

VAA COVID-19 PREPAREDNESS PLAN

Amended January 6, 2021

I. VAA COVID-19 Preparedness Plan

Valley Athletic Association (“VAA”) is committed to providing a safe and healthy environment for our participants, families, spectators, officials and facilities partners. To ensure that, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 on our fields and in our gyms and that will require the full cooperation of our volunteers, participants and families. Only through this cooperative effort can we establish and maintain the safety and health of our fields and gyms. In addition to the guidelines below, all key prevention strategies and guidelines are intended to comply with applicable Minnesota law, including the current Stay Safe MN guidance for youth sports, the Governor’s executive orders, and strategies and guidelines recommended by the Centers for Disease Control (“CDC”) and Minnesota Department of Health (“MDH”) will be strictly followed. VAA will also comply with restrictions and guidelines imposed by the entities with which we partner to provide fields and gyms, including the City of Apple Valley, the City of Burnsville, and Independent School District 196. It must also be noted that applicable strategies and guidelines will be changed to ensure compliance with the Governor’s executive orders and guidance from the State of Minnesota specific to youth sports programs.

VAA’s COVID-19 Preparedness Plan is administered by VAA President Jason M. Hill, who maintains the overall authority and responsibility for the plan. However, VAA’s board members, commissioners, coaches and players are equally responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan and providing recommendations to further improve all aspects of the plan. As will be noted below, VAA Commissioners will conduct training for their respective coaches, and VAA coaches will be expected to serve as “on-site” compliance officials on behalf of VAA. VAA’s commissioners and coaches have our full support in enforcing the provisions of this policy. VAA’s board members, commissioners and coaches have the full support of VAA in enforcing the plan.

Screening Policies for Participants, their Family Members and Spectators

The following policies and procedures are being implemented to assess the health status of VAA’s participants, their families, spectators and volunteers and to require participants, their families and our volunteers to report when they are sick or experiencing symptoms. Successfully conducting our programs is dependent upon adherence to the plan and to all applicable guidance to prevent the transmission of the disease.

- Our families, participants, coaches and volunteers will be informed of and encouraged to self-monitor for signs and symptoms of COVID-19, which include fever, coughing, shortness of breath, chills, muscle pain, sore throat and new loss of taste or smell.
- All persons who are at risk of severe illness from COVID-19 will be strongly encouraged to stay at home and to refrain from attending or participating in VAA activities.

- If a participant, coach, volunteer or member of their immediate household tests positive for COVID-19, the participant, coach, volunteer and the members of their household will be required to refrain from participation in any VAA activities until all four of these things are true: (1) the person who tested positive feels better for a minimum of 24 hours, (2) it has been 10 days since the person first felt sick, (3) the person has had no fever for at least 24 hours, without using medication that lowers fevers, and (4) receipt of a physician's note that the participant is clear to return to play. It would be greatly beneficial to the program, the participant's teammates and to help slow the spread of the disease if the coach were informed of a positive test. The coach will inform the sport's commissioner and the commissioner will inform the VAA President.
- If a case of COVID-19 is reported to VAA, MDH will be notified.
- MDH or a local public health entity will interview the case or parent/guardian, determine the dates when the case was infectious, identify anyone that may have been exposed, and collect contact information for those individuals.
- People identified as exposed (close contacts) are those who spent at least 15 minutes within 6 feet of the case while the case was infectious or who had direct physical contact with an infected person.
- A 14-day quarantine is recommended for people who have been exposed to COVID-19.
- Coaches must maintain lists of participants taking part in practices, games and meetings.
- If a VAA board member, commissioner or coach observes a participant or volunteer exhibiting signs and symptoms of COVID-19, they will be asked by the coach to leave and will be required to leave the activity. Board members, commissioners and coaches will be required to report their observations to the sport's commissioner and the commissioner will report to the VAA President.

Handwashing / Hand Sanitizing Stations / Sanitization of Equipment

Basic infection prevention measures are being implemented at our fields and gyms at all times.

- Participants, their families and volunteers will be instructed to wash their hands at home for at least 20 seconds with soap and water prior to taking part in VAA activities.
- Families are strongly encouraged to provide hand sanitizer for their children at practices, games and meetings. Hand sanitizer dispensers must use sanitizer of greater than 60% alcohol.
- Participants and volunteers will be encouraged to use hand sanitizer as warranted during activities.

Face Coverings and Respiratory Etiquette

Participants, coaches and volunteers are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and 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 afterward. Instruction with regard to respiratory etiquette will be communicated to VAA participants, their families and volunteers by email and on the VAA website through the publication of this plan.

