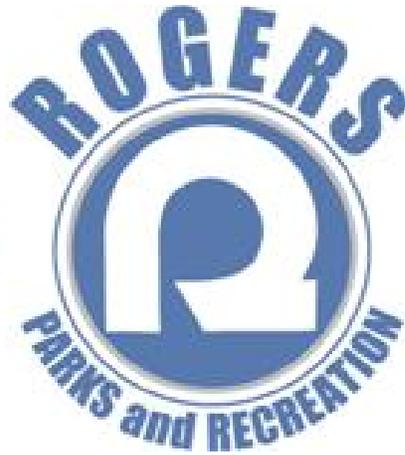


**Rogers  
Activity  
Center**



## **COVID-19 Preparedness Plan**

**7-24-2020**

# COVID-19 Preparedness Plan for the Rogers Activity Center

The City of Rogers is committed to providing a safe and healthy workplace for all our workers. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. Managers and workers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces, and that requires full cooperation among workers and management. Only through this cooperative effort can we establish and maintain the safety and health of our workers and workplaces.

Management and workers are responsible for implementing and complying with all aspects of this Preparedness Plan. Rogers Activity Center managers and supervisors have our full support in enforcing the provisions of this policy.

Our workers are our most important assets. We are serious about safety and health and keeping our workers working at the City of Rogers. Worker involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our workers in this process by providing the necessary Personal Protective Equipment (PPE), Disinfectant, Sanitizer, and training. Our Preparedness Plan follows the Centers for Disease Control and Prevention (CDC) and the Minnesota Department of Health (MDH) guidelines and federal OSHA standards related to COVID-19 and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- housekeeping – cleaning, disinfecting and decontamination;
- prompt identification and isolation of sick persons;
- communications and training that will be provided to managers and workers; and
- management and supervision necessary to ensure effective implementation of the plan.

## Screening and policies for employees exhibiting signs and symptoms of COVID-19

Workers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess workers' health status before entering the workplace and for workers to report when they are sick or experiencing symptoms.

The City of Rogers has implemented leave policies that promote workers staying at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household, and other policies addressing these situations. Those with underlying medical conditions or who have household members with underlying health conditions should discuss necessary accommodations with HR.

The City of Rogers has also implemented a policy for tracking and informing workers if they have been exposed to a known person with COVID-19 at their workplace and requiring employees to quarantine for the required amount of time. See attached Minnesota Department of Health guidance: "COVID-19 and When to Return to Work."

In addition, a policy has been implemented to protect the privacy of workers' health status and health information.

## **Handwashing**

Basic infection prevention measures are being implemented at our workplaces at all times. Workers are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their shift, prior to any mealtimes and after using the toilet. All visitors to the facility will be required to wash their hands prior to or immediately upon entering the facility. The Rogers Activity Center has three public hand sanitizer stations in the building, and there will be additional hand sanitizer available for staff (that use sanitizers of greater than 60% alcohol) that can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.

The Rogers Activity Center will continue to provide hand sanitizing stations in strategic locations in the facility, such as near restrooms and areas of high touch. These stations will augment our existing restrooms with instructions on how to wash hands.

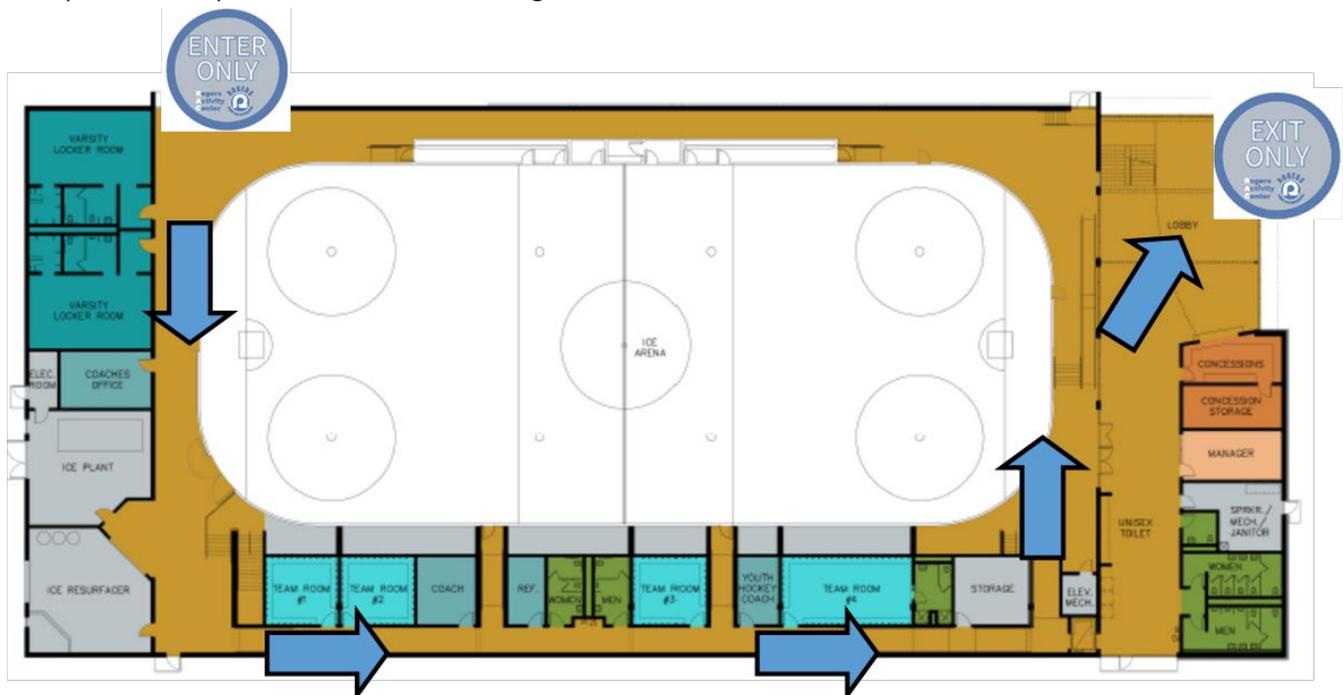
## **Respiratory etiquette: Cover your cough or sneeze**

Workers and visitors 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. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all workers and visitors. These posters will be provided electronically to all staff volunteers and user groups, along with posting in several areas of the facility. Per Executive Order 20-81, facial coverings are required for visitors when not on the ice and for staff. Staff will be provided with cloth facial coverings as well as surgical-type masks as available. Please see the state of Minnesota page on facial coverings and <https://www.health.state.mn.us/diseases/coronavirus/facecover.html>

## Ice Arena Social distancing Phase II (June 1)

Social distancing is being implemented in the ice arena through the following engineering and administrative controls:

- Groups are required to follow the MDH Stay Safe MN Guidance for Social Distancing in Youth Sports <https://staysafe.mn.gov/individuals-families/athletic-activity.jsp>
- The Rogers Activity Center will provide a copy of this plan and the State of MN Guidance on demand.
- The staff that can work from home will do so.
- Groups are limited to youth only and two pods of ten (includes coaches) that do not intermix.
- Groups will be required to follow the building Entrance and Exit Plan:



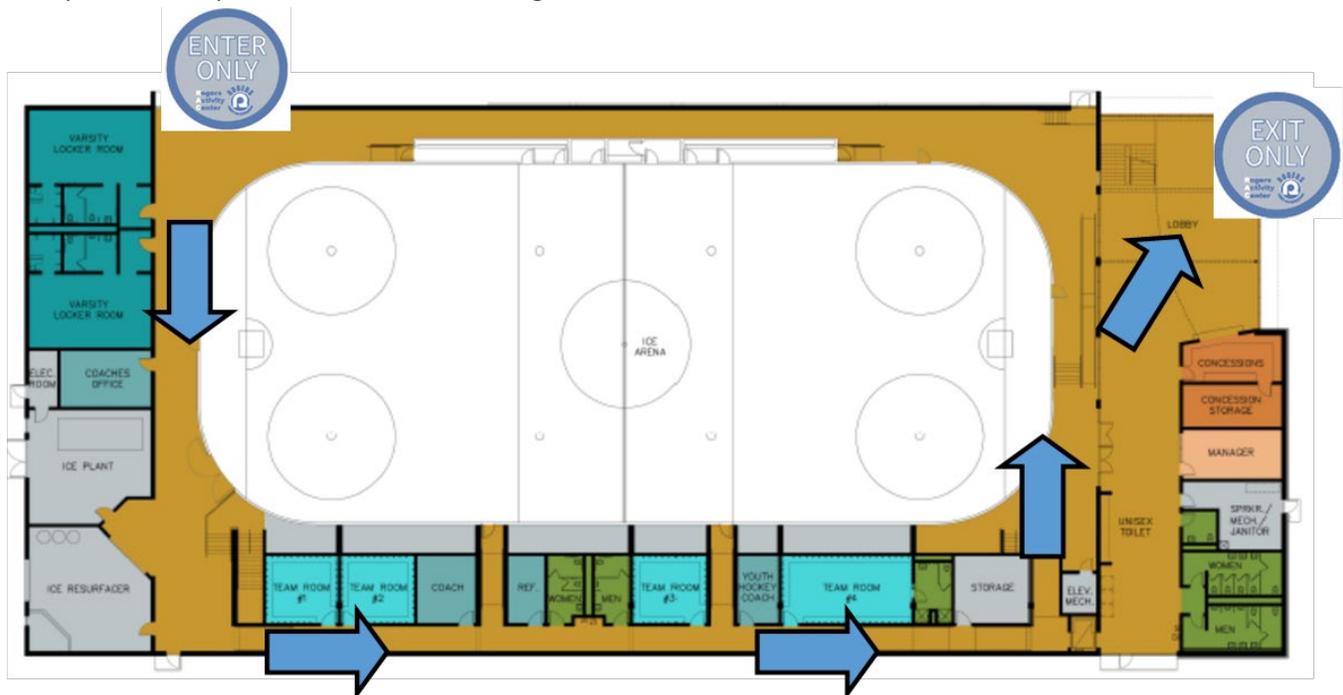
- Participants should not arrive more than 20 minutes before their ice time; if the exiting participants are in the walkway, the arriving participants should yield and wait until they can pass with at least 6 feet in distance (the hallway is less than 6 feet wide).
- Once an ice time ends, only the team that is exiting the ice may be in the walkway to the changing area.
- The exiting participant should leave within ten minutes of the end of their practice.
- Team Room doors will be propped open-please plan accordingly.
- Once the ice is ready, staff will signal with the horn, and only the team entering the ice may be in the walkways.
- Facial coverings are required by Executive Order 20-81 for all visitors when not on the ice.
- The restrooms in the Team Room Hallway will be for use before practice. The restrooms in the Lobby will be for use after ice events.
- Groups will have to supply signed a letter agreeing to abide by this COVID-19 Plan, the MDH Stay Safe MN Guidance for Social Distancing in Youth Sports, and to have their own internal policy regarding physical distancing and health screening that they provide to their users.

- The Rogers Activity Center will have a touch-free thermometer available for user groups.
- There will be designated physical distancing spots for Team Rooms and Changing Areas.
- It is the responsibility of coaches and athletes to adhere to the social distancing guidelines.
- Minor athletes are allowed one adult chaperone during their event- Adult Chaperones are required to wear facial coverings and must abide by physical distancing.
- On ice events available for viewing on <https://livebarn.com/>:
  - The Rogers Activity Center is a LiveBarn Venue. If you can't make it to the rink, you can still stay connected by watching all events Live and On Demand.
  - LiveBarn is available via a monthly or annual subscription:
    - Save 10% when you use promo code: 6878-97d6
    - Existing subscribers can update their promo code to 6878-97d6 within their profile
- Workers and visitors are prohibited from gathering in groups and confined areas, including elevators, and from using other workers' personal protective equipment, phones, computer equipment, desks, cubicles, workstations, offices, or other personal work tools and equipment.

## Ice Arena Social distancing Phase III (July 1)

Social distancing is being implemented in the ice arena through the following engineering and administrative controls:

- Groups are required to follow the MDH Stay Safe MN Guidance for Social Distancing in Organized Sports: <https://staysafe.mn.gov/individuals-families/athletic-activity.jsp>
- The Rogers Activity Center will provide a copy of this plan and the State of MN Guidance on demand.
- The staff that can work from home will do so.
- Pods include all on-ice/bench participants.
- Pods for practices are limited to one pod of 25 for a full-ice practice, and two pods of 25 for half ice practices.
- Intermixing between pods should still be kept to a minimum.
- Having pods reduces the number of people potentially exposed if you have a case of COVID-19 and also makes it easier to quickly identify close contacts.
- Full team rosters are allowed for games/scrimmages.
- Groups will be required to follow the building Entrance and Exit Plan:



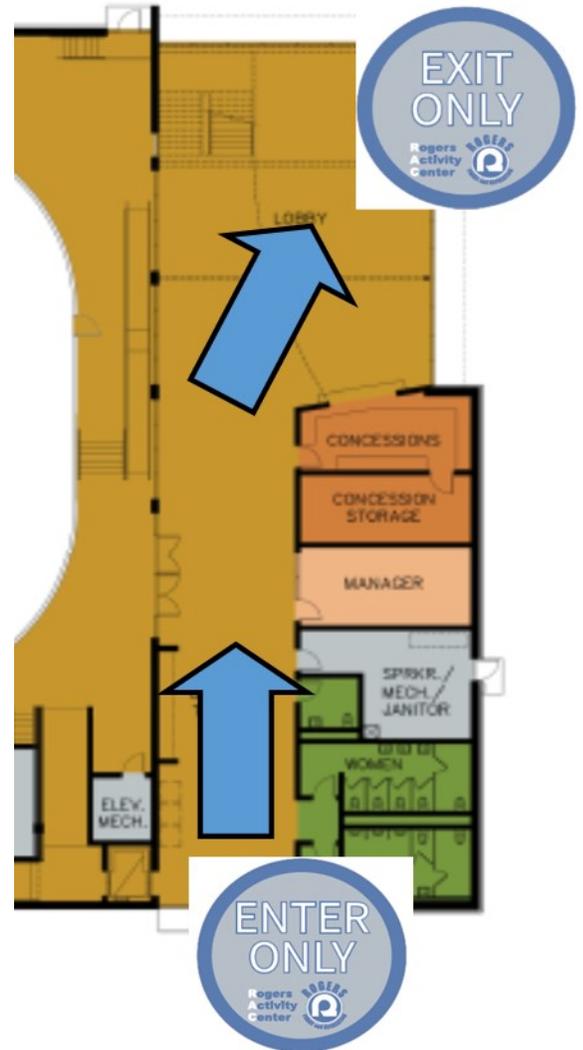
- Participants should not arrive more than 20 minutes before their ice time; if the exiting participants are in the walkway, the arriving participants should yield and wait until they can pass with at least 6 feet in distance (the hallway is less than 6 feet wide).
- Once an ice time ends, only the team that is exiting the ice may be in the walkway to the changing area.
- The exiting participant should leave within ten minutes of the end of their practice.
- Team Room doors will be propped open-please plan accordingly.
- Once the ice is ready, staff will signal with the horn, and only the team entering the ice may be in the walkways.

- Facial coverings are required by Executive Order 20-81 for all visitors when not on the ice.
- Groups will have to supply signed a letter agreeing to abide by this COVID-19 Plan, the MDH Stay Safe MN Guidance for Social Distancing in Youth Sports, and to have their own internal policy regarding physical distancing and health screening that they provide to their users.
- The Rogers Activity Center will have a touch-free thermometer available for user groups.
- There will be designated physical distancing spots for Team Rooms; if the groups are larger than the room capacity, the team rooms must be used in shifts.
- It is the responsibility of coaches and athletes to adhere to the social distancing guidelines.
- For practices and developmental ice times, minor athletes are allowed one adult chaperone during their event- Adult Chaperones are required to wear facial coverings and must abide by physical distancing.
- For games, spectators are allowed and should exercise caution regarding contact with shared amenities bleachers, tables, and benches. Assume such equipment has not been sanitized. Wash your hands or use hand sanitizer if you do come into contact with shared amenities.
- All games are available for viewing on <https://livebarn.com/>:
  - The Rogers Activity Center is a LiveBarn Venue. If you can't make it to the rink, you can still stay connected by watching all events Live and On Demand.
  - LiveBarn is available via a monthly or annual subscription:
    - Save 10% when you use promo code: 6878-97d6
    - Existing subscribers can update their promo code to 6878-97d6 within their profile
- Workers and visitors are prohibited from gathering in groups and confined areas, including elevators, and from using other workers' personal protective equipment, phones, computer equipment, desks, cubicles, workstations, offices, or other personal work tools and equipment.

## Activity Room Social distancing

Social distancing of six feet will be implemented and maintained between staff, customers, and visitors in the facility through the following engineering and administrative controls:

- The Rogers Activity Center will provide a copy of this plan and the State of MN Guidance on demand.
- Groups are required to follow the MDH Stay Safe MN Guidance: <https://staysafe.mn.gov/industry-guidance/index.jsp>
- Groups will be required to follow the building Entrance and Exit Plan:
- Groups should plan to arrive no more than 20 minutes before their event and leave within 15 minutes of the end of their event.
- Predetermined room layout not to exceed 50 capacity.
- Banquet Style Setup Round tables set for 4 people, or 6 if a household 40 capacity.
- Classroom Setup Rectangle tables set up for 1 person per 6 ft table 26 capacity.
- Theater Style setup chairs will be set up 6 feet apart 50 capacity.
- Board meeting setup will require a setup that uses a 6 ft distance per member and the attendee setup will determine capacity not to exceed 50.
- The Renter is responsible for keeping tables and chairs arranged for a physical distance of 6 feet between non-family groups.
- No dancing allowed
- Renters must retain a roster, including contact information for all members of your group, including phone numbers and addresses, this list must be turned over on-demand of City Management.
- No self-service buffets or drink stations allowed
- Facial coverings are mandated by Executive Order 20-81.
- Require guests to wear a mask when in bar or buffet lines.
- Groups will have to supply signed a letter agreeing to abide by this COVID-19 Plan, the MDH Stay Safe MN Guidance for Social Distancing, and to have their own internal policy regarding physical distancing and health screening that they provide to their users.
- Workers and visitors are prohibited from gathering in groups and confined areas, including elevators, and from using other workers' personal protective equipment, phones, computer equipment, desks, cubicles, workstations, offices, or other personal work tools and equipment.



## Housekeeping

Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of work surfaces, equipment, tools and machinery, and areas in the work environment, including restrooms, break rooms, lunchrooms, and meeting rooms. Frequent cleaning and disinfecting will be conducted in high-touch areas, such as phones, keyboards, touch screens, controls, door handles, elevator panels, railings, copy machines, etc.

- Full and part-time staff will conduct hourly cleaning of all high touch areas.
- Team Rooms will be disinfected after each use.
- Activity Room Tables and Chairs will be disinfected after each group.
- Restrooms will be disinfected hourly.
- User groups will be required to use receptacles so staff can be dedicated to disinfection and sanitation.

## Communications and training

This Preparedness Plan was communicated via a zoom meeting to all workers on May 28, 2020, and necessary training was provided. Additional communication and training will be ongoing in-person and writing and provided to all workers who did not receive the initial training. Managers and supervisors are to monitor how effective the program has been implemented by following the State of MN and CDC Guidance and constant communication with user groups. Management and workers are to work through this new program together and update the training as necessary. This Preparedness Plan has been certified by the City of Rogers management and was posted throughout the workplace on June 1, 2020. It will be updated as necessary.

Certified by:



Mike Bauer

Recreation and Facilities Director

City of Rogers

# Appendix A – Guidance for developing a COVID-19 Preparedness Plan

## General

[www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

[www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus)

[www.osha.gov](http://www.osha.gov)

[www.dli.mn.gov](http://www.dli.mn.gov)

<https://www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf>

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

## Handwashing

[www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

<https://youtu.be/d914EnpU4Fo>

## Respiratory etiquette: Cover your cough or sneeze

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

[www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

<https://www.health.state.mn.us/diseases/coronavirus/facecover.html>

[www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](http://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

## Social distancing

[www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)

[www.health.state.mn.us/diseases/coronavirus/businesses.html](http://www.health.state.mn.us/diseases/coronavirus/businesses.html)

## Housekeeping

[www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html](http://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)

[www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

[www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html)

## **Employees exhibiting signs and symptoms of COVID-19**

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

[www.health.state.mn.us/diseases/coronavirus/basics.html](http://www.health.state.mn.us/diseases/coronavirus/basics.html)

<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>

## **Training**

[www.health.state.mn.us/diseases/coronavirus/about.pdf](http://www.health.state.mn.us/diseases/coronavirus/about.pdf)

[www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html)

[www.osha.gov/Publications/OSHA3990.pdf](http://www.osha.gov/Publications/OSHA3990.pdf)

<https://www.skateisi.org/covid-19-pandemic-preparedness-response-plan-for-reopening-ice-facilities/>

[https://cdn4.sportngin.com/attachments/document/d8b1-2158869/Returning\\_to\\_the\\_Rinks\\_05-05-2020\\_1\\_.pdf#\\_ga=2.230202204.1193028114.1588802052-493690253.1588802051](https://cdn4.sportngin.com/attachments/document/d8b1-2158869/Returning_to_the_Rinks_05-05-2020_1_.pdf#_ga=2.230202204.1193028114.1588802052-493690253.1588802051)

Insert Pages:

Hand Washing Page

COVID Rinks Best Practices

Visitor and Employee Health Screening Checklist

Stay Safe MN Plan

MN Sports FAQ



Hands that look clean can still have icky germs!

