaska School Activities Association (“ASAA”) is an IRS 501(c)(3) non-profit corporation that sanctions Alaska high school activities in the State including sports, music, art, drama, debate, esports, language, and student government. In this role, ASAA is working with member school districts to provide activities to the extent possible during the current COVID-19 pandemic. Providing activities during this time cannot be done without inherent risk to all participants. ASAA and member school districts are planning and may plan to allow activities (referred to in this document as an “EVENT”) to take place. This effort to provide student activities comes with inherent risks.

In consideration of being permitted to practice, compete, officiate, observe, work, or participate in an EVENT, I, for myself and my children, agree to the following:

1. I affirm that neither I, nor my children, nor anyone in my immediate household (including the actual participant(s) in the EVENT) are currently diagnosed with, demonstrate any symptoms of, or have in any way been exposed to any communicable diseases, including the novel corona virus known as COVID-19.
2. I agree that I will immediately notify a school administrator if I, my children, or anyone in my immediate household is diagnosed with the novel corona virus known as COVID-19. I understand that this notification requirement is critical to limit the spread of the virus.
3. I acknowledge that I am aware that by entering any EVENT premises and participating in the EVENT that there are inherent risks to me and my children of being exposed to COVID-19, and/or any mutation or variation thereof. I am also aware that such an exposure can occur directly or indirectly.
4. I understand that certain individuals may be more susceptible to becoming seriously ill if they contract COVID-19, including people over the age of 65, people with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised. I understand that if I or my children, including the actual participant(s) in the EVENT, or a household member fall within one or more of these categories, there could be a greater risk that I should discuss with my health care provider.
5. I understand that while ASAA strives to provide safe EVENT premises by providing member school district’s with recommendations and protocols intended to reduce the risk of COVID-19, ASAA and member school districts cannot eliminate all risks. ASAA’s and member school district’s staff may make unintentional mistakes when trying to eliminate or mitigate the risks of contracting COVID-19. By signing this Waiver, I ASSUME ALL RISKS on behalf of myself and my child/children regarding the possibility of contracting the novel corona virus known as COVID-19 or any mutation or variation thereof.
6. I hereby voluntarily agree to RELEASE, WAIVE, DISCHARGE, and COVENANT NOT TO SUE ASAA and/or its officers, directors, and employees; the ALASKA STATE BOARD OF EDUCATION; and member school districts; and any individuals, companies, or associations having anything to do with the EVENT, including but not limited to promoters, participants, officials, and owners of the premises where the EVENT takes place (collectively referred to as “RELEASEES”). By signing this document, RELEASEES WILL BE RELEASED FROM ANY AND ALL LIABILITY for any and all loss or damage whether caused by the negligence of the Releasees or otherwise related to possible exposure to or contracting of the novel corona virus known as COVID-19 or any mutation or variation thereof; and
7. I hereby agree to INDEMNIFY AND HOLD HARMLESS the Releasees from any loss, liability, damage, or cost (including reasonable attorney’s fees) they may incur arising out of or related to my illness or death, or the illness or death of my children, including the actual participant(s) in the EVENT whether caused by the negligence of the Releasees or otherwise.

BY SIGNING BELOW, YOU AGREE THAT YOU HAVE READ AND UNDERSTOOD THIS WAIVER AND RELEASE AND AGREE TO BE BOUND BY ITS TERMS.

Student Name: _____

Parent Name: _____

Parent Signature

Date: _____

COVID WAIVER AND RELEASE

The Northwest Arctic Borough School District (NWABSD) is working to provide student activities to the extent possible during the current COVID-19 pandemic. Providing activities during this time cannot be done without inherent risk to all participants. NWABSD is planning and may plan to allow activities (referred to in this document as an "EVENT") to take place.

In consideration of being permitted to practice, compete, officiate, observe, work, or participate in an EVENT, specifically _____, I, for myself and my children, agree to the following:

1. I affirm that neither I, nor my children, nor anyone in my immediate household (including the actual participant(s) in the EVENT) are currently diagnosed with, demonstrate any symptoms of, or have in any way been exposed to any communicable diseases, including the novel corona virus known as COVID-19.
2. I agree that I will immediately notify a school administrator if I, my children, or anyone in my immediate household is diagnosed with the novel corona virus known as COVID-19. I understand that this notification requirement is critical to limit the spread of the virus.
3. I acknowledge that I am aware that by entering any EVENT premises and participating in the EVENT that there are inherent risks to me and my children of being exposed to COVID-19, and/or any mutation or variation thereof. I am also aware that such an exposure can occur directly or indirectly.
4. I understand that certain individuals may be more susceptible to becoming seriously ill if they contract COVID-19, including people over the age of 65, people with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised. I understand that if I or my children, including the actual participant(s) in the EVENT, or a household member fall within one or more of these categories, there could be a greater risk that I should discuss with my health care provider.
5. I understand that while NWABSD strives to provide safe EVENT premises by establishing protocols intended to reduce the risk of COVID-19, the District cannot eliminate all risks. By signing this Waiver, I ASSUME ALL RISKS on behalf of myself and my child/children regarding the possibility of contracting the novel corona virus known as COVID-19 or any mutation or variation thereof.
6. I hereby voluntarily agree to RELEASE, WAIVE, DISCHARGE, and COVENANT NOT TO SUE NWABSD and/or its officers, directors, and employees having anything to do with the EVENT (collectively referred to as "RELEASEES"). By signing this document, RELEASEES WILL BE RELEASED FROM ANY AND ALL LIABILITY for any and all loss or damage whether caused by the negligence of the Releasees or otherwise related to possible exposure to or contracting of the novel corona virus known as COVID-19 or any mutation or variation thereof by myself and my child/children; and
7. I hereby agree to INDEMNIFY AND HOLD HARMLESS the Releasees from any loss, liability, damage, or cost (including reasonable attorney's fees) they may incur arising out of or related to my illness or death, or the illness or death of myself or my child/children, including the actual participant(s) in the EVENT whether caused by the negligence of the Releasees or otherwise.

BY SIGNING BELOW, YOU AGREE THAT YOU HAVE READ AND UNDERSTOOD THIS WAIVER AND RELEASE, AND AGREE TO BE BOUND BY ITS TERMS.

Printed Name of Parent/Guardian or Student if Over the Age of 18:

Name: _____

Signature: _____

Date: _____