

ISD 318

COVID-19 PROTOCOLS - SUMMER 2020

This plan is a guide for ISD 318 activities to follow when gathering for practice that creates the safest environment for students/athletes and coaches. The intent is to minimize the potential for transmission of COVID-19 between participants. 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 318 Administration and Activities Department.

Phase 1: June 15, 2020 - TBD

THE PLAN

1. Create pods of 10 or fewer people and maintain records of pods
 - a. Includes 1 coach and 9 or fewer players.
 - b. Each pod's members remain the same from start to finish and day to day, no players or coaches will be switching between pods.
 - c. If pods are mixed due to an emergency (i.e. inclement weather) make a note of the day and time they were mixed.
2. Pre-workout Health Screening and Attendance
 - a. All coaches and students will be screened for signs/symptoms of COVID-19 prior to workout. Screening includes a temperature check, infrared thermometers available from Activities Office.
 - i. Attendance records must be maintained to allow for contact tracing.
 - ii. Screening records must be maintained and temperature taken on site. Record the actual temp in Fahrenheit and answer screening questions.
 - iii. Coaches will wear gloves during screening (use **non-latex** gloves)
 - b. If any players or coaches are experiencing any signs/symptoms listed below prior to attending practice **they are to STAY HOME and notify the coach/AD.**
 - c. **If any player/coach has any of the signs/symptoms (listed below) when screened at the start of practice they will be sent home immediately.** (Please notify AD/District Nurse to determine next steps) *It is highly recommended they contact their primary care physician if they are experiencing any of these signs/symptoms.*
- i. **Signs and Symptoms of COVID-19**

1. Fever: Infrared temperature of 100.0 degrees fahrenheit or higher taken on the forehead or 1-2 inches below the back of the ear on the neck. Or infrared temperature of 99.0 - 99.9 along with any other symptoms.
2. Chills
3. A new cough or sneezing not related to allergies
4. Shortness of breath
5. A new sore throat
6. New muscle aches
7. New headache
8. New loss of smell or taste
9. Had close contact with someone who tested positive for Covid-19 or is highly suspected of being positive, or a family member who is on quarantine or isolation

3. Face Masks do not need to be worn if outside and you are maintaining social distancing of 6 feet apart and maintain distance while exercising.

4. Maintain physical distancing of 6 feet or more between all students and coaches during health screenings and all practice activities.

a. This includes while arriving at the field and at the end of practice

b. Join your pod immediately when arriving, do not mingle with players from other pods.

5. 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)

6. Players are to wear workout clothes to practice and wear them home. Players and coaches should shower and wash their clothes as soon as possible when getting home. There will be no locker rooms or bathroom facilities available at the fields.

7. Absolutely no sharing of equipment. The only exception is lacrosse and hockey who are using gloves and ball/puck can be passed. (equipment needs to be cleaned between players and at end of practice session by coaches when possible)

8. No access to school facilities for locker rooms, training room, or bathrooms.

9. All team equipment used for practice will be sanitized by the coach before and after use. Example: passing of lacrosse balls.

10. Please report any health concern or potential positive case of covid-19 to Angela Elhard (aelhard@isd318.org or 218-259-1119). No communication about anyone who may have contracted the virus or experiencing symptoms is to be shared. All communication will come from Public Health and Minnesota Department of Health.

11. Pods: one coach per pod of 9 students. No intermixing the pod at any time.
 - a. Pods are 4 per football/lacrosse/soccer sized field.
 - b. Pods are 3 per baseball/softball field.
 - c. Pods are 2 per ice rink
 - d. Pods are 1 per basketball court/volleyball court.

PERSONAL PROTECTIVE EQUIPMENT

1. Safety equipment: per sport
 - a. Water bottle
 - b. Mouthguard
 - c. Helmets, etc.
2. Virus transmission prevention equipment required for each player and coach
 - a. Cloth Mask
 - b. Hand Sanitizer with 60% alcohol
 - c. Nitrile or **non-latex** gloves for the coach for health screenings

Sport/Activity Specifics: please briefly describe your specific sport/activity workout below and email this portion to acampbell@isd318.org and aelhard@isd318.org (Ex: GBB will be at the YMCA outdoor courts, using 3 courts, each player will have their own basketball, one coach per pod on court. What equipment needs to be cleaned if any.) Have cleaning disinfectants available and clean equipment/balls etc if accidentally touched - let sit 15 minutes to dry before use again. Janitors can mix a solution to use or you can 1/3 cup **bleach** per 1 gallon of water OR 2 tablespoons **bleach** per 1 quart water. The mixture needs to be mixed fresh each day.

Updated Phase per Governor Walz June 15, 2020

The transition to Phase 2 will occur under the direction of ISD 318 based on information and the timing received from Governor Walz, MDH, and MSHSL.

General Guidance

- Significant changes for allowing outdoor gatherings of up to 25 people while still maintaining 6 feet of physical distancing.
- On any given field, floor or space, there must be sufficient space between pods to prevent any interaction between pods. If the field/space is smaller than standard size, consider reducing the pods. Examples:
 - Football/Soccer/Lacrosse: no more than 4 pods of 10 or 2 pods of 25
 - Baseball/Softball: no more than 3 pods per field
 - Ice Rink: no more than 2 pods of 10
 - Basketball/Volleyball: no more than 1 pod of 10 per court
- For organized sports:
 - Focus on skill development

- Keep any “play” or interaction between groups
- Do not have intermixing between groups
- Games and competitions are not allowed at this time with High Risk sports (wrestling, football, lacrosse, hockey, group cheer) and Medium Risk sports (doubles tennis, swimming relays, running in a close group, volleyball, soccer, basketball, baseball/softball)
- Low Risk sports, continue to focus on individual development. (individual running, swimming, diving, golf, weightlifting, nordic ski, singles tennis, cross country, track and field). Games are permitted.

Drop Off & Pick Up

- Students should use the door by the gym entrance.
- Students should exit the car and proceed to the entrance for their health screening.
 - Only one participant will be allowed in the vestibule at a time for a health screening.
 - Participants need to wait outside, standing 6 feet apart, until they are able to advance into the vestibule for their health screening. Participants can also wait in their vehicles.
 - Upon a health screening clearance, the participant may enter the building.
 - It is recommended that parents/guardians wait until their child has entered the doors before leaving.
 - If a participant is denied entry, he or she must wait outside until picked up.

• MDH Reminders

- Attendance (keeping records mandatory)
- Screening for temp and symptoms procedures are the same (keeping records are mandatory)
- Keep the same groups in the weight room (like pods) and keep records of who is in each pod)
- Social Distancing is 6 feet apart
- Masks when feasible indoors
- Spotters need to wear masks, once in the weight room
- Spray down equipment after use by the participant before the next one uses