

American Legion Baseball in Alaska COVID-19 Mitigation Plan
Drafted: 3/15/2021 Updated:3/22/2021

Description: The following mitigation efforts are meant to protect to the best of our ability all participants and spectators and will be implemented at all American Legion Baseball in Alaska activities, events and facilities, involving teams or facilities in the Municipality of Anchorage.

Definitions:

Participant: Any person or persons involved in playing, practicing, coaching, umpiring, or assisting with league operations.

Spectator: Any person or persons within the complex or facility that are choosing to observe the activities operated by American Legion Baseball in Alaska.

Activity: Any event put on by American Legion Baseball in Alaska including but not limited to games, practices, tryouts, meetings and/or workouts.

Facility: Any field, park, complex, stadium or batting cage used by the American Legion Baseball in Alaska.

ASD: Anchorage School District

ASAA: Alaska School Activities Association

MOA: Municipality of Anchorage

Participants

Pre-participation Requirements:

1. All participants are required to register online at www.alaskalegion.com prior to arriving to the first activity of the year. Online registration will be accompanied by Exhibit A, Waiver of Liability and Hold Harmless Agreement. Online registration will be kept for life of program. Participants will be sent home if online registration and Exhibit A are not completed before arrival.
2. All participants must complete and submit an ASD COVID-19 Sports Waiver and Release form prior to participation.
3. Participants must notify their school if they are also involved in a non-school program that is also an ASAA activity (i.e. club soccer, club swim, club baseball). Failure to notify the school may cause the player to be ruled ineligible for a period determined by the ASAA director.
4. See Travel Section below for requirements after traveling.
5. Participants must abide by all ASD COVID-19 and school specific protocols.
6. All participants are encouraged to take their temperature prior to leaving their location and must stay home if the reading is 100.4 degrees Fahrenheit or higher in accordance with CDC guidelines. Participation will not be allowed within 72 hours of exhibiting a fever.

7. All participants will be screened at all events using the ASD COVID-19 Monitoring Form. This includes temperature checks, exposure questions, and attendance records.
8. Participants must stay home if they exhibit any symptoms or knowingly were in contact with a suspected positive case of COVID-19 within the past 14 days.
9. Current CDC guidelines can be found at www.cdc.gov. The current Alaska State guidelines can be found at www.coronavirus.alaska.gov The current Municipality of Anchorage guidelines can be found at www.covid-response-moa-muniorg.hub.arcgis.com

Participation Requirements:

1. Participants will be educated and walked through the mitigation plan at the first activity by coaches/staff.
2. Wherever posted, groups should enter the facility in one location and leave through a different location to minimize congested areas. Signs will be posted to clearly mark entrances and exits.
3. Participants will wear a face covering (plastic face shields are not allowed) at all times during ASD activities. This includes games, practices, meetings, and any other events.
4. Shared equipment should be minimized as much as possible but any shared equipment and touch points will be disinfected prior to each event and any shared equipment will be sanitized between uses.
5. All participants should use social distancing of 10 feet while exercising or 6 feet while not exercising whenever possible. Participants will enter the facility and go directly to their assigned field or designated area. All gear and equipment will be spaced according to social distancing guidelines.
6. All participants must refrain from handshakes, fist bumps, high fives and group celebrations.
7. Participants will be encouraged to bring personal water bottles or drink containers. Public/teamwater jugs or drink dispensers will not be allowed.

Staff/Coach:

1. All staff/coaches must follow the same requirements as listed as above in the participants section, as well as the following coach/staff specific requirements:
2. All staff and coaches of the Alliance Baseball League will be given this mitigation plan and are required to sign Exhibit B, Waiver of Liability and Hold Harmless Agreement, acknowledging the safety requirements and expectations.
3. Training for staff/coaches covering these requirements and the COVID-19 Mitigation Plan for the will be provided onsite at the start of activities.
4. Each team will designate a volunteer on-site to monitor and follow all sanitation protocols. All other staff/coaches/officials will help enforce all hygiene protocols.

