



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 01/29/2021)

According to the Centers for Disease Control and Prevention, "COVID-19 is mostly spread through respiratory droplets released when people talk, cough, or sneeze." COVID-19 is thought to spread mainly through close contact from person to person, including between people who are physically near each other (within about 6 feet). People who are infected but do not show symptoms can also spread the virus to others. Cases of reinfection with COVID-19 have been reported but are rare. Personal prevention practices (such as handwashing, staying home when sick), environmental cleaning, and disinfection are essential 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. If you would like to read more, visit www.cdc.gov/coronavirus

Universal mask-wearing is in effect during NWABA's indoor and outdoor programming until further notice.

Health Check at Program Events:

- NWABA team members will conduct a daily pre-shift symptom check.
- Team members displaying ANY symptoms of COVID-19 will remain home.
- Athletes or volunteers displaying ANY symptoms of COVID-19 will remain home.
- Athletes and volunteers, upon arrival at the meeting point, will have their temperature checked. If an individual's temperature is above 100.4, they will not be allowed to participate with the group.
- Suppose an athlete, volunteer, or NWABA team member begins displaying symptoms during an event. In that case, a team member will remove the individual from the group and support them until they depart the event. In this situation staff will don additional PPE. The individual must depart as soon as possible by their own accord.
- In any instance, an individual has to have an untimely departure from a program event, it is up to that individual to return home on their own accord in a safe and timely manner.

Exposure Control:

- Any attendee scheduled for a program event will not attend if they have displayed any COVID symptoms within the last ten days. Additionally, guidelines state, the individual must be fever-free for at least 72 hours without the use of fever-reducing medicine and other symptoms have improved. A

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minimum of ten days must have passed from when the symptoms first appeared OR a negative test result after day seven of symptoms appearing.

- Any attendee who has had close contact with a person with COVID-19 should stay home and not attend any NWABA scheduled events for ten days after contact with said person OR a negative test result after day seven.
- If an attendee was exposed to a person with COVID-19 without prior knowledge and participated in an NWABA event during their quarantine period, the attendee should contact NWABA immediately.
- Attendees who have tested positive for COVID-19 and attended an NWABA event within the last 10 days must immediately contact NWABA.
 - Following the receipt of such a report, NWABA will determine the next steps in cleaning, disinfecting, and notification of identified parties as needed.

Hygiene:

- NWABA programs and events will maintain a supply of CDC approved hand sanitizer, disinfectant, EPA disinfectant, disposable masks, and paper towels.
- All attendees are asked to wash hands upon arrival of a program (when available) and use hand sanitizer throughout 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 their masks, 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.
- Single-use drinks and snacks will be available at program events. Attendees are encouraged to bring enough water for the duration of the event.
- All attendees are responsible for their belongings, water bottles, and garbage throughout the event. We encourage attendees to bring what is needed and nothing more.

Face Coverings:

- Universal mask-wearing is in effect during NWABA's indoor and outdoor programming until further notice.
- 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 attendees who do not have a facemask that properly fits. NWABA reserves the right to ask attendees to wear a provided mask if it does not uphold NWABA's standard.
- 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.

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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.
- Physical 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!"

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. Areas 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 physically 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 programming with limited group sizes following state and local guidelines.
- NWABA will be encouraging same household participation.
- 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 physical distancing while not actively engaged. At times attendees are not actively participating, increased focus will be placed on physical distancing. Additionally, NWABA will encourage physically distanced group activities that maintain individual workout spaces in a group setting.
- NWABA will limit 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 remain 6 feet apart.
- If using communal spaces, NWABA will stagger use and provide attendees with disinfecting wipes to use.
- When possible, NWABA will stagger arrival times to limit contact between groups.

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

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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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