



PL ACTIVITIES SAFETY PROCEDURES

Students and Coaches/Advisers at home

- Check temperature and determine if a fever, cough, shortness of breath or other [symptoms](#) are present. Run through the MDH [Screening Checklist](#) – you will be asked these questions as you arrive
- DO NOT attend if:
 - You are not feeling well or are demonstrating any symptoms
 - You have been tested and are awaiting results
 - [MDH Guidelines on what to do if you are awaiting test results](#)
 - You have had close contact with an individual who has tested positive for COVID-19 in the last 14 days – close contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness/positive test result. [CDC Guidance for Community-Related Exposure](#).
- Check your bag for: water bottle (no sharing allowed) & hand sanitizer, MASK
- Dress for practice and come ready to go. (No locker rooms, exception Wrestling/Swim)
- Coaches are required to wear a mask plus use one other mitigation strategy during all indoor practices. Choices are wearing faceshield plus a mask, wearing two masks, or wearing a mask plus keeping 6 ft. distance from others.

UPON ARRIVAL

- Students MUST wear a mask as they arrive to practice
- Students must sanitize hands upon arrival
- Proceed to check-in location – remain socially distant from others as you arrive
- A coach will check you in & ask you to answer “yes” to self health screening questions
- Students will be assigned to a practice pod
- Socially distance within your pod while all players get checked in
- Masks on covering mouth and nose at all times

UPDATED MDH guidelines 12/16/2020:

Consistent with Executive Order 20-103, face coverings must be worn at all times during indoor physical activity (e.g. when exercising in a gym, fitness center, or during recess), regardless of the level of physical exertion. **Previous guidance allowing face coverings to be removed during high exertion activities is no longer applicable.**

WHILE PARTICIPATING

- Refrain from unnecessary contact while practice/playing
- Coaches/students must wear a mask at all times during practice.
- Limit handling of shared equipment whenever possible
- Players, managers & coaches only at practice
- Stay in your pod at all times
- Socially distance while on the sidelines or when not playing

AFTER PLAY/DEPARTURE

- Use hand sanitizer as you prepare to leave
- Wear your mask until you are to your car
- Do not car-pool with anyone who isn't in your pod
- Players should exit the facility the same way they arrived; do not congregate in groups in hallway, locker room or in the parking lot & do not interact with other groups
- Parents picking up should remain in vehicles

COACH/ADVISERS PROCEDURES

- Coaches & Advisers must wear masks that cover nose & mouth
- Coaches & Advisers will disinfect shared equipment before & after use

COMMUNICATION/REPORTING

- If a player is not attending a practice, please let the coach know –
- **Reporting of a positive COVID test:**

* Any player(s) who test positive should notify the Coach immediately – coach will report case to the AD who will notify the District COVID-19 Coordinator, who will take over communication and help with safety procedures.

- The group will be contacted – player will not be identified in communication.
- Follow guidelines based on positive test results or close contact with individuals w/positive test results.
- [What to Do if You Have Had Close Contact with a Person With COVID-19](#) (MDH)
- [What To Do if You Have COVID-19](#) (MDH)

FINAL NOTES

- Review the [MDH Suggestions and How to Protect Yourself and Others](#)
- Please follow all health and safety recommendations provided by MDH & your health care providers
- DO YOUR PART TO HELP
 - * Limit exposure to other groups (other pods, sport groups, and more)
 - * Wash hands, wear masks, remain socially distant, & make good decisions
 - * Limit social interactions outside your pod/team