# Wash Your Hands!



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

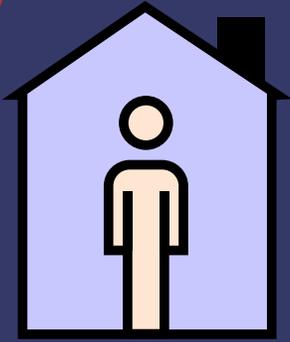


# COVID-19 BEST PRACTICES FOR ICE RINKS

Rogers Activity Center



1)



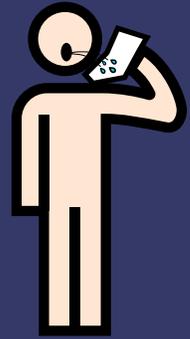
If You are Not Feeling Well, Stay Home

2)



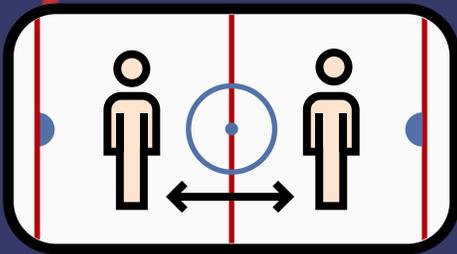
Wash and Sanitize Hands Often

3)



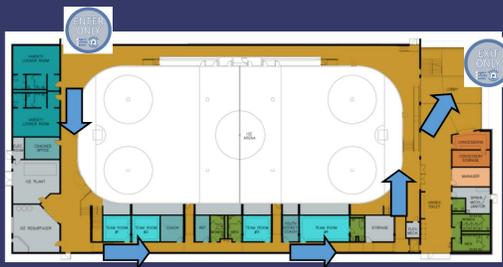
Cover Coughs and Sneezes

4)



Maintain 6' of Physical Distance

5)



Modified and Limited Team Room Access

6)



Handshakes Discouraged

7)



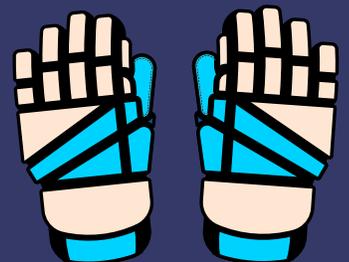
No Spitting or Sharing of Water Bottles

8)



Do Not Gather Before, During or After Ice Times

9)



Keep Gloves on During Ice Times

**CONDUCT HEALTH SCREENING EACH TIME EMPLOYEES OR VISITORS ENTER THE FACILITY.**

You may also opt to conduct temperature screening if it can be done with proper social distancing, protection, and hygiene protocols. However, temperature screening is not required.

If a worker or visitor answers “Yes” to any of the screening questions or has a measured temperature above 100.4°F, they should be advised to go home, stay away from other people, and contact their health care provider.



# Visitor and Employee Health Screening Checklist

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Have you had any of the following symptoms since your last day at work or the last time you were here that you cannot attribute to another health condition?

Please answer “Yes” or “No” to each question. Do you have:

- Fever (100.4°F or higher), or feeling feverish?**
- Chills?**
- A new cough?**
- Shortness of breath?**
- A new sore throat?**
- New muscle aches?**
- New headache?**
- New loss of smell or taste?**

# COVID-19 Sports Guidance for Youth and Adults

This guidance document outlines prevention strategies to reduce the spread of COVID-19 during sports activities. This document is intended for participants all ages, in sports activities organized by entities, associations, clubs, or organizations providing for registration of participants and oversight on a regular basis for a defined period of time.

As required by Executive Orders issued by Governor Tim Walz under the Peacetime Emergency, businesses in this sector must develop and implement COVID-19 Preparedness Plans that address the hazards of COVID-19 transmission at the worksites.

- All businesses (sports facilities, gyms, associations, sports clubs/teams, etc.) are required to develop a program-specific plan. Templates for developing a program-specific plan can be found at [Stay Safe MN website \(staysafe.mn.gov\)](https://staysafe.mn.gov).
- All youth sports programs must also follow the parameters outlined in the following guidance: [COVID-19 Prevention Guidance for Youth, Student, and Child Care Programs \(www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf).
  - “Youth programs” mean programs providing care or enrichment to children or adolescents such as day camps, summer activities, and recreational or educational classes that require registration and have on-site supervision. “Youth programs” does not include licensed child care facilities or school-district summer learning programs.

An organization’s COVID-19 Preparedness Plans must address the requirements listed below as well as consider the outlined recommendations listed in this document.

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## Important Risk Considerations

### Level of Contact in a Sport

Before starting games for any sport, consider the risk associated with that sport in terms of COVID-19 being spread between players.

- The more physical or close contact that occurs the greater risk there is in spreading illness.
- Resources for Risk Categorization of Sports.
  - [National Collegiate Athletic Association \(www.ncaa.org/sport-science-institute/coronavirus-covid-19\)](https://www.ncaa.org/sport-science-institute/coronavirus-covid-19)

- [United States Olympic and Paralympic Committee Coronavirus Updates \(https://www.teamusa.org/Coronavirus\)](https://www.teamusa.org/Coronavirus)  
Under the “Return to Training and Sport Event Planning” tab, select the Sport Event Planning.
- National Federation of State High School Association’s [Guidance for Opening up High School Athletics and Activities \(https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf\)](https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)

## Know Before you Play

There may be an increased risk of COVID-19 when participating in a game or tournament, and COVID-19 activity may be different in different regions of the state, also contributing to a possible increase in risk.

