



## Alaska Winter Stars, Inc

AWS - P.O. Box 220241- Anchorage, AK 99522-0241

Anchorage 12-01-20

Our business, Alaska Winter Stars, is a year-round physical fitness program with an emphasis on cross country skiing. In light of the COVID-19 pandemic, we have modified how our business operates in order to institute reasonable precautions to protect our staff and the athletes who train with us from the spread of COVID-19. We plan to continue working with athletes in compliance with Municipality of Anchorage guidelines. [https://www.muni.org/covid-19/documents/attachment%20e%20operating%20criteria%20-%20organized%20sports.final%20\(1\).pdf](https://www.muni.org/covid-19/documents/attachment%20e%20operating%20criteria%20-%20organized%20sports.final%20(1).pdf)

The majority of work done by Alaska Winter Stars occurs outside. We will continue this practice as the outdoor environment appears to be fairly hostile to the spread of the virus. Work-outs will be designed to maintain social distancing of at least 10 feet between participants while exercising. 6 feet of social distancing will be maintained during non-training activities. All coaches and athletes will wear fabric face coverings where required by current Municipality of Anchorage mandates.

Indoor activities will continue to be suspended for the time being. Some of these activities have been transitioned to internet based platforms such as Zoom in order to continue to provide training for our athletes. We expect to continue this practice where feasible. Staff meetings will also be done using internet based platforms to as large of an extent as possible. Anchorage Winter Stars already has staff working remotely on all activities where that is feasible.

All staff members will participate in active monitoring and measure their temperature daily. Staff members must attest to their health upon arrival for their shift. Anyone reporting symptoms of concern will be directed to follow the current State of Alaska guidelines for testing, self-quarantine, and management of symptoms. Any staff who has knowingly been in contact with a suspected positive case of COVID-19 within the past 14 days and who was not wearing appropriate personal protective equipment will not be allowed to work with other staff or athletes in a face to face setting. No coach will report to a group training within 72 hours of exhibiting a fever.

Prior to team work-outs, participants must attest that they are not experiencing symptoms suggestive of COVID-19 infection. Anyone reporting symptoms of concern will be directed to follow the current State of Alaska guidelines for testing, self-quarantine, and management of symptoms. They will not be allowed to participate in the activity. No participant may join the group within 72 hours of exhibiting a fever. Additionally, symptoms must be communicated to a coach for tracking purposes. Anyone who has knowingly been in contact with a suspected positive case of COVID-19 within the past 14 days and who was not wearing appropriate personal protective equipment will not be allowed to participate in group activities. Participants will be expected to bring a face covering to all group activities and to follow the coaches directives regarding social distancing. Participants returning from out-of-state travel will be expected to follow State of Alaska requirements regarding testing and quarantine.

We will continue to follow mandates as they are published and will evaluate and adjust our protocols as appropriate. Please do not hesitate to reach out with any questions.

Thank you,  
Jan Buron, Head Coach  
Alaska Winter Stars  
P: 907-360-2510



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