



NW ASSOCIATION
FOR
BLIND
ATHLETES

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Update: September 1, 2021

As of September 1, NWABA has made updates to our health and safety plan at indoor and outdoor program events.

Outdoor Program Events

- NWABA asks all athletes, volunteers, and staff to don proper face coverings when we cannot keep three to six feet of distance during our **outdoor** program events. This applies to every individual regardless of vaccination status. Once fully engaged in our activity for the day, vaccinated individuals can take off their face covering. An example, fully engaged in activity would look like an athlete and volunteer are in the boat, on the water, ready to paddle – otherwise, please don a face covering. If you would like to wear your face covering for the duration of the event, you are welcome.

Indoor Program Events

- NWABA requires all athletes, volunteers and staff to don proper face coverings when at **indoor** program events, at all times. This applies to all individuals regardless of their vaccination status.
 - Indoor swimming events will have other procedures in place to ensure safety, this will be made available upon request

Transportation

- NWABA will provide transportation from our designated pickup locations to COVID-19 vaccinated individuals. Before transport, we request that athletes complete the vaccination log request form. Proper face coverings and COVID-19 vaccination are required inside NWABA vehicles.

NWABA team members will be reminding everyone to socially distance and don face coverings when required. We appreciate your cooperation and understanding during this time.

Sportingly,

Stacey Gibbins, Sr. Director of Programs & Services

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NWABA's Health & Safety Response Plan

www.cdc.gov

(Updated 9/1/2021)

Infection and Prevention Control Practices

- NWABA team members are vaccinated
- NWABA is encouraging anyone able to receive the COVID-19 vaccine to be fully vaccinated
- NWABA has a COVID-19 vaccination log for athletes, volunteers and team members
- Hand hygiene should be performed by all individuals as frequently as possible
- High-touch surfaces are often cleaned and disinfected
- All individuals will maintain three to six feet of physical distancing whenever possible
 - **Outside Programs:** All individuals not actively engaged in activity will don a proper face covering when three to six feet of physical distancing cannot be met, regardless of vaccination status
 - **Indoor Programs:** All individuals will don a face covering, at all times, regardless of vaccination status
- NWABA team members will conduct a daily pre-shift symptom check
 - Any team members displaying any signs of illness will remain home
- Athletes and volunteers will conduct a pre-event symptom check
 - Anyone showing any signs of illness will remain home
- If an athlete, volunteer, or NWABA team member begins displaying symptoms during an event, the individual will be distanced from the group and will return home of their own accord
- Athletes, volunteers, or team members who contract COVID-19 will not participate in programs until they have met CDC guidelines in returning to activities

Hygiene:

- NWABA programs and events will maintain a supply of CDC approved hand sanitizer, disinfectant, EPA disinfectant, disposable masks, and paper towels
- 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 by leaving your face covering on and using your elbow shirt as added protection
- Attendees are encouraged to bring enough water for the duration of the event,
 - NWABA will have a refill station that will only be accessed by team members, the nozzle on the refill station will be disinfected between each use
- NWABA will provide single use snacks
- All attendees are responsible for maintaining their belongings throughout the event
 - Please only bring what is necessary, pack light

Face Covering Guidelines:

- Your face covering 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 anyone who is in need
- 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

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- 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
- 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 it when visibly soiled or damaged

Physical Distancing:

- Physical distancing of three to six 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 three to six 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

Maintaining Healthy Environment & Operations:

- One NWABA team member will be assigned as the health and safety lead at each event
- 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 requests before transport, athletes complete the vaccination log request form. Proper face coverings and COVID-19 vaccinations are required inside NWABA vehicles.
 - Fully vaccinated refers to a person who is two weeks following receipt of the second dose in a 2-dose series or two weeks following receipt of one dose of a single-dose vaccine; there is currently no post-vaccination time limit on fully vaccinated status
- NWABA will be providing programming with limited group sizes to allow for proper physical distancing
- 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 said equipment will take place
- Attendees will engage in physical distancing while not actively engaged. During times attendees are not actively participating, attention will be given to increased physical distancing
- When applicable, NWABA will provide physical and verbal guides to make sure attendees are remaining three to six feet apart whenever possible
- If using communal spaces, NWABA will stagger use and will provide attendees with a disinfectant wipe to use

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