Traveling out of state to participate in sports activities is strongly discouraged. However, if teams are considering traveling to other regions or states for games, they should be aware of COVID-19 activity to inform their decision. See:

- For Minnesota:
  - [MDH Situation Update for COVID-19 \(www.health.state.mn.us/diseases/coronavirus/situation.html\)](http://www.health.state.mn.us/diseases/coronavirus/situation.html),
  - [Governor’s COVID-19 Dashboard \(mn.gov/covid19\)](http://mn.gov/covid19)
- For the broader United States:
  - [Johns Hopkins University of Medicine COVID-19 United States Cases by County \(coronavirus.jhu.edu/us-map\)](https://coronavirus.jhu.edu/us-map)
  - [Center’s Disease Control and Prevention \(CDC\) Cases in the U.S. \(www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html\)](http://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html).

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## Requirements for holding games, scrimmages, and practices

- ✓ Capacity requirements.
  - For youth and adult organized sports, pod sizes for non-game activities (training, practicing) cannot exceed 25 people per pod, either inside and outside. Pod count is composed of players and coaches.
  - Games (played indoors or outdoors) can have the total number of players, coaches, referees, umpires, etc. as needed to hold the game just as long as the total number of people is not exceeding the total number allowed by the venue or facility (check capacity limits).
- ✓ Create protocols that minimize crowding at practices.
  - Friends and family should not attend practices to avoid crowding.

## COVID-19 SPORTS GUIDANCE FOR YOUTH AND ADULTS

- If necessary for spectators to be at practices, ensure that six foot social distancing between households is being adhered to and venue/facility guidance is being followed.
- ✓ Games, scrimmages, or practices in an outdoor public area are subject to the social gathering limit. The current social gathering size limit in outdoor public settings is 25, and applies to activities not being held in a facility or other type of venue. This capacity of 25 includes players, coaches, spectators, etc.
- ✓ Select an appropriate venue for your competition.
  - Consider the size of the team(s) (including players and staff) and whether the limited capacity of the venue (indoor or outdoor) is able to accommodate the team(s)
    - Check the capacity restrictions with the venue
    - Facility and venue guidance is available at [Minnesota Stay Safe Guidance \(https://staysafe.mn.gov/industry-guidance/index.jsp\)](https://staysafe.mn.gov/industry-guidance/index.jsp). Including:
      - [Operational Guidance for Outdoor Recreational Activities \(https://staysafe.mn.gov/industry-guidance/outdoor-recreation.jsp\)](https://staysafe.mn.gov/industry-guidance/outdoor-recreation.jsp)
      - [Guidance for Entertainment Facilities \(https://staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp)
        - [Recreational Entertainment Venues \(https://mn.gov/deed/assets/recreational-entertainment-industry-guidance-acc\\_tcm1045-434886.pdf\)](https://mn.gov/deed/assets/recreational-entertainment-industry-guidance-acc_tcm1045-434886.pdf)
    - A visual guide to capacity limits can be found here: [Minnesota's Stay Safe Plan \(https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp\)](https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp).
- ✓ Adhere to social distancing requirements.
  - Maintain 6 feet between participants when they are not playing (on the bench, in the dugout, on the sideline, etc.).
  - Maintain social distancing of 6 feet from other households during drop off/pick up of players.
- ✓ Follow face covering requirements.
  - As of July 25, 2020, per the Governor's Executive Order, people in Minnesota will be required to wear a face covering in all public indoor spaces and indoor businesses.
    - This Executive Order includes exemptions for people who are unable to wear or tolerate a face covering due to medical or other reasons. There are also situations in which a face covering may be temporarily removed or where face coverings are not required. For example, a person may temporarily remove their face covering when participating as an athlete in an organized sport in an indoor business or public indoor space while the level of exertion makes it difficult to wear a face covering.
    - Face coverings are strongly encouraged, but not required, when participating as an athlete in an indoor or outdoor organized sport, to the extent possible when social distancing is not being maintained.

More information about face covering requirements and exemptions is available on the MDH website at [Masks and face coverings](https://www.health.state.mn.us/diseases/coronavirus/prevention.html#masks) (<https://www.health.state.mn.us/diseases/coronavirus/prevention.html#masks>).

- Additional information is also provided at these web pages: [Face Covering Requirements and Recommendations under Executive Order 20-81](https://www.health.state.mn.us/diseases/coronavirus/facecover.html) (<https://www.health.state.mn.us/diseases/coronavirus/facecover.html>) and [Frequently Asked Questions About the Requirement to Wear Face Coverings](https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html) (<https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html>).
- ✓ Create protocols to maintain health checks and screening of participants and staff/volunteers.
  - Any staff, volunteers, or participants who are sick must stay home.
  - Have policies in place outlining the process for those who become sick while participating in a sport.
  - Be aware that persons can get a positive COVID-19 test even if they do not have symptoms.
- ✓ Identify a plan administrator for your organization's COVID-19 plan.
  - Communicate your COVID-19 plan with to officials, umpires, and trainers.
  - This should include expectations around screening, face coverings, and other prevention efforts.
  - Plan templates are available at [Stay Safe Guidance for All Business Entities](https://staysafe.mn.gov/industry-guidance/all-businesses.jsp) (<https://staysafe.mn.gov/industry-guidance/all-businesses.jsp>).
- ✓ Create protocols that are considerate of coaches, staff, players, volunteers, and participants at highest risk of complications from COVID-19.
  - [People Who Are at Increased Risk for Severe Illness](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html) ([www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html))
  - [Executive Order 20-55, Protecting the Rights and Health of At Risk Populations during the COVID-19 Peacetime Emergency \(PDF\)](https://www.leg.state.mn.us/archive/execorders/20-55.pdf) ([www.leg.state.mn.us/archive/execorders/20-55.pdf](https://www.leg.state.mn.us/archive/execorders/20-55.pdf))

