

1. Infection Prevention Measures:

Wash your hands/use hand sanitizer often:

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash hands/use sanitizer when entering/exiting the building and at other times:
 - After using the bathroom
 - Before and after eating
 - After touching your face mask/removal of mask
 - After removing gloves (if activity requires gloves)

Encourage self-care whenever possible.

When applying sunscreen

Minor first aid such as nose bleeds and minor cut and scrapes

Putting on and removing uniforms and equipment

Providing one's own hydration

Cover your mouth and nose with a cloth face covering when within 6 feet of others:

- You could be asymptomatic but not feel sick and spread COVID-19 to others.
- During times of group mingling (such as student drop off and pick-up etc.) staff must wear a face covering.
- The cloth face cover is meant to protect other people in case you are infected.
- It is the responsibility of the person wearing the face-covering to maintain and clean the face-covering daily per the Minnesota Department of Health (MDH) guidelines.

Gloves

- Consider wearing gloves when caring for a symptomatic participant waiting to be picked up (due to potential for contaminated tissues etc.).
- Gloves are not currently recommended for daily activities, but if choosing to wear gloves:
 - Never go from one activity to another (including people) without changing gloves and cleaning your hands.

- Gloves should not replace routine hand washing.
- Never touch your face with gloves.

Maintaining Healthy Environments

- Shared/communal food and/or drink is not permitted on school facilities (buildings and grounds). Eating is only permissible if medically necessary.
- Seed spitting and gum chewing is strictly prohibited.
- Participants and visitors are encouraged to share safety concerns with district staff.

Equipment

- Do not share equipment between multiple groups. If this is not an option, then all items must be cleaned and sanitized at the end of the session before being utilized by another group according to MDH recommendations. (Refer to # 4 below.)
- Participants are encouraged to bring their own equipment with them and take the equipment home with them after the activity. No Locker Room use without prior approval and notification.

2. Prompt identification and isolation of sick persons

- If you are sick, STAY HOME
- If an individual becomes sick during programming:
 - Isolate student (Identify that area)
 - Call parent/guardian to pick up immediately
- [COVID19 Exclusion document](#) AND screening tool/poster should be sent home for parent/guardian, these should also be posted at public entrances.
- Parents/guardians must take their child's temperature before coming to the facility.
- Parents/guardians must confirm that the child does not have symptoms of illness using the provided screening tool/provide poster upon arrival.
- Staff should make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid or difficulty breathing (without recent physical activity), fatigue or extreme fussiness. Staff ask students multiple times how they are feeling. And communicate to athletes that must report at any time during a practice that they are starting to feel ill.
- Persons who have a fever of 100.40 (38.00C) or above or other signs of illness should not be admitted to the facility.
- Create a contingency plan to replace a staff person who may become sick/ill during the scheduled activity.

3. Engineering and administrative controls for social or physical distancing

- If possible, keep consistent teams of the same staff and participants.
- If teams cannot adhere to 6 feet spacing between each individual within a space, the teams must be masked. (Exception is physical space needed to play in the sport)
- Adhere to [Guidance for Social Distancing in Youth Sports](#) for applicable programs.
- Follow tape lines and distancing markings for traffic flow.
- Identify drop off and pick up points for practice

- Plan practice space to ensure social distancing.
- Weight room use is prohibited.
- Use bathrooms designated for your group.
- Staff are to adhere to social distancing guidelines in shared spaces

4. **Cleaning, sanitizing, decontamination and ventilation**

- Clean and sanitize daily all appropriate equipment/facility. Secure necessary materials
 - Sports Equipment
 - Any shared devices, computers, clipboards or other equipment on site
Note: Computer keyboards are difficult to clean. Shared computers should have signs posted instructing proper hand hygiene before and after using them to minimize disease transmission. To facilitate cleaning, consider using covers that protect the keys but enable use of the keys.

5. **Communication and training for coaches necessary to implement the plan.**

- The Activities Director with Athletic Trainer assistance, is to provide communication and training to the coaching staff. Communicate all MSHSL sports specific adaptations.
- Documentation of training records will be kept by the Activities Director/Athletic Trainer
- It is the responsibility of the AD to keep updated with changes to recommendations and guidelines provided by MDH.
- For required cleaning, sanitizing and disinfecting of any areas used, specific directives/assignments will be designated by custodial staff or AD
- The Head Coach is designated contact person to work with the Facility Use Coordinator. The designated person will be responsible for communicating with the AD the following items:
 - Communicate symptomatic persons and confirmed cases of COVID-19
 - Management of Forms
 - **Daily Attendance records of all participants**
 - Compliance with all aspects of the Preparedness Plan

6. **Provision of management and supervision necessary to ensure effective ongoing implementation of the plan.**

- The Activities Director is required to ensure effective implementation of MDH/Minnesota Department of Education guidelines.

The place
to dream,
believe
and
achieve.