

# Activities/Athletics Reopen Covid-19 Protocol

In accordance with the information provided by the Minnesota Department of Health (updated May 11th, 2020) sports teams accessing **ISD 709 Facilities** will implement the following strategies to mitigate the risk of COVID-19. This is a living document which means it will follow and adjust to the evolving and most recent and stringent guidelines provided by:

- MDH (Minnesota Department of Health); *Guidance for Social Distancing in Youth and Student Programs*; Update 5/13/2020.
- MDH; *Guidance for Social Distancing in Youth Sports*; Update 5/21/2020.
- NFHS (National Federation of High School Associations); *Guidance for Opening Up High School Athletics and Activities*; May 2020.
- ISD 709 Administration and Activities Department.

## Strategies to Mitigate the Risk of COVID-19

June 15 – Aug 7, 2020 (with blackout dates of July 3,4,5) - During this period Coaches CAN...work with their student-athletes in person. These groups must follow the MDH, CDC, and NFHS rules.

- Group Size: Inside Sports teams will adhere staff to participant ratio of 1:9 per pod (or group of people) per full sized court (see chart below) Outside sports will adhere to staff to participant ratio of 1:25
- In general, 6 feet of separation is the distance that should be kept between people interacting within the pod (or groups of people).
- Sports teams will refrain from intermixing the pods (or groups of people). Coaches **should stay** with their group or pod to reduce mixing and potential spread. Coaches are at greater risk.
- Sports teams will not incorporate drills that include any body contact.
- The final 15 minutes of each sport's specific times will be used as a staggering time period to allow one team to fully exit the gym and the other to come into the gym, without any intermixing of pods.
- Sports teams will have hand sanitizer and/or sanitizing wipes on site for staff and participants. Students are encouraged to bring their OWN hand sanitizer.
- Sports teams will promote the use of face coverings. Keep in mind that all coaches working inside must wear a mask, and it is strongly advised for all participants as well.
- All participants are to be picked-up and dropped-off outside of the building. No individuals other than the staff and participants are allowed into the building. Parents/Guardians may not enter district facilities.
- Drinking fountains and water fillers will be available but it is encouraged to limit use if possible.

- Please note that anyone who tests positive will mean an immediate full quarantine of all members of the pod including the coach as well as anyone else those people have been in contact with. For example, if a student-athlete in pod one tests positive and a coach from that pod has also worked with pods 7, 10, and 12, all of those people associated with those pods would also be required to quarantine for two weeks.
- You shouldn't have any communication about anyone (student, family, staff, etc.) who may have contracted the virus. All communication will come from public health officials.
- All Coaches that are working with our student athletes MUST have your MSHSL summer waiver approved and on file.
- Head Coaches MUST send our safety plan to the Activities Office so it is on file. This needs to include a plan for disinfecting all equipment and surfaces.
- All staff and participants will be screened daily (see checklist below)
- Face Masks do not need to be worn if outside and you are maintaining social distancing of 6 feet apart and maintaining distance while exercising.
- Scrimmaging - must not create body contact. We must limit or reduce exposure.
- The Weight/Fitness Room and Locker Rooms are closed.

Expectations of student-athletes:

- Bring a water bottle labeled with their own name, students should not share water bottles
- Water bottles and equipment bags for each player are to be kept a minimum of 6 feet apart in the break area. (no sharing of water bottles between players will be allowed)
- Bring their own hand sanitizer if desired, labeled.

**Coach: Daily Checklist:**

For all students: Are you feeling sick or have you experienced any of the following symptoms in the past 24 hours:

- Fever (over 100.4) - did you take your temperature prior to today's workout?
- Chills
- Cough
- Shortness of breath
- Sore throat
- Muscle aches
- Headache
- Loss of smell or taste
- Runny or stuffy nose
- Recent close contact with someone diagnosed with Covid-19 in the past 14 days

**Coaches MUST keep an attendance log each day**

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**If a student or coach should test positive:** the MDH would be the driver for all "to do" info and needs.

**COVID-19 Hotline: Health questions** - - shared out March 2020

Questions about COVID-19?

