



CISC Dome User Requirements - FY20/21

Updated 11/9/20

Item #	Item	Responsible Party
1	Addition 11/9/20 All individuals will wear cloth or disposable face coverings at all times, including while actively exercising . Masks will cover the nose and mouth and fit tightly against the skin. Masks with valves which allow unfiltered aerosols to escape are not acceptable. Masks will be on from the moment an individual enters The Dome until the moment they leave, being removed only for an instant to sip water or similar.	Coach/ Asst Coach to enforce
2	Addition 11/9/21 Anybody unable to wear a face mask for a valid medical or disability reason will wear a face shield , which will cover the forehead, extend below the chin, and wrap around the sides of the face.	Coach/ Asst Coach to enforce
3	Addition 11/9/22 Determinations on exceptions to the face covering rule will be made in accordance with the Americans with Disabilities Act .	Director of Coaching & Executive Director
4	Addition 11/9/23 Physical distancing of 6 feet will be maintained at all times, except when a drill, game, or scrimmage requires closer contact.	Coach/ Asst Coach to enforce
5	Addition 11/9/24 Whenever possible, 6 feet of distance will still be maintained . This includes standing in line, waiting on sidelines, and any other activities which don't <i>require</i> individuals to be closer than 6 feet.	Coach/ Asst Coach to enforce
6	Addition 11/9/25 CISC will remove from, or prohibit entry to, The Dome by individuals who refuse to wear a face covering .	Director of Coaching & Executive Director
7	Addition 11/9/26 Activities which bring individuals into close contact, including drills, games, and scrimmages, will operate and be tracked in a cohort model (CISC's cohorts are the specific age groups by gender) . CISC must not only limit the number of individuals exposed to one another, but must be able to identify every close contact of an individual.	Coach/ Asst Coach to enforce
8	Addition 11/9/27 CISC will ensure individuals visit the restrooms in a staggered fashion to allow for 6 feet of social distancing .	Coach/ Asst Coach to enforce
9	Addition 11/9/28 Separate teams within CISC practices will maintain a distance of at least 20 feet from one another at all times inside The Dome.	Coach/ Asst Coach to enforce
10	Addition 11/9/29 Name and contact information for an individual who is responsible for being contacted about COVID-related questions and concerns, from CISC's members and from Dome staff and management.	Executive Director
11	Original User Group's Mitigation Plan will include a mechanism for recording attendance and contact information for every session at The Dome and submitting it daily to Dome management. This is to allow accurate contact tracing in the event of an exposure. Mass contact information for every member is not sufficient - records need to indicate which individuals were present on specific days. User Group will require all individuals to exclude themselves from The Dome if they are experiencing any COVID-19 symptoms, have been exposed to a suspected or confirmed case of COVID-19, or have traveled outside Alaska within the past 14 days.	Volunteers to record using rosters every day and every session. Tracey Womack to coordinate acquisition of volunteers
12	Original All members of a user group must wear masks while in the facility, including entering and exiting, traveling to the activity location, and visiting the bathroom or water bottle filler. Masks may only be removed while actively exercising . Generally, coaching is not considered actively exercising unless a coach is participating in a game/scrimmage. Coaches must not remove masks to speak or shout. Mouth blown whistles may not be used; electronic whistles or similar devices are required. The Dome has handheld electronic whistles available for use.	All Coaches / Asst. Coaches / Managers will enforce regardless if it is their team
13	Original User Group's Mitigation Plan and operations will work within these occupancy limits , which have been set to enable safe social distancing: • Each end zone can hold a maximum of 25 people; • Each 1/3 field can hold a maximum of 60 people; • The track can hold a maximum of 100 people; • The spectator area can hold a maximum of 70 people.	Coaches monitor and bring to DOC if there is an issue DOC will shift teams as needed real time
14	Original User Group's Mitigation Plan will identify how different sub-groups within the User Group will safely transition between areas during User Group's rented time. For example, two separate teams within the same program should not share space while moving on or off a field.	Coach / Assist Coach
15	Original User Groups utilizing the track will ensure their members maintain a minimum of 10 feet distance between individuals while actively exercising. Track users must keep at least 10 feet apart in all directions while passing. Distancing is a safety requirement, and outweighs other considerations such as pacing and competition.	Matt Froehle (supplementals) Coach/ Asst Coach
16	Original Group instruction (including huddles, weightlifting, stretching, and four exercises) must maintain physical distancing. Masks must be worn unless actively exercising.	Coaches as applicable
17	Original Because face coverings must be worn at all times except when actively exercising, user groups will strongly encourage participants to have their mask immediately available .	Coach/ Asst Coach
18	Original If User Group is notified that a participant or a household member of a participant has a confirmed case of COVID-19 , The Dome management team will be notified immediately.	All CISC to report to Coach Coach report to Executive Director Executive Director report to The Dome
19	Original The Dome has modified its traffic pattern to minimize potential points of contact between different groups. To access the turf, users will ascend the stairs closest to the main entrance, cross the landing, and descend the stairs onto the turf. To exit the turf, users will ascend the stairs from the turf, cross the landing, and descend the stairs closest to the spectator area. These paths will be marked with signs and stanchions. User Group leaders are responsible for ensuring their group adheres to proper traffic flow.	Volunteers Coach/ Asst Coach
20	Original Turf User Groups must vacate their space on the turf 10 minutes prior to the end of their scheduled time . Not adhering to this strict policy will result in departure time being advanced further (10 minutes, 20 minutes, as necessary) or the forfeiture of time.	Coach/ Asst Coach