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## Recommendations for returning to play

- ✓ While this guidance is directed at resuming games, scrimmages, and practices, MDH recommends a phased approach for returning to games. For example, consider the following for implementing a phased approach: MDH recommends the following strategy and example as a way to phase into competition:
  - Begin with intra-team scrimmages as part of practice.
  - Two weeks later, focus on playing teams in your local community, local club, or local organization.
  - After another two weeks, consider expanding to teams beyond your local community, but consider COVID-19 case activity level and risk in those communities when making travel decisions.

- ✓ Before returning to play, refer to your national sports association or conference guidance on how to return to play, or general national and state guidance on how to re-open sports safely. See links to various associations listed in the sport-specific resources for return to play section' at the end of this document.
- ✓ Consider whether contact in the sport can be modified. For example, can contact be reduced among players during practice, and even during games in order to limit close contact?
- ✓ Consider whether practices/games can occur outside, as in general, being outside reduces the risk of COVID-19 transmission.
- ✓ Minimize sharing of objects.
  - Do not share individual water bottles, community snacks, or towels.
  - Encourage use of dedicated personal equipment such as bats, mitts, rackets, etc.

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## If a member of your team or organization has COVID-19

- ✓ If a case of COVID-19 is reported to you, notify MDH by email at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us). MDH will be available to answer any questions you have and can provide guidance. MDH also has template notification letters for close contacts or others on the team who may have questions about their risk of COVID-19.
- ✓ MDH/LPH 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 (the infectious period starts 2 days before symptom onset, or 2 days before the case was tested, if they had no symptoms).
  - Exposed persons (close contacts) will need to quarantine for 14 days from the last contact with the COVID-19 case.
  - If necessary, MDH may contact your organization for information on close contacts.
  - It is important to keep rosters of who was at practices and games each day so we can do contact tracing quickly. For more information on how we do contact tracing, see [Tracing COVID-19 \(https://www.health.state.mn.us/diseases/coronavirus/tracing.html\)](https://www.health.state.mn.us/diseases/coronavirus/tracing.html).
  - You can find more information on what contacts need to do at [What To Do if You Have Had Close Contact With a Person With COVID-19 \(https://www.health.state.mn.us/diseases/coronavirus/contact.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/contact.pdf).
  - Individuals who are sick with COVID-19 will need to stay out for a period of time. You can find most up to date information on these recommendations at [If You Are Sick \(https://www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html).
- ✓ In general, you do not need to cancel practice or games once you hear of a case. If such steps are needed, MDH/LPH will reach out to you and work with you to determine next steps.

- ✓ If you know you have a case but haven't heard from MDH or LPH and you still have concerns or need notification resources, please email us at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us).

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## Plans for modifying play

Be prepared to have plans in place to modify your play should there be:

- A cluster of infections occur on your team, causing you not to have enough players to continue practices and games.
- Changes to public health official guidelines regarding group gatherings or sports activities.

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## Guidance development

- This document was developed in collaboration with stakeholders in Minnesota – in particular, the Minnesota Amateur Sports Commission and the Higher Education Athletic Task Force.
- The Minnesota Department of Education continues to partner with the Minnesota State High School League in providing guidance to member schools regarding participation in athletics and activities. School-based activities and athletics are important to our students' educational experience and more specific guidance will be provided in alignment with the three educational scenarios described in the [2020-2021 Planning Guide for Schools: Health Considerations for Navigating COVID-19 \(PDF\)](http://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf) ([www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf](http://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf)). This document provides parameters for schools to use in their planning for possible reopening in fall 2020-2021.

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## Future guidance

- We will continue to monitor the trends of COVID-19 and continue to dial up or dial back as needed.
- MDH will pay close attention to transmission trends in sports and refine guidance and response recommendations as needed to help prevent the spread of COVID-19.

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## Sport-specific resources for return to play

**Note MDH is not promoting any resources but is including links here for your reference.**

- CDC guidance has considerations for youth sports. These principles can be applied to all ages: [Considerations for Youth Sports \(www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html\)](http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)
- Strategies provided by the [National Collegiate Athletics Association: Core Principles of Resocialization of Collegiate Sport \(www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport\)](http://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport)
- Guidance and support at the [Minnesota Amateur Sports Commission \(www.mnsports.org/\)](http://www.mnsports.org/)