All VAA participants, coaches and volunteers will be required to wear a mask or face covering during all indoor activities, including practices, games, meetings and tournaments. A mask or face covering must be worn to cover the nose and mouth completely and can include a paper or disposable face mask, a cloth face mask, a scarf, a bandana, a neck gaiter, or a religious face covering. Any masks that incorporate a valve that is designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents are not sufficient face coverings because they allow droplets to be released from the mask. VAA will review requests for accommodations to participants, coaches and volunteers who state they have a medical condition, mental health condition, or disability that makes it unreasonable for them to maintain a mask or face covering.

Coaches and participants will be strongly encouraged to wear masks or face coverings that cover their nose and mouth during outdoor activities. However, outdoor sports programs will have flexibility to require the use of masks or face coverings. In the event masks or face coverings are required by the State of Minnesota, local governmental entities or a sport's governing body for outdoor activities, they will be required by VAA.

Social distancing

Social distancing is being implemented at our fields and gyms through the following controls:

- Sports commissioners will prepare social distancing plans for coaches, participants and spectators that will be approved by the VAA board of directors.
- Spectator limitations will be implemented in accordance with applicable gathering limitations and the applicable limitations of the venue or facility.
- Friends, family of participants and spectators are prohibited from attending practices. However, participants who need assistance to participate in a practice due to age, medical condition, or disability, are each allowed to have one parent, guardian, or adult support person present to support them. Parents, guardians, and support persons must maintain social distancing of at least six feet from persons in other households.
- If allowed, spectators will be encouraged to wear masks or face coverings, and to the extent they are required by the State of Minnesota, local governmental entities or a sport's governing body, they will be required by VAA.
- Participants must maintain 6 foot social distancing when not actively playing (team meetings, side lines, waiting for a turn).
- Practices must be small in size. For practices, we will create pods. Pod sizes cannot exceed 25 people per pod, either inside or outside.
- A "pod" is a group of individuals that only practice or play with members of their own pod, which limits the potential for transmission in the event of an exposure or outbreak. Coaches and teams are responsible for ensuring that members of different pods do not practice together, interact, or otherwise come into close contact during activities. Pods must either practice in physically separate rooms, facilities, or areas, or steps must be taken to ensure that pods are kept separated by a distance of no less than 12 feet at all times. Coaches and teams must also avoid reassigning athletes to different pods to the maximum extent possible.

- The smaller the pod size, the more the team can minimize broader transmission of COVID-19 among teammates, so coaches and teams are strongly encouraged to create pods that are smaller than the maximum of 25.
- Coaches and participants should avoid using locker rooms.
- Carpooling is discouraged as much as possible.
- In the event of inclement weather during outdoor activities that does not require the cancellation of the activity, coaches will ensure that all coaches and participants are socially distanced by asking coaches and participants to take cover in separate areas or asking individuals to temporarily leave the venue or facility.
- Activities will be conducted outdoors to the extent possible.
- Sports commissioners will be required to provide training with regard to social distancing for coaches, either in person or by electronic means, while following all applicable safety strategies and guidelines, including social distancing and limiting the size of gatherings.
- Instruction and training with regard to social distancing will be communicated to VAA participants, their families and volunteers by email and on the VAA website through the publication of this plan.

Housekeeping

Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of surfaces, equipment and gear at our fields and gyms. Frequent cleaning and disinfecting will be conducted in high-touch areas by coaches and volunteers. Sports commissioners will prepare plans for the cleaning and disinfecting of surfaces, high-touch areas, equipment and gear.

- The sharing of gear or equipment will be discouraged as much as possible. If gear or equipment must be shared, cleaning and disinfecting of the gear or equipment should be pursued as much as possible.

Communications and training

This COVID-19 Preparedness Plan was communicated by VAA to all participants, families, volunteers and VAA members and necessary training will be provided in accordance with the plan above. Additional communication and training will be ongoing by VAA. COVID-19 training, which will include the VAA COVID-19 Preparedness Plan and guidance specific to each individual sport, will be provided to VAA coaches by VAA commissioners prior to the commencement of organized activities. COVID-19 training will also emphasize the role of VAA coaches as “on-site” compliance officers. VAA board members, commissioners and volunteers are to monitor how effective the program has been implemented. VAA board members, commissioners and volunteers are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been approved by the VAA Board of Directors and was posted on the VAA website on January 7, 2021. It will be updated as necessary.