Turf User Groups **may not access their rented space until the previous group has fully vacated the space**. The purpose of this rule is to avoid contacting or sharing space with other User Groups. Leaders are expected to adhere to the spirit of this safety rule - if a previous group has not yet vacated the rented space, even if that group is in the wrong, User Group must delay their entry until the previous group has exited.



CISC COVID Mitigation Plan Overview - FY20/21

Updated 11/9/20

OVERVIEW

- A reminder – these protocols are not intended to remove all risk. They are intended to be reasonable preventative measures.
 - If you or your athlete do not feel comfortable participating that truly is okay.
 - Coaches will not hold this against the athlete in any way.
 - If you are concerned about this, please speak with your Coach or the Director of Coaching.
 - the Director of Recreation or the Interim Executive Director as is appropriate, to help
 - Coaches and Volunteers – If you feel uncomfortable performing your duties, please contact the Director of Coaching, navigate reasonable accommodations.
 - When these protocols change, they will be communicated in the following ways
 - Emails to the Coaches and Managers
 - Emails to the entire Club
 - Posting on the CISC website
 - CISC will abide by State and Local mandates
 - When determining when Adults, youth and their families will not attend sanctioned program activities.
 - When determining when a person recovering from a case of COVID-19 is able to return to play.

TRAINING

- Training sessions will occur outside as much as possible
- As much as is reasonably possible Coaches will ensure 6-foot social distancing
 - Coaches will ask each athlete prior to the activity if they are experiencing symptoms of COVID-19.
 - If they are they should be sent home.
 - Before training – players will put on gear, warm-up etc. with 6 foot spacing
 - During training – Coaches will design sessions that adhere to the State and Local mandates
 - After training – cool down and removing gear, maintain 6 foot spacing
 - Parents/ volunteers/ coaches – will maintain 6 foot spacing while watching etc.
 - This includes walking to and leaving the field
- Sanitation
 - Coaches/ Managers will ensure that all equipment is wiped down
 - Cones, goals, corner flags etc.
 - Once before, once at the mid-point, and once after training with disinfectant.
 - Coaches/ Managers will ensure there are two (2) “sanitation stations” designated at each training
 - Each station will have - hand sanitizer and facial tissues
 - Coaches/ players/ volunteers will provide their own mask if they choose to wear one
 - The club will ensure that hand sanitizing stations will be at all porta potties at Anchorage Gardens

EDUCATION

- Coaches and Managers will have training on basic state and local regulations, CDC recommendations.
 - CISC guidelines/ protocols will be published in the following ways
 - Posted on the CISC website
 - Emailed to the Club
 - Reviewed at a Managers meeting
 - Reviewed at a Coaches meeting
 - Reviewed at a CISC office staff meeting
 - All positives or exposures will be reported to the Executive Director who will then coordinate with The Dome and AYSA to ensure State and Local mandates are adhered to.
 - Players should quarantine as recommended by State and Local mandates
 - Staff/ volunteers who are symptomatic or ill, may not attend sanctioned program activity and will return-to club/ league plan following State & Local guidelines.

Protocols for Players, Parents, Guardians

- Players should set apart bag from others.
- Players should never share water bottles or snacks.
- Player should not do group celebrations, NO high 5's, hugs, handshakes.
- Players should use hand sanitizer before, during and after training; face mask if required.
- Players should ALWAYS practice social distancing as mandated by the State and Local officials
- Players should wear mask before and immediately after all training or activity as mandated by the State and Local officials
- Do not assist with equipment set up or breakdown, Coaches will do this.
- Gear and equipment should be washed and sanitized before each training or activity.
- Have signed/submitted the Health Status Agreement
- Parent/ Guardian will notify CISC immediately if your child becomes ill for any reason.
- If you are sick or feel sick, or an at-risk individual please STAY HOME

344-7529 CISC Website
Office - Tracey Womack
301-4515 Director of Recreation & Operations - Daniel Vernon
306-0197 Director of Coaching - Timothy Valesko
223-8083 Interim Executive Director - Justin Atteberry
903-1090 Staff Coach - Cat Jergenson

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