

Minnetonka High School Activities -Covid-19 Plan 2020-21

During this COVID-19 Pandemic, we need to re-evaluate how we function day-to-day in the Activities environment. Our number one priority is to maintain a safe environment for athletes, students, staff and coaches, while still being able to run our programs. All instructors, coaches, and participants should know the information outlined below.

- Updated 6/21/20 Minnetonka Public Schools based its summer contact requirements from Minnesota Department of Health document, Guidance for Social Distancing in Youth Sports: <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>
- Monitoring of student signs and symptoms will be the participants responsibility. No participant who shows signs or symptoms should attend ISD 276 facilities. This responsibility is on the parents/guardians/participants but staff must be aware. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Social distancing guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- Stay Safe Minnesota: <https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp>

Sanitation Kits

We will take all the standard precautions as students enter or exit

1. Hand sanitizer pumps
2. Infrared Thermometer
3. Sanitizer spray to wipe down all equipment
4. Rubber gloves/masks for use as needed

All students should sanitize prior to entering and leaving the activity. Coaches/trainers should spray down all shared equipment. Let it soak for five minutes, then wipe. All participants, coaches are reminded to wash hands prior to and after training or usage.

User Group Instructions

User groups are responsible for communicating and implementing this information and implementing safe social distancing practices during their times using district facilities.

Mask Mandate (updated 7/26/20):

School Board Mask Policy 8/20/20: [Link to Policy 810 "School Board Policy](#)

Mask Indoor athletic rules: Starting on Monday July 27th masks must be worn by all STUDENTS and staff at all times in the building. We require all students to wear masks at all times until their breathing becomes elevated. Students can remove masks when breathing

becomes challenged when exercising, practicing, competing or participating in swimming, singing, or playing musical instruments (or like activities). Students will need a mask to enter/be in the building, no mask = no entry. Coaches are still required to wear a mask at all times, exception could include coaching or lecturing from a safe social distance.

Mask Outdoor athletic rules: We continue to ask coaches to wear masks outdoors if they are within six feet of anyone. Students masks are optional.

Suggested Mask Use for all Athletes/Students (indoor/outdoor): Also if masks are worn more often it will keep Pods/groups from being exposed and allow for more flexibility in keeping the groups open.

- Students should always have a mask or face covering available, as to not hinder their athletic performance but as to have it available to use
- Anytime a student is on the sideline, in a group, or receiving instruction from a coach we recommend that they wear a mask
- The more staff and students wear masks the more exposure is reduced, that is our goal

Executive Order 20-81 : https://mn.gov/governor/assets/EO%2020-81%20Final_tcm1055-441107.pdf

Temperature Checks (updated 7/10/20)

- Any person who person who participates in athletics/activities at MHS
- 100 degrees Fahrenheit and 37.778 degrees Celsius or higher may not enter
 - If someone is higher (follow protocols in below “isolation/sick section”)

Standard Precautions

- Participants, employees, and all individuals that are feeling sick and/or experience any symptoms should not report to school campuses. Stay home when you are sick. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze
- Clean and disinfect frequently touched objects and surfaces
- Be mindful of others - 6 Ft Physical Distance
- Athletes should shower and wash clothes immediately after workouts
- Workout in “Pods” of 10-25 (same participants always together)
- Avoid switching groups
- Use the bathroom before and after event, not ‘at’ event

Pre/Post workout guidelines

- Come dressed, space out six feet
- Bring own water bottle, no sharing
- Do not arrive early, no loitering
- Leave immediately after event, no hanging out/loitering
- All other building access is prohibited minus the site of the activities (gyms)
- Proper entrances and exits will be established by staff (they should be separate- enter one set of doors leave another)

- Girls will park in parking lot, not down at the track. They will enter and exit from behind the home bleachers, coming down the hill by the Pagel Center.
- All students should practice enhanced hygiene practices
- Sanitize/wash hands prior to and after workouts (20 seconds or greater)
- Will wear a mask while stretching and during team meetings. Will not wear a mask while running, but must have one with them.

General Daily Routines

- Parents/Athletes must stay home if they have signs of Covid 19
- Athletes will wash hands and sanitize before each session
- Athletes will sanitize equipment periodically throughout workout
- When transitioning groups, all equipment will be sanitized
- All weight room equipment should be sanitized after each user
- At the beginning of the day and at the end, the equipment AND facility will be sanitized

If Someone Becomes Sick

- We will follow MDH Protocols through our Activities Office (Ted Schultz)

If Sick Isolation Rules

- **Please review these guidelines for MDH:** <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>
- **Participants** who have been ill with fever, respiratory illness or nausea/vomiting/diarrhea cannot return to programming until the following criteria (MDH) are met (whichever one is longer):
 - 10 days from the start of symptoms
 - 1 days with no fever (without the use of fever reducing medicine) AND improvement of respiratory symptoms.
- **Siblings of participants** who are ill but not exhibiting symptoms cannot return to programming until 14 days after their sibling was sent home in order to ensure no symptoms develop. (MDH Guidelines)
- **Staff member working** at our program has a lab-confirmed case of COVID-19, we will follow MDH's recommendations regarding closure, which is done on a case-by-case basis. In general, closing recommendations would be between 2-5 days and a deep cleaning will occur.