

White Bear Youth Football Association 2020 COVID-19 Plan and Response

Revised August 20, 2020

Screening:

Parents will follow the Minnesota Department of Health (MDH) check health screening checklist or temperature will be taken before arriving to practice. Symptoms of COVID-19 include: new onset cough or shortness of breath by themselves OR at least 2 of the following: fever (100.4°F or higher), chills, muscle pain, sore throat, loss of sense of smell or taste, and gastrointestinal symptoms of diarrhea, vomiting, or nausea. If you answer yes to any MDH check health screening question or have a fever you will not attend practice. Coaches will track attendance and keep in pods.

COVID-19 Plan and Response will be Modified to Comply with changes in MDH and CDC Guidance

Phase 1 – No Contact

- All players who attend practice or a game must be screened by the designated team COVID compliance person before participating in the practice or game. The Association will provide a screening list for record keeping and a No-Touch Forehead Thermometer. The team is responsible for maintaining the screening information.
- PODS of up to 25 (including coaches) following the Center for Disease Control (CDC) and Minnesota Department of Health (MDH) guidelines.
- Each team shall designate one coach as the Safety Coach for each practice and game to ensure players are maintaining social distancing while not in drills or in the game and are following all the protocols in place.
- PODS will be established at the beginning of the phase. Intermixing between PODS should be kept to a minimum.
- Provide spacing and separation of the PODS within the practice areas.
- Follow 6 foot social distance MDH and CDC guidelines.
- Passing League
- No helmet
- Coaches are required and participants are expected but not required to wear face coverings - Coaches and participants must supply their own face coverings.
- Players are encouraged to wear full finger athletic gloves.
- Players will wash hands before arriving to practice. Players will bring their own hand sanitizer and wash at the end of practice.
- Players will space water bottle and equipment apart following MDH guidelines.
- All association equipment must be cleaned and sanitized at the beginning and end of practice and if equipment is changing PODS White Bear Youth Football Association will provide sanitizer for equipment.
- Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks (if unable to social distance), personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
- All coaches will be trained on COVID Response Plan

Phase 2 – Some Contact

- All players who attend practice or a game must be screened by the designated team COVID compliance person before participating in the practice or game. The Association will provide a

screening list for record keeping and a No-Touch Forehead Thermometer. The team is responsible for maintaining the screening information.

- PODS of up to 25 (including coaches) that follow the CDC and MDH guidelines.
- Each team shall designate one coach as the Safety Coach for each practice and game to ensure players are maintaining social distancing while not in drills or in the game and are following all the protocols in place.
- PODS will be established at the beginning of the phase. Intermixing between PODS should be kept to a minimum.
- Provide spacing and separation of the PODS within the practice areas.
- Follow 6 foot social distance MDH and CDC guidelines as much as possible.
- 7-7 touch passing league
- Touch football
- No helmet
- Coaches are required and participants are expected but not required to wear face coverings - Coaches and participants must supply their own face coverings.
- Players are encouraged to wear full finger athletic gloves.
- Players will wash hands before arriving to practice. Players will bring their own hand sanitizer and wash at the end of practice.
- Players will space water bottle and equipment apart following MDH guidelines.
- All Association equipment must be cleaned and sanitized by the coaches at the beginning and end of practice and if equipment is changing PODS. White Bear Youth Football Association will provide sanitizer for equipment.
- Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks (if unable to social distance), personal hand sanitizer, but are encouraged to stay in their personal vehicle instead

Phase 3 – Tackle

- Tackle football
- All players who attend practice or a game must be screened by the designated team COVID compliance person before participating in the practice or game. The Association will provide a screening list for record keeping and a No-Touch Forehead Thermometer. The team is responsible for maintaining the screening information.
- Maintain PODS of up to 25 that follow the CDC and MDH guidelines as much as possible.
- Each team shall designate one coach as the Safety Coach for each practice and game to ensure players are maintaining social distancing while not in drills or in the game and are following all the protocols in place.
- PODS will be established at the beginning of the phase. Intermixing between PODS should be kept to a minimum.
- Provide spacing and separation of the PODS within the practice areas.
- Follow 6 foot social distance MDH and CDC guidelines as much as possible.
- Team drills should be limited to 15 minutes or less at any one time. Then move to another drill for 15 minutes that requires more distancing.
- Coaches are required to supply their own and wear face coverings.
- Players are required to wear helmet splash shields provided by the Association.
- Players are encouraged to provide and wear face coverings when not participating in a game or practice activity.

