



MINNEAPOLIS
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COVID-19 Athletic Summer Preparedness Plan

June 18, 2020 Update

Keeping our students and staff healthy is important to Minneapolis Public Schools. The District Athletic Department has been tasked with the development of an all-inclusive summer preparedness plan. This Athletic Preparedness Plan is in response to the COVID-19 pandemic. Our goal is to provide meaningful opportunities for students to interact with coaches while reducing the risk of transmission of COVID-19 to our stakeholders and in our facilities.

Students in grades 7-12 wishing to participate in summer athletic opportunities must be registered with the Minneapolis Public Schools, [have an up to date athletic physical on file with the school](#) and a [completed athletic waiver](#).

Summer workouts are OPTIONAL for all students and coaches. Coaches must realize that they assume any and all liability risks associated with athletic work-outs.

With everyone's cooperation we can establish and maintain the safety and health of our staff and student-athletes. This four-phase plan will start on June 15th, which is the first day of summer contact by coaches as allowed by the Minnesota State High School League (MSHSL).

Phase 1 - Virtual Training (*June 15 start per MSHSL, through June 19*)

- Virtual contact only
- 6 days per week: Monday through Saturday
- Times determined by coaches

Phase 2 - Outdoor Athletic Facilities/Fitness Training (*June 22 Tentative*)

- In accordance with current CDC and MDH guidelines
- Building Athletic Director will supervise
- Coaches will instruct in accordance with these specific guidelines
- Conditioning in small, isolated groups with the introduction of heat acclimatization
- Do not allow groups to interact
- Face covering strongly recommended
- 3 days per week: Tuesday/Wednesday/Thursday
- 8:00am through 12:00pm

- Virtual Training Monday/Friday/Saturday - Times determined by coaches
- No use of district issued equipment will be allowed
- No MPS indoor building access
- No indoor weight room access
- No use of bleachers
- No locker room use
- Outdoor restroom facilities available for usage

Phase 3 - Indoor/Outdoor Athletic Facilities with Equipment: (*July 7 Tentative*)

- In accordance with current CDC and MDH guidelines
- Building Athletic Director will supervise
- Coaches will instruct in accordance with these specific guidelines
- Conditioning in larger, isolated groups with the introduction of heat acclimatization
- Groups are allowed to interact
- Face covering strongly recommended outdoor and required indoor
- 3 days per week: Tuesday/Wednesday/Thursday
- 8:00am through 12:00pm
- Virtual Training Monday/Friday/Saturday - Times determined by coaches
- No use of district issued equipment will be allowed
- Only gym usage allowed
- No indoor weight room usage
- No use of bleachers
- No locker room use
- Indoor (closest to gym) and outdoor restroom facilities available for usage

Phase 4 - All Facilities: (*July 27 Tentative*)

- In accordance with current CDC and MDH guidelines
- Building Athletic Director will supervise
- Coaches will instruct in accordance with these specific guidelines
- Full team practice with skill development and continued heat acclimatization
- Groups are allowed to interact
- Face covering strongly recommended outdoor and required indoor
- 5 days per week: Monday through Friday
- 8:00am through 12:00pm
- Virtual Training on Saturdays - Times determined by coaches
- No use of district issued equipment will be allowed
- Gym usage allowed
- Weight Room usage allowed
- No use of bleachers
- No locker room use
- Indoor (closest to gym) and outdoor restroom facilities available for usage

This plan follows the Centers for Disease Control and Prevention (CDC), Minnesota Department of Health (MDH) guidelines, National Federation of High Schools (NFHS) guidelines and federal OSHA standards related to COVID-19. The plan addresses the following areas:

- I. [Hygiene](#)
- II. [Social Distancing](#)
- III. [Cleaning \(Disinfection and Decontamination\)](#)
- IV. [Personal Sanitizing Equipment](#)
- V. [Screening Procedures and Check-In Assessment](#)
- VI. [Illness Tracking](#)
- VII. [Illness Assessment](#)
- VIII. [Returning After Illness](#)
- IX. [Training](#)

All workouts must adhere to current [Minnesota State High School League Heat Index Guidelines](#).

I. Hygiene

A. **Infection prevention through handwashing is required at our facilities.** Participants at the facility will be required to sanitize their hands by one of the following methods:

- Coaches will direct participants to the nearest accessible restroom to wash hands immediately after entering facilities or
- Participants may use hand sanitizer provided by the District when available.

Per CDC and MDH guidelines, individuals are instructed to wash their hands for at least 20 seconds with soap and water or use an alcohol-based hand sanitizer frequently while on site. Handwashing signs will be posted at building entrances, in restrooms and in high traffic areas. [See CDC handwashing poster](#).

B. **Prevention through Respiratory Etiquette**

- **Face Coverings** - Individuals must wear a face covering. If an employee or student cannot provide their own, the school will need to provide a face covering.
- **Cover coughs and sneezes** - Individuals are instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing. They are also instructed to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately after using. Cover your Cough Signs will be posted throughout the facility. [See MDH cover your cough poster](#).

II. Social Distancing

Social distancing is mandated in our facilities in the following ways:

- Individuals, teams and organizations must have permits to use a facility and can acquire those via [Facilities Use \(Permits\) Online Reservation System](#). Facility accessibility will be introduced in phases (timeline to be determined). The number of total participants per building area will comply with local and/or government maximum gathering restrictions:
- Facility users must provide their expected maximum attendance at the time they submit a facility request. Community Education will only issue a permit for areas that can accommodate the maximum number of participants while maintaining social distancing. Groups may not exceed the number of participants reported without prior authorization from the Community Education Department.
- Anyone entering the facility must sign the Building Access Log with the building custodian
- Participants or groups may be denied access if they arrive late or exceed the number of attendees listed on the permit. Activity start-and end-times will be staggered to minimize the number of people entering the facility at the same time and to allow time for cleaning between users as needed. Groups over 10 (when allowed per MDH guidelines) may be assigned staggered entry times to reduce the number of participants from arriving at the same time.
- Permit holders will be notified which door to enter and exit through by Plant Operations through the facility permitting process. Different doors will be used for entering and exiting the facilities whenever possible. Signage is posted in the building to remind people to maintain social distance of 6 feet whenever possible. Prominent areas where signs may be posted are building entrances, restrooms, gymnasiums, and other areas where people generally gather. [See Social Distancing poster](#).
- Permit holders will be notified which bathrooms can be accessed during any indoor use.
- Students will be assigned to small groups or pods in accordance with current CDC and MDH guidelines.
- Total number of pods using the facilities will be limited depending on request and group size.

III. Cleaning

Regular cleaning practices are enhanced, including routine cleaning and disinfecting of all high-touch point areas. High-touch point areas (such as light switches, door knobs, bathroom door handles, railings, etc) will be cleaned and disinfected up to three times per day depending

upon the length of the permit. These duties will be performed by coaches and/or building custodial staff.

- Facility users will be provided hand sanitizing supplies for before- and after-practice for participants.
- Facility users are required to provide their own first aid kits.
- Facility users are required to bring other athletic protective equipment as needed. (ie: batting helmets, catcher's equipment, soccer shin pads, mouthguards etc.)
- Facility users may not use areas that are not listed on their permit.
- Participants should bring their own individual water bottles.
- Doors will be monitored, secured and disinfected by coaches.
- High traffic areas will be cleaned and disinfected three times per day by coaches.

IV. Personal Sanitizing Equipment

- Facility users may bring in personal equipment for their own use provided they get approval from the facility use office prior to their event. Minneapolis Public Schools reserves the right to refuse the use of personal equipment if we deem it to be a safety or health hazard.
- Facility users must sanitize all equipment before bringing it into the facility and immediately before they leave the room it was used in.
- Facility users must use District approved sanitizing supplies for their equipment.

V. Screening Procedures and Check-In Assessment

Facility users will be required to complete a health self-assessment at home immediately before heading to the facility. If they are experiencing any symptoms of COVID-19, they will be required to remain home and should contact their healthcare professional, as appropriate. Symptomatic users may return to activity when they meet the conditions outlined in the section Returning After Illness. Coaches will do a verbal symptom check with each participant and check-off that this was completed on the attendance sheet at each workout. A self-assessment sign will be posted at the building entrance.

- A. **Health Self-Assessment:** Individuals or anyone in their immediate family (living in the same home) reporting the following symptom(s) will not be permitted into building. If

symptoms develop while in the facility, the individual will leave immediately. See the link for [Self Assessment Listing](#).