- [USA Wrestling COVID-19 Update \(www.teamusa.org/USA-Wrestling/Features/2020/March/14/COVID-19-Special-Section\)](http://www.teamusa.org/USA-Wrestling/Features/2020/March/14/COVID-19-Special-Section)
- [USA Wrestling's Return to the Mat Guidelines \(PDF\) \(content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf\)](http://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf) [USA Hockey Player Safety & Health \(www.usahockey.com/playersafety\)](http://www.usahockey.com/playersafety)
- [Minnesota Ice Arena Managers Association COVID-19 Reference Page \(miami.org/members/covid-19-reference-page/\)](http://miami.org/members/covid-19-reference-page/)
- [US Lacrosse: Return-to-Play Recommendations for Lacrosse \(PDF\) \(www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf\)](http://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf)
- [USATF Coronavirus 2019 \(COVID-19\) Information Page \(www.usatf.org/covid19\)](http://www.usatf.org/covid19)
- [USA Volleyball Return to Play Guidelines \(www.teamusa.org/usa-volleyball/features/-/media/A455B89BE0094BDC96EFEC89BFD324D6.ashx\)](http://www.teamusa.org/usa-volleyball/features/-/media/A455B89BE0094BDC96EFEC89BFD324D6.ashx)
- [USA Ultimate Return to Play Guidance \(PDF\) \(www.usultimate.org/assets/1/Page/ReturnToPlayGuidance-June2020.pdf\)](http://www.usultimate.org/assets/1/Page/ReturnToPlayGuidance-June2020.pdf)
- [USA Swimming Coronavirus Resources \(www.usaswimming.org/utility/landing-pages/coronavirus\)](http://www.usaswimming.org/utility/landing-pages/coronavirus)
- [USTA Tennis Playing Tennis Safely \(www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html\)](http://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html)
- [USA Soccer Recommendations Guides \(www.ussoccer.com/playon/guides/phase-1-grassroots\)](http://www.ussoccer.com/playon/guides/phase-1-grassroots)
- [USGA Guidance in Applying Golf's Rules and Posting Scores \(www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html\)](http://www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html)
- [Minnesota Softball COVID-19 Guidelines/Resources Page \(https://fastpitch.mnsoftball.com/covid19\)](https://fastpitch.mnsoftball.com/covid19)



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07/22/2020

# Frequently Asked Questions: Updated COVID-19 Guidance for Youth and Adult Sports

## Can kids play sports?

Yes, however we strongly encourage youth sports to adhere to safety requirements and follow recommendations as closely as possible. This guidance was developed by public health experts to protect the health of our children and communities, and to continue to slow the spread of COVID-19.

Organized youth sports opened on June 1 for teams to focus on individual development in smaller group settings. Games and scrimmages resumed June 24 or later for outdoor games, and July 1 or later for indoor games. The Minnesota Department of Health (MDH) recommends a slower phasing-in for games to allow additional time to phase back into full participation.

## Can adults play sports?

While not recommended, adult sports have been able to have games since June 10. MDH recommended waiting until at least June 24 for the resumption of outdoor adult sports and at least July 1 for the resumption of indoor adult sports.

## What are the rules for spectators?

Spectator capacity is determined by the applicable gathering and venue capacity limits. Spectators should maintain at least 6 feet of physical distance from members of other households.

As of July 25, 2020, people in Minnesota are required to wear a face covering in all public indoor spaces and businesses, per Executive Order 20-81. Additionally, workers are required to wear face coverings when working outdoors in situations where social distancing cannot be maintained. Face coverings are also recommended for outdoor settings when keeping 6 feet of distance is difficult—even if face coverings aren't otherwise required. The Executive Order includes exemptions for people who are unable to wear or tolerate a face covering due to a medical or mental health condition or other reason. The Executive Order also identifies situations in which a face covering may be temporarily removed.

Businesses and venues may choose to have more protective requirements than those in the Executive Order.

More information about face covering requirements and exemptions is available on the MDH website at [Masks and Face Coverings \(www.health.state.mn.us/diseases/coronavirus/prevention.html#masks\)](https://www.health.state.mn.us/diseases/coronavirus/prevention.html#masks).

You can also visit [Face Covering Requirements and Recommendations under Executive Order 20-81 \(www.health.state.mn.us/diseases/coronavirus/facecover.html\)](https://www.health.state.mn.us/diseases/coronavirus/facecover.html) and [Frequently Asked Questions About the Requirement to Wear Face Coverings \(www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html\)](https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html)

## **Are professional sports allowed?**

Professional sports are considered workplace settings and are subject to different guidance.

## **Can we travel to other states for games and tournaments?**

While not prohibited, it is recommended to play locally to reduce the risk of geographic spread.

## **Will high school sports be allowed to return this summer and fall?**

While allowed per the MDH guidance, high school sports also fall under the guidance and direction of the Minnesota High School League.

## **Are the number of participants at a practice limited?**

There is a pod size limit of 25 people for practice settings, both inside and outside. Different athletic settings allow for multiple pods per setting. Minimize intermixing between pods.

## **How can we stay healthy when playing sports?**

- Ensure policies are considerate of staff, volunteers, and participants at highest risk of complications from COVID-19.
- Adhere to social distancing recommendations.
- Players, staff, and spectators must wear face coverings when required by Executive Order 20-81 (see resources above) and should wear face coverings whenever possible—even when not required.
- Conduct health checks and screening of participants and staff/volunteers.
- Stay home if you are sick!

## **What role do associations, organizations, and leagues have to help us play safely?**

Many associations have sport-specific recommendations. These associations have the best expertise that is specific to a given activity and continue to evolve their respective guidelines and policies.

## **What happens if there is a sports-specific outbreak?**

It is possible that specific sports or leagues would have to discontinue playing until they can resume in a safe manner.

## **What will happen if my child or I have exposure to a player, coach, or staff member with COVID-19?**

When a case of COVID-19 is reported to MDH, an interview is conducted to determine who that person was in close contact with while infectious. The people who were exposed will be called by health officials to discuss their exposure. A 14-day quarantine period may be recommended.

## **To whom does this guidance apply?**

This guidance applies to all participants (athletes, coaches, staff, and volunteers) involved in organized youth and adult sports.



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