- Players are encouraged to wear full finger athletic gloves.
- Players will wash hands before arriving to practice. Players will bring their own hand sanitizer and wash at the end of practice.
- Players will space water bottle and equipment apart following MDH guidelines.
- Players will provide their own person protective equipment. Their equipment should be cleaned/disinfected after every contact practice or game.
- Players will keep all personal equipment on until they leave practice.
- All Association equipment must be cleaned and sanitized by coaches at the beginning and end of practice and if equipment is changing PODS. The Association will provide sanitizer for equipment.
- Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks (if unable to social distance), personal hand sanitizer, but are encouraged to stay in their personal vehicle instead

Phase 4 – Back to Normal

- No restriction per MDH guidelines

Drop Off / Pick up Procedure

- All parents will wait by their vehicles. Maintain PODS and social distancing for drop off and pick up.
- If a parent needs to speak to a coach this will be done via phone, zoom, social distance standards set by the MDH.

COVID-19 Response

- If a participant (whether director, coach, official, parent, player or spectator) is exposed (close contact) to an individual infected with COVID, or does become infected, we must take every reasonable and appropriate measure to assure that the individuals that are infected and exposed are properly quarantined following the attached MDH guidance and that the MDH and all affected league participants are notified. Close contact and/or exposure means any one of the following:
 - Caring for a sick person with a suspected or confirmed COVID-19 infection; or
 - Living in the same household as an individual with a suspected or confirmed COVID-19 infection;
 or
 - An individual who has had close contact (less than 6 feet) for greater than or equal to 15 cumulative minutes with a person with known or suspected COVID-19 or possible COVID-19 infection.
- Advise Sick Individuals of Home Isolation Criteria
 - Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.
- Isolate and Transport Those Who are Sick
 - Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

- Immediately separate coaches, staff, officials, and players with COVID19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
- Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- Clean and Disinfect
 - Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
 - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning external icon and disinfection products, including storing them securely away from children.
- Notify Health Officials and Close Contacts
 - In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) external icon and other applicable laws and regulations.
 - Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
 - Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

What to Do if You Have Had Close Contact With a Person With COVID-19

To protect yourself, your family, and your community, you must separate yourself from others, get tested and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Unless you have had a positive laboratory test for COVID-19 in the past 3 months, follow these instructions for at least 14 days after the last day you were in close contact with the person who has COVID-19.

Separate yourself from others



Stay home. If you need medical care, it is important that you follow the instructions below. Do not go to work, school, or any other place outside the home.



Stay away from people who may be at high-risk for getting very sick from COVID-19, including older adults, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, liver disease, severe obesity, and those who have weakened immune systems.



If you become sick, separate yourself from other people in your home. As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.



Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis.



Wear a facemask if you need to be around other people, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly.



Avoid sharing personal household items. Do not share food, dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water.



Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

Get tested



Contact your health care provider or visit the [Minnesota COVID-19 Response website](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp) (<https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>) to find testing times and locations near you. Get tested even if you do not have symptoms. If your test results are positive, follow recommendations for cases of COVID-19. You may need to remain at home for longer than 14 days. Even if your results are negative, you need to stay home for 14 days. If you develop symptoms after testing negative, get tested again.

Monitor your symptoms



If you develop symptoms, separate yourself from others and follow public health recommendations for staying at home when symptomatic.



Minnesota Department of Health | health.mn.gov | 651-201-5000
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Contact health.communications@state.mn.us to request an alternate format.

07/23/2020

Decision Tree for People with COVID-19 Symptoms in Youth, Student, and Child Care Programs

For people (e.g., children, care providers, or staff) who have symptoms consistent with COVID-19, send home or deny entry and reference the exclusion criteria in this document to determine when they may return.

Symptoms of COVID-19 include: new onset cough or shortness of breath by themselves OR at least 2 of the following: fever (100.4°F or higher), chills, muscle pain, sore throat, fatigue, congestion, loss of sense of smell or taste, or gastrointestinal symptoms of diarrhea, vomiting, or nausea.

If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home and talk to their health care provider about testing for COVID-19, even if it is the only symptom they are experiencing.

For people who received a laboratory test for COVID-19

What to do if you're waiting for COVID-19 test results (PDF)
(www.health.state.mn.us/diseases/coronavirus/waiting.pdf)

Positive test result: Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

Negative test result but symptoms with no other diagnosis: Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

For people with a COVID-19 diagnosis *without* a lab test OR people with symptoms consistent with COVID-19 *without* a medical evaluation (e.g., monitoring symptoms at home)

Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.



For people with other diagnoses (e.g., norovirus, strep throat) that explain the symptoms, or when a health care provider says symptoms are connected to a pre-existing condition

Stay home until symptoms have improved. Follow specific return guidance from the health care provider or follow the Infectious Diseases in Childcare Settings and Schools Manual (www.hennepin.us/daycaremanual).

If symptoms related to a pre-existing condition change or worsen, talk to a health care provider to determine next steps.

Siblings and household members **do not** need to stay home.