- Cough
- Shortness of breath
- A fever (100.0 or higher)
- Sore throat
- Headache
- Chills
- Muscle or body aches
- New loss of smell or taste
- Diarrhea in the past 24 hours
- Vomiting in the past 24 hours
- Had direct household contact with a person experiencing an undiagnosed cough and fever

B. **COVID-19 Symptoms:** See the following link for the latest summary of [COVID-19 Symptoms](#):

VI. Illness Tracking

Head Coaches will be required to keep rosters, take attendance and keep attendance records at all activities should the information be needed by healthcare professionals for COVID-19 tracking purposes. If a confirmed illness occurs, coaches must report this to the District Athletic Office, which will forward it to the Minneapolis Public Schools Director of Health Services, who will then work with local and state health authorities. Attendance/screening sheet is located on the last page of the [National Federation of High Schools Guidance for Opening Up High Schools](#) document.

VII. Illness Assessment

Any individual showing any signs or symptoms of illness, while on site, will be asked to go home immediately and contact their healthcare professional as appropriate. Activity for all users will be cancelled immediately. All participants will be notified using the Attendance/Screening Sheet.

VIII. Returning After Illness

The following link provides a guide for students and their families for [Return To Play](#). If you or someone in your household is having respiratory symptoms (cough OR sore throat OR difficulty breathing) and no COVID-19 test was done to confirm diagnosis, you may return to the facility when these three (3) things have happened:

1. Fever free for at least 72 hours without the use of fever reducing medication AND
2. All other symptoms have improved AND

3. At least 10 days have passed since symptoms first appeared

Anyone contracting the illness will need a return plan in coordination with the Minneapolis Public Schools Director of Nursing.

IX. Training

Training will be provided to coaches on specific expectations for managing these work-outs. This training will be housed in [The Source](#) and will include: Opening and Securing Facility, Disinfecting Before and After Workouts; Tracking Participants Attendance, Pre-Assessment, and Illness Occurrence; Monitoring Participants; Appropriate Follow-up and Reporting Protocols.

DO NOT PLAY IF YOU:

- Are exhibiting any signs of illness.
- Have been in close contact with someone with COVID-19 in the last 14 days.
- Do not have a qualifying Minnesota State High School League Physical on file with your school.

IF YOU DECIDE TO PLAY:

- Clean and wipe down your equipment and personal water bottles with District approved supplies. Do not share water bottles, or any equipment and clothing.
- Wear a face covering (Phase 2 - strongly recommended and Phase 3 and 4 required at all times while using indoor facilities).
- Consider wearing gloves and avoid touching equipment, gates, fences, benches, etc.
- Use new/clean supplies and equipment (including medical aides - ankle braces etc.) if possible.
- Bring your own water bottle.
- Do not share equipment.

MANAGING PLAY SESSIONS:

- Adapt practices to allow social distancing of at least 6 feet from others. Adhere to social gathering and distancing policies according to local, state, and federal authorities.
- Schedule regular "Hygiene Sessions" similar to "Water/Hydration Breaks" for personal hygiene and disinfecting high-touch items
- Remove, to the extent possible, objects that could be frequently touched and that are not essential to safety.
- Take measures to reduce the need to touch fixed items that cannot be removed; for example, leaving gates ajar or propping open doors,
- Ensure that access to handwashing/hand sanitizing facilities and supplies are available for all participants.

- Avoid contact with others, such as hand-shaking and high fives.
- Group size counts should include players and staff, and account for transition periods between sessions.
- Limit or stagger playing groups throughout the schedule and consider alternate days for various groups.
- Use outdoor courts/spaces whenever possible.
- Avoid activity that is not conducive for six-foot social distancing and leads to incidental contact with playing partners.
- Encourage participants to wear face coverings when possible.
- Adhere to CDC guidelines by not touching your face (after handling other objects).
- Consider using hand sanitizer periodically during activity.
- Wash your hands after each activity.
- When possible, use other means while transferring items to playing partners. (ie: utilizing a raised net, and hit/kick the ball under the net to your opponent.)
- When possible, avoid changing positions on the field or court.
- Maintain proper social distancing from other players at all times.

WHEN PLAY HAS ENDED:

- Wash your hands or use hand sanitizer immediately.
- Avoid locker rooms and changing areas – proceed home.
- Thoroughly wash your clothes-turn items inside out before washing, supplies, equipment, and other items you have used or touched.
- Leave the facility as soon as reasonably possible.
- Avoid post play socializing.