Spectators

1. Number of allowed spectators at each event will be limited by the space allowed per field while still allowing for the required social distancing.
2. All spectators are encouraged to take their temperature prior to leaving their location and must stay home if the reading is 100.4 degrees Fahrenheit or higher in accordance with CDC guidelines. Spectators will not be allowed within 72 hours of exhibiting a fever.
3. All Spectators must provide First and Last names, phone number, and email prior to entering a facility. Records will be maintained for 30 days and will only be used for contact tracing purposes. Temperature checks and exposure questions may be required based on current ASD, ASAA MOA requirements.
4. All Spectators must wear a face covering at all times while in the facility.
5. Social distancing of 6 feet must be maintained between members of different households. Each facility will have visual indicators to assist with social distancing.
6. Spectators are not allowed at indoor practices or on the fields during activities.
7. Spectators must refrain from handshakes, fist bumps, high fives and group celebrations.
8. Failure to comply with any of the above requirements could result in removal from the activity.

Hygiene Protocols:

1. Restrooms will be disinfected each day prior to any American Legion Baseball Activity.
2. Dugouts will remain locked or closed off to reduce public contact points during practices. If/when dugouts are used, they must be disinfected prior to use.
3. Each team will be required to provide hand sanitizer or antibacterial soap and water for their participants and spectators. Participants will be required to use hand sanitizer or antibacterial soap and water before and after each activity. Once games are scheduled, hand sanitizing stations will be provided for spectators.
4. Participants and spectators will be encouraged to bring personal water bottles or drink containers. Public/team water jugs or drink dispensers will not be allowed.
5. Coaches will provide and use disinfectant wipes on all common team gear and equipment before and after each activity. Participants are strongly encouraged not to share equipment.
6. Hygiene protocols will be posted at the entrance to each facility.
7. There will be no concession at events.

Additional Mitigation Efforts:

1. Sunflower seeds, gum and tobacco are prohibited at all facilities and on all fields.
2. Activities will have a staggered start and pick up time to limit contact between non-household members.
3. Signage will be posted at all entry points to facilities notifying the public of the mitigation plan. The signage will clearly state that any person with symptoms consistent with COVID-19 may not participate in the activity. Signage will also state that those living or working with individuals at higher risk for COVID-19 related illness should not participate.

In the event of an Occurrence:

1. All facilities used by individuals with positive case of COVID-19 will shut down for 72 hours to allow for natural deactivation of the virus.
2. Participants are required to inform the organization and their school administration if they do become sick within seven days of participation in any activity, so that other participants can be informed that a fellow participant became sick and they should monitor for symptoms and practice recommended social distancing measures.
3. Any individual that tests positive or comes in close contact with someone that has tested positive may not participate for 14 days.

Travel Requirements for all Participants (ASD requirements)

1. Travelers are required to submit a negative SARS-CoV2 test result from a test taken no earlier than 72 hours of arrival into Alaska.
 - a. Test must be molecular-based. No antigen or antibody test.
 - b. Test can be taken upon arrival in Alaska or anytime thereafter.
 - c. Test can be taken no earlier than 72 hours prior to arrival in Alaska.
 - d. The traveler must maintain strict social distance from work/school until test results are available.

If the result is **positive**, the traveler must remain in self-isolation and must not return to work/school until cleared by a Municipality or State Healthcare Provider (i.e. Public Health Nurse, Contact Tracer, Pediatrician, or Family Physician, etc.).

If the result is **negative**, the traveler may return to work/school as long as they are asymptomatic. Submit the negative result to your school nurse (student) or supervisor (employee).

2. **If traveler chooses not to get a SARS-CoV2 test:**
 - a. The traveler must maintain strict social distance for 10 days from arrival in Alaska.
 - b. The traveler may return to work/school on Day 11, if asymptomatic.
3. **Fully-Vaccinated individuals:**
 - a. Fully-vaccinated travelers will need to follow the above travel testing protocols of either choosing a negative test or strict social distance for 10 days.
 - b. Fully-vaccinated is defined as two weeks after receiving the second dose in a two-dose series, or two weeks after receiving a single-dose vaccine.
4. **Travel outside of Alaska for less than 72 hours:**
 - a. No test requirement if currently asymptomatic.
 - b. Must follow [isolation protocols](#) if experiencing symptoms.
5. **Prior confirmed positive SARS-CoV2 result within 90 days of departure: (All Travelers)**
 - a. The traveler does not need a SARS-CoV2 test or to maintain social distance if the three following conditions are met:
 - i. The traveler provides proof of a previously positive result of a molecular based test for SARS-CoV2 within 90 days of travel;
 - ii. The traveler is currently asymptomatic;
 - iii. The traveler submits the positive result with the date to your school nurse (student) or supervisor (employee).

