

COVID-19 Preparedness Plan for MN RISE BASKETBALL

MN RISE BASKETBALL is committed to providing a safe and healthy sports activity for all our players, coaches, referees, parents and spectators. To ensure we have a safe and healthy sporting activity, MN RISE BASKETBALL has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Players, Coaches, Parents and Volunteers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 to our players, coaches, and communities, which requires full cooperation among our players, coaches, referees, parents and volunteