



**NW ASSOCIATION
FOR
BLIND
ATHLETES**

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Minimizing the Risk of Spreading Coronavirus (COVID-19) at Northwest Association for Blind Athlete's Programs (Updated 10/20/2020)

According to the Centers for Disease Control and Prevention, COVID-19 is mostly spread through respiratory droplets released when people talk, cough or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices (such as handwashing, staying home when sick) and environmental cleaning and disinfection are important principles. This document will highlight the actions NWABA will be implementing to help lower the risk of COVID-19 exposure and spread during programs and events.

COVID-19 symptoms currently include any of the following: Cough, shortness of breath or difficulty breathing, fever, chills, headache, unexplained muscle pain, sore throat, a new loss of taste or smell, vomiting, or diarrhea.

Health Check:

- NWABA team members will conduct a daily pre-shift symptom check. This includes daily temperature checks upon arrival of the office and again prior to program delivery.
- Team members displaying *ANY* symptoms of COVID-19 will remain home.
- Athletes or volunteers displaying *ANY* symptoms of COVID-19 will not participate.
- If an athlete, volunteer or NWABA team member begins displaying symptoms during an event. The individual will be removed from the group for the safety and health of everyone in attendance. It is the responsibility of the individual to ensure if this happens, they can return home at their own accord.
- Athletes and volunteers upon arrival of the meeting point will have their temperature checked. If the temperature is above 100.4 the athlete or volunteer will not be allowed to participate with the group.
- Athletes, volunteers or team members shall not return to programs until they have met CDC guidelines; which are: fever free for at least 72 hours without the use of fever reducing medicine, other symptoms have improved, a minimum of 10 days have passed from when the symptoms first appeared
- Athletes, volunteers or team members who have had close contact with a person with COVID-19 should stay home and report the close contact to NWABA immediately.
- Athletes, volunteers or team members who have tested positive for COVID-19 and who have attended an NWABA event must report test results to NWABA immediately.
 - Following the receipt of such report NWABA will determine next steps in cleaning, disinfecting, notification of identified parties, as soon as possible.
 - NWABA may need to cancel a particular program for a period time after consultation with public health authorities.

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Hygiene:

- NWABA programs and events will maintain a supply of CDC approved hand sanitizer, disinfectant, EPA disinfectant, disposable masks and paper towels.
- All attendees will be asked to wash hands upon arrival of a program (when available) and use hand sanitizer throughout events. NWABA will be introducing sanitizing breaks throughout programs and events.
- All equipment used at events will be cleaned and sanitized, before, during and after the event.
- All attendees will be encouraged to avoid touching their eyes, nose and mouth.
- All attendees will be encouraged to cover coughs and sneezes in your mask, in addition to shirt, sleeve or tissue. Used tissues will be thrown in the trash and hands must be washed immediately with soap and water (preferred) or hand sanitizer. If a tissue is not available, use the inside of your shirt or shoulder.
- Only single use drinks and snacks will be used at program events. Attendees are encouraged to bring enough water for the duration of the event. NWABA will provide single use water and snacks when needed.
- All attendees are responsible for their own belongings, water bottles and garbage throughout the duration of the event. We encourage attendees to bring only what is needed.

Face Coverings:

- NWABA team members will be wearing a facemask and a face shield when delivering programs and services.
- All attendees are required to wear a facemask to participate in NWABA program and events.
 - Your mask should cover your face from the bridge of your nose to under your chin. It should be loose fitting but secure enough to stay in place.
 - NWABA will provide disposable facemasks for attendees who do not have one or for attendees who do not have a facemask that properly fits. NWABA reserves the right to ask attendees to wear a provided mask if team members do not feel it is not secure enough.
- How to properly wear your facemask
 - Wash your hands before and after touching the mask
 - Touch only the bands or ties when putting on and taking off your mask
 - Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.
 - Make sure you can breathe and talk comfortably through your mask.
 - Wash! Wash! Wash reusable masks after each use. If the mask is disposable, discard of it when visibly soiled or damaged.

Physical Distancing:

- Physical distancing of 6 feet must be maintained between all attendees to the best of everyone's abilities at all times. NWABA will have different tools to help support 6 feet of distance while participating in programs.
- Social distancing will be encouraged whenever feasible, given space, activities and attendees age/abilities.
- All attendees are requested to refrain from greeting others with physical contact (handshakes, fist bumps, hugs). Instead we will say hi, wave and exclaim with joy "Hello!"

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Maintaining Healthy Environment & Operations:

- One NWABA team member will be assigned as the safety and health lead. This team member will be supporting the group in the recommended guidelines listed in this plan.
- Cleaning and disinfecting will be conducted frequently using an EPA registered disinfectant that kills COVID-19. This will include high touch areas in vehicles, equipment, pre-packaged snacks and water as well as any other materials used at program events.
- NWABA will choose locations off public transportation to best support our athletes and volunteers traveling independently to events.
- When NWABA provides athlete transportation, athletes and team members will be socially distanced in vehicles, with masks on at all times. Vehicles will be cleaned and disinfected upon exit and reentry of passengers.
- NWABA will be providing a limited range of programs and events to ensure the health and safety of all attendees. Our focus is to re-introduce everyone to being active in a new way.
- NWABA will be providing programming with limited group sizes following state and local guidelines.
- NWABA will be encouraging same household participation. Athletes and volunteers from the same household will reduce the number of new points of contact.
- NWABA will minimize equipment sharing by providing individuals with their own equipment, when possible, for the duration of the event. When equipment is shared, frequent cleaning and disinfecting of equipment will take place.
- Attendees will engage in social distancing while not actively engaged. During times attendees are not actively participating, attention will be given to increased social distancing. Additionally, NWABA will encourage socially distanced group activities that maintain individual workouts in a group setting.
- NWABA will not allow any non-essential visitors, spectators or individuals to attend programs and events.
- When applicable NWABA will provide physical guides, such as signs and tape on playing fields, or floors to make sure attendees are remaining 6 feet apart.
- If using communal spaces, NWABA will stagger use and will provide attendees with a disinfect wipe to use.
- When possible NWABA will stagger arrival times or locations to limit contact between groups.

NWABA will be in contact with state and local regulatory agencies to ensure the utmost health and safety at our programs and services. When guidelines change or new phases are approved, NWABA will update our response plan accordingly. The health and safety of our athletes, volunteers and team members is NWABA's highest priority and this response plan is to support any questions or concerns you may have upon returning to our regular scheduled programs and events.

If you have any questions, please contact Stacey Gibbins, Sr. Director of Programs and Services at sgibbins@nwaba.org or 360.718.2834.

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