Games Against Teams from Outside of the MOA

1. For any games scheduled against teams from outside of the MOA, both teams must follow all testing protocols required by the MOA in Emergency Order 19 Attachment E.
(<https://covid-response-moa-muniorg.hub.arcgis.com/pages/emergency-orders>)

The current mitigation plan reflects mandates and guidelines from Emergency Order 19, Attachment E: Organized Sports. This mitigation plan will be updated to conform to all current state, MOA, ASD, and ASAA guidelines. Changes will be sent to all registered participants, posted online at www.alaskalegion.com and posted at all fields.

ORGANIZED SPORTS

Organized Sports, Group Physical Activities

Applies to sports leagues, associations, and other organized groups engaged in hosting, facilitating, organizing, or promoting organized sporting events and activities. These mandatory safety measures apply to indoor and outdoor organized sports activities differently, so please read carefully.

MANDATORY SAFETY MEASURES

GENERAL

- All aspects of the existing Emergency Orders currently in effect, including masks, physical distancing, and gathering sizes, must be adhered to except as noted below to allow for specific organized sports activities.
 - This includes ensuring crowds or large groups do not form at start and/or finish areas of races, on the sidelines, and before and/or after events.
- Spectators are permitted to the extent described below, provided six feet (6 ft.) physical distancing can be maintained at all times and all spectators are wearing face coverings or masks.
 - Indoor organized sports are allowed to host spectators provided the total number of spectators does not exceed two (2) per athlete and not less than six feet (6 ft.) physical distancing can be accommodated for all spectators or household groups.
 - 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.
 - Organized sports COVID-19 Mitigation Plans must include a commitment to clearly marked seating for spectators to ensure compliance with physical distancing. Spectators for outdoor organized sports may also stand, but must still maintain physical distancing.
- Food service at organized sports activities is prohibited.
- Organized sports teams are responsible for designating an individual who is responsible for enforcing masking and physical distancing requirements.
- Maintaining practice groups in consistent pods of small sizes that do not mix athletes may help limit team-wide outbreaks of COVID-19 infection.

MASKS OR FACE COVERINGS REQUIRED AT ALL TIMES

- Masks or face coverings are required at all times for all athletes, players, coaches, spectators and anyone else engaged in organized sports activities both indoors and outdoors.

EMERGENCY ORDER 19 – ATTACHMENT E v2

- All individuals shall wear a mask or face covering continuously when arriving to or departing from an athletic facility, court, rink, or field.
- All individuals shall wear a mask or face covering continuously during any time spent at an athletic facility, court, rink, or field both during exercise and during non-exercise periods such as when being given instruction, providing coaching, or during breaks.
- The mask or face covering requirement should be applied in a manner consistent with the federal Americans with Disabilities Act and other applicable laws, which may require making an accommodation to the mask requirement for individuals with physical or mental disabilities that impair their ability to wear a mask while participating in sports.
- Exception: masks and face coverings should not be worn in water activities (e.g., swimming, diving).
- Exception: masks and face coverings during high intensity *outdoor* organized sports activities are encouraged, but not required, if athletes generally can maintain six (6) feet physical distancing at all times.

PHYSICAL DISTANCING REQUIRED

- Players, coaches, trainers, medical professionals, spectators and any other participants must adhere to six feet (6 ft.) physical distancing protocols during indoor or outdoor organized sports activities that do not include exercise such as coaching sessions, meetings to cover logistics, or any other communication session.

ACTIVITIES: INDOORS AND OUTDOORS

- Indoor organized sports activities such as practices or drills in shared spaces (for example at the Dome or Fox Hollow) shall maintain twenty (20) feet physical separation between groups/events with no mixing of participants.
 - Each event must be assigned sufficient space to allow for physical distancing at all times, both during exercise and while not engaged in active drills.
 - Spaces for each team should be visibly marked with cones, tape or similar markings.
- **Competition among Local (Municipality of Anchorage) Teams.** Organized sports teams located or based in the Municipality of Anchorage are allowed to conduct team practices and host meets, competitions, tournaments, or otherwise compete indoors against other teams located or based **inside** the Municipality of Anchorage.
 - All participants must follow the physical distancing requirements (6 ft.) when not on the field of play.
 - Indoor competition for wrestling is allowed provided all participants complete *Pre-Competition COVID Testing*, as described below. Masks may be removed during active matches but must be worn at all other times. All participants must maintain six foot (6 ft.) physical distancing when not on the mat.

