

Boys & Girls Clubs - Alaska
Athletics COVID-19 Mitigation Plan & Guidelines
(Last updated May 10, 2021)

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 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 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 Plan & Guidelines.

COVID-19 Mitigation Plan & Guidelines:

Boys & Girls Clubs - Alaska Athletics is adopting the following Plan & Guidelines in returning to play to help mitigate the risk of spreading COVID-19 and ensure the health and safety of our staff & volunteer coaches and players & parents/guardians. The Boys & Girls Clubs – Alaska Athletics COVID-19 Mitigation Plan & Guidelines 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.

The Boys & Girls Clubs – Alaska Athletics COVID-19 Mitigation Plan & Guidelines 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. **PLEASE REVIEW.**

- 1. If you are sick, feel sick or are an at-risk individual, please STAY HOME. Any player, parent/guardian or 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/participating in practices or games.*
- 2. Parents/Guardians must notify the Boys & Girls Clubs – Alaska Director of Athletics immediately if their child becomes ill for any reason. Additionally, any staff or volunteer coach who sees any adult attendee who displays any symptoms of COVID-19 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 10 days.*
- 3. Due to current restrictions and health guidelines related to COVID-19, ONLY Athletics Staff, Volunteer Coaches, Player Safety Volunteers, and players are permitted on the field during practices. We are asking parents and other spectators to remain in the designated spectating area at BGCA or MOA facilities for the duration of their child's practice and game.*
- 4 Per the Municipality of Anchorage EO-20 - Attachment D Organized Sports released on April 12, 2021, outdoor organized sports are allowed to host spectators provided not less than six feet (6 ft.) physical distancing can be accommodated for all spectators or household groups. Per the Municipality of Anchorage EO-20v2 released on April 30, 2021, it is recommended spectators wear face coverings or masks while outdoors, particularly when within six feet (6 ft.) of other spectators or household groups.*
- 5. BGCA Athletics will provide all equipment and ensure items as well as other surface areas are disinfected before and after use. Players are not to bring their own balls. Additionally, water bottles, bags, and other personal belongings are to be left with parents (if applicable) in the designated spectating area.*
- 6. Players will not assist with equipment set up or breakdown. Staff & Volunteer Coaches will handle all equipment to include set up & breakdown. Additionally, Staff & Volunteer Coaches will emphasize coaching appropriate technique & skill exercises and adhere to appropriate socially distancing practices during small-sided games. Players are encouraged to ALWAYS practice social distancing during breaks in active play.*
- 7. Athletics Staff, Volunteer Coaches, and players are REQUIRED to wear face masks during practices and games when not playing and within six feet (6 ft.) of each other. Also, it is recommended players wear face masks during the flow of play, but it will NOT be REQUIRED. If a player does not have a face mask, he/she will not be able to participate in the activities for the day. (Face masks will NOT be provided by BGCA Athletics) Additionally, Athletics Staff and Volunteer Coaches will NOT be REQUIRED to wear face masks if socially distancing from players by a distance of six feet (6 ft.) or more.*
- 8. Hand sanitizer will be made available to use before, during and after practice. Additionally, high-fives, handshakes, group celebrations, moving players physically, etc. is strictly prohibited.*

9. Finally, before a player can participate in his/her registered season, his/her parent must submit a signed copy of the attached Health Status Agreement on his/her behalf. Copies will be onsite for parents to sign if you're unable to print from home.

If anyone has any issues or is NOT willing to adhere to the expectations outlined above, please let the Boys & Girls Clubs – Alaska Director of Athletics know before the season begins so different options for your child can be discussed regarding the season ahead.

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 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>
- American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports: <https://www.aspenprojectplay.org/return-to-play>
- The Aspen Institute Return to Play COVID-19 Risk Assessment Tool: <https://www.aspenprojectplay.org/return-to-play>
- Municipality of Anchorage Coronavirus Response: <https://covid-response-moa-muniorg.hub.arcgis.com/>
- 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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