651-201-3920 or 1-800-657-3903

8 a.m. to 6 p.m. DAILY

**COVID-19 Hotline: School & Child care questions**

**best # for schools per ph call of 4-2-2020**

**Call** 651-297-1304 or 1-800-657-3504

8 a.m. to 6 p.m. DAILY weekdays & 4pm weekends

or **EMAIL the HOTLINE** at [health.schools.covid19@state.mn.us](mailto:health.schools.covid19@state.mn.us) for case by case consultation guidance.

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### **What do do if you are waiting for Covid-19 test results:**

Stay home, Stay away from others, Wear a mask, Avoid sharing personal items, Wash your hands

### **Coaches should follow the outlined ratios for participants per field:**

- Football/soccer field: 40 people or fewer (no more than four pods)
- Baseball field: 30 people or fewer (no more than three pods)
- Ice rink: 20 people or fewer (no more than two pods)
- Basketball/volleyball court: 10 people or fewer (no more than one pod per court)
- Tennis Courts - 2/4 plus coach - with social distancing
- To minimize the transmission of COVID-19 through sports activities, health officials are advising youth sports programs to hold practices outside as much as possible. Programs should focus on skill development and keep any play and interactions between players

You MUST read the following documents prior to working with any student-athletes. These documents will help inform the plan you will communicate regarding staff and student safety.

- Guidance for Social Distancing in Youth Sports <https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>
- Guidance for Social Distancing in Youth Sports FAQ <https://www.health.state.mn.us/diseases/coronavirus/schools/youthsportsfaq.pdf>
- Reopening of Public Swimming Pool and Aquatic Facilities <https://www.health.state.mn.us/diseases/coronavirus/schools/poolreopen.pdf>
- Visitor and Employee Health Screening Checklist <https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- COVID-19 MCEA Programming Response & Preparedness Plan <https://docs.google.com/document/d/1A1ICNv0--fTbsFX3wQiCxFLMfW1EKCSaTuMBBoPss8/edit#heading=h.wd08gzjp5m2f>
- COVID-19 Cleaning and Disinfecting Guidance <https://www.health.state.mn.us/diseases/coronavirus/schools/clean.pdf>

Visit the CDC Website for more information

# Guidance for Social Distancing in Youth Sports

This guidance document outlines the practical application of prevention strategies to reduce the spread of COVID-19 among sports activities. This is a sports-specific supplement to the [Guidance for Social Distancing in Youth and Student Programming \(PDF\)](https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf) (<https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf>).

Please ensure that your program is following the parameters outlined in the above referenced document, including the development of a program-specific plan. Get a program-specific plan template at [COVID-19 Preparedness Plan Template and Instructions \(PDF\)](http://www.dli.mn.gov/sites/default/files/pdf/COVID_19_business_plan_template_services.pdf) ([http://www.dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_business\\_plan\\_template\\_services.pdf](http://www.dli.mn.gov/sites/default/files/pdf/COVID_19_business_plan_template_services.pdf)).

In general, the youth and student programming guidance document includes recommendations for:

- Following social distancing.
- Encouraging and enforcing norms of health etiquette, including face coverings.
- Promoting health checks and screening of participants and staff/volunteers.
- Enforcing stay-at-home when sick expectations.
- Ensuring policies are considerate of staff, volunteers, and participants at highest risk of complications.
  - [People Who Are at Higher Risk for Severe Illness](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html) (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>)
- Routine disinfection of high-touch items (balls, racquets, bats, other equipment).

In support of the National Youth Sports Strategy aims, the Minnesota Department of Health (MDH) recognizes that sports provide opportunities for youth to develop or maintain fitness, specific skills, mental well-being, and social-emotional health. MDH supports youth in engaging in sports, but it should be done in a way that will keep them safe. Below are specific parameters to support youth sports in a way that will minimize transmission of COVID-19.

## Programs involving youth sports

If your program involves sports as either an activity within a program or as the focus of the program itself, please use the following guidance. The guidance is based on the risk level of the sport. The risk categories were determined after reviewing recommendations from the following groups: [United States Olympic and Paralympic Committee \(https://www.teamusa.org/-/media/8BEB91F1CD574230BCD39CE0C779B592.ashx\)](https://www.teamusa.org/-/media/8BEB91F1CD574230BCD39CE0C779B592.ashx) and the [National Collegiate Athletic Association \(http://www.ncaa.org/sport-science-institute/coronavirus-covid-19\)](http://www.ncaa.org/sport-science-institute/coronavirus-covid-19), and the MN Higher Education Athletics Workgroup.