EMERGENCY ORDER 19 – ATTACHMENT E v2

- **Competition held in the Municipality with teams from outside the Municipality.** Organized sports teams located or based in the Municipality of Anchorage are allowed to host meets, competitions, tournaments, or otherwise compete indoors against other teams located or based **outside** the Municipality of Anchorage provided all participants complete *Pre-Competition COVID Testing*, as described below.
 - All participants follow the physical distancing requirements (6 ft.) when not on the field of play.
- **Competition outside the Municipality.** Organized sports teams located or based in the Municipality of Anchorage are allowed to attend meets, competitions, tournaments, or otherwise travel outside the Municipality of Anchorage for practice or competition.
 - Organized sports teams based in the Municipality of Anchorage are encouraged to continue or complete one of the three *Pre-Competition COVID Testing* options, as described below, prior to traveling to meets, competitions, tournaments, or any other competition or practice outside the Municipality of Anchorage.
 - Teams leaving the state of Alaska for competition are encouraged to follow all of the recommendations of State of Alaska Health Advisory No. 2 regarding testing upon their return.
- Organized sports activities must be staggered to allow all participants from one event to leave before participants for the next event arrive.

PRE-COMPETITION COVID TESTING

- Unless exempted below, all participants in wrestling and competitions that bring together teams from outside the Municipality (including athletes, coaches, and referees) must obtain pre-competition testing. Participants need a negative test result to be cleared to attend competition.
- The testing requirement may be satisfied by taking a PCR test for COVID-19 within 72 hours prior to competition. Participants need to receive a negative test prior to competing. If a participant is participating in multiple games within a 48-hour period, a PCR test result within the proper window for the first game satisfies the testing requirement for the rest of the 48-hour period.
 - It is recommended that a PCR test for COVID-19 be taken approximately 48 hours prior to competition in order to best identify infectious cases while still allowing time to receive results.
 - If PCR test results have not come in by the day of competition, a same day negative antigen test result may be used instead.
- Alternatively, the testing requirement may be satisfied through routine twice-weekly antigen or PCR testing prior to competition. Antigen tests are less accurate than PCR tests, but increased testing frequency can substitute for the decrease in accuracy. To satisfy the “twice-weekly” requirement, tests must be taken on two non-consecutive days within each week, ideally separated by at least 72 hours. A minimum of two tests on this schedule are required prior to first competition.

EMERGENCY ORDER 19 – ATTACHMENT E v2

- As long as participants have obtained negative results from all routine testing over the preceding two weeks, participants are cleared for competition.
- If a participant misses an antigen test, a PCR test within 72 hours prior to competition may substitute.
- Positive antigen test results should be confirmed with PCR tests due to lower reliability of antigen tests. If a positive antigen test is followed by a negative PCR test and the participant has no symptoms or known close contacts, the participant is permitted to compete.
- The testing requirement may alternatively be satisfied by routine once-weekly antigen IF the antigen testing is conducted not more than 24 hours prior to each competition and with a minimum of two weekly antigen tests required prior to first competition. If a participant is participating in multiple games within a 24-hour period, an antigen test result within the proper window for the first game satisfies the testing requirement for the rest of the 24-hour period.
- Participants can use a number of different testing locations, including the free drive-thru PCR testing locations throughout the Municipality of Anchorage.
- If a person has had a diagnosed case of COVID-19 within the last 90 days, they are exempt from pre-competition testing provided:
 - The individual provides proof of a previously positive result of a molecular based test for SARS-CoV2 within 90 days of playing.
 - The individual is currently asymptomatic.
 - The individual has completed the isolation period as specified in [the CDC guidelines](#).
- Fully vaccinated participants are exempt from pre-competition testing provided:
 - The individual provides proof of full vaccination. An individual is considered fully vaccinated two weeks following receipt of the Johnson & Johnson vaccine or two weeks following the second dose of the Moderna or Pfizer vaccines.
 - The individual is currently asymptomatic.
- While pre-competition COVID testing is only required for (1) wrestling and (2) locally-held competitions that bring together teams from outside the municipality, it is encouraged for other organized sports as well.

OPERATIONS

- Facilities and/or event organizers must maintain a log of everyone who is present.
 - This information may be maintained electronically.
 - Organizers are required to maintain these records for 30 days.
 - Log must contain first and last name, phone number, and email at a minimum.
 - The information in the log will not be shared unless needed for contact tracing.
- [Clean and disinfect](#) frequently touched surfaces including shared equipment, locker rooms, and restrooms. Use of shared equipment should be minimized.
 - Use products that meet [EPA disinfection criteria](#) and are appropriate for the surface.
 - When possible, athletic areas with poor ventilation or small spaces where physical distancing cannot be maintained should be avoided.

EMERGENCY ORDER 19 – ATTACHMENT E v2

- Encourage athletes and players to change clothes prior to arrival and show up dressed for practice or drills.
- Facilities may allow access to indoor bathroom and locker facilities for the purposes of engaging in hand hygiene, changing, and utilizing the rest rooms.
 - Organized sports teams should stagger visits to the locker room or rest rooms to allow for physical distancing while indoors.
 - Shower use not allowed, except that swimmers must follow appropriate pre-swim shower protocols before entering the pool.
- Players, coaches, and officials should not share food or drink. Participants should be encouraged to bring their own water bottles. Consumption of food and drink inside should be minimized to avoid multiple participants being unmasked at the same time.
- Organizers should ensure players, coaches, and officials have access to hand washing capability or hand sanitizer and should encourage frequent hand hygiene.
- Players and coaches should minimize equipment sharing, and clean and disinfect shared equipment between different people to reduce the risk of COVID-19 spread.

REQUIREMENTS FOR ALL EMPLOYEES AND STAFF

- Provide training for volunteers, coaches, and trainers on COVID-19 and the COVID-19 Mitigation Plan.
- Designate an individual to be responsible for responding to COVID-19 concerns. All players, coaches, volunteers, and trainers should know who this person is and how to contact them.
 - This individual will be responsible for maintaining a copy the COVID-19 Mitigation Plan and keeping all records of any pre-competition testing.
 - Pre-competition testing records must be maintained for 30 days.
 - Log must contain first and last name, phone number, and email at a minimum.
 - The information in the log will not be shared unless needed for contact tracing.
- Symptomatic or ill players, coaches, and officials may not participate in organized sports activities. Anyone experiencing symptoms of COVID-19 should get tested, isolate at home, and follow public health recommendations.
 - For young athletes, the American Academy of Pediatrics recommends the following regarding return to sports:
 1. All patients who have been infected with COVID-19 or with exposure to COVID-19, regardless of symptoms, require a minimum 14-day resting period and must be completely asymptomatic for greater than 14 days before returning to exercise and/or competition. They also should be cleared for participation by their primary care physician.
 2. Any COVID-19-positive individual who has a history of or current cardiac symptoms or has any cardiac findings on examination is recommended to seek cardiac clearance by the primary care physician, who is encouraged to collaborate with a pediatric cardiologist as necessary prior to participation.

EMERGENCY ORDER 19 – ATTACHMENT E v2

- Close contacts of individuals who have tested positive for COVID-19 are required to quarantine for 14 days after their last contact and may not participate in sporting events (including games, practices, and competitions) during quarantine.

COVID MITIGATION PLAN REQUIRED

- Each team/club/institution must develop and maintain a COVID-19 Mitigation Plan that contains, at a minimum, the Operating Requirements in this document and other protocols to minimize close contact among players, coaches, and trainers; and to protect staff and the public.
 - The COVID-19 Mitigation Plan must be available to coaches and teams, and/or be kept on the premises.

IN THE EVENT OF OCCURRENCE

- Anyone who tests positive for COVID-19 may not attend until cleared by public health according to CDC guidelines.
- No one allowed at organized sports activities with symptoms.
- Venues must not allow players or teams that are subject to quarantine to enter or remain at the venue.

QUESTIONS?

- Email us with questions at: COVID-19-business@anchorageak.gov