### General guidance:

- Strongly encourage that games and practices occur outdoors as much as possible.
- Use face coverings; especially among program staff and coaches, and among participants when feasible.
- Within the program, create consistent pods of the same staff, volunteers, and participants with a maximum number of 10 people for indoor activities, and up to 25 people per pod for outdoor activities.
  - Organizations should not feel pressured to go up to 25 people in the outdoor settings, taking time to feel comfortable about bringing kids together is the first priority.
- Make sure you're in compliance with Safe Sport mandates (federal law).
- Remind parents or caregivers that they should not attend practices or games. If necessary for them to be at practices or games, ensure that proper social distancing is maintained between parents or caregivers and encourage the use of face coverings.
- Discourage sharing of equipment as much as possible.
- Adhere to facility or field specific guidelines for COVID-19, including capacity limits.
- Avoid using locker rooms and facility showers.
  - If facility showers need to be used, only allow shower and locker room use if there are partitions or else place signage to maintain proper physical distancing of 6 feet.
- On any given field, floor or space, there must be sufficient space between pods to prevent any interaction between the pods. For example consider the following ratios for participants per field/space. If the field/space is smaller than standard size, consider reducing the number of pods. Examples include (but not limited to):
  - Football/soccer field (approx. 57,600 sq. ft.) – no more than 4 pods of 10, or 2 pods of 25.
  - Ice rink (approx. 17,000 sq. ft.) – no more than 2 pods of 10.

## GUIDANCE FOR SOCIAL DISTANCING IN YOUTH SPORTS

### Risk Factors

Risk Level	Examples
HIGH RISK: sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.	Rugby, boxing, judo, karate, taekwondo, wrestling, pair figure skating, ice dancing, football, lacrosse, hockey, group dance, group cheer.
MEDIUM RISK: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.	Bobsled, doubles luge, multi-person rowing, multi-person kayaking, multi-person canoeing, water polo, gymnastics, sport climbing, trampoline, table tennis, doubles tennis, swimming relays, synchronized diving, artistic swimming, fencing, cycling in a group, running in a close group, modern pentathlon, group sailing, volleyball, soccer, basketball, baseball/softball, short track, speed skating, speed skating in a group, bowling, curling.

### Recommendations for HIGH and MEDIUM Risk:

- For sports activities that are part of a child care, school, day camp, or other program:
  - Keep any “play” or interaction between players contactless.  
For example: Kick a soccer ball back and forth, but do not allow for training around stealing the ball where contact between players may occur.
  - Do not have intermixing between groups.
- For organized recreation or club sports:
  - Focus on skill development.
  - Keep any “play” or interaction between players contactless.
  - Do not have intermixing between groups.
  - Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.
- Games and competitions are not allowed at this time for these sports.

## GUIDANCE FOR SOCIAL DISTANCING IN YOUTH SPORTS

Risk Level	Examples
LOW RISK: sports that can be done individually, or with social distancing, or no to minimal sharing of equipment or the ability to clean the equipment between use by competitors.	Archery, shooting/clay target, individual running events, individual cycling events, individual swimming, diving, individual canoeing, individual kayaking, individual rowing, individual diving, equestrian jumping, dressage or eventing, golf, individual sailing, skateboarding, weightlifting, alpine skiing, nordic skiing, biathlon, single luge, freestyle skiing, individual speed skating, snowboarding, ski jumping, singles figure skating, , singles tennis, individual dance, pole vault, high jump, long jump, marathon, triathlon, cross country, track and field, disc golf, badminton.

### Recommendations for Low Risk:

- Continue to focus on individual development.
- Games are permitted; however, as in line with the general guidance, remind parents or caregivers that they should not attend games or practices for this phase. If necessary for them to be at practices or games, ensure that proper social distancing is maintained between parents or caregivers.

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## Future Steps

Future steps may include allowing for larger gatherings and/or flexibility around intermixing between teams and will likely have different guidance based on the type of contact that normally occurs in the sport. In general, MDH will be increasing parameters based on the epidemiology of COVID-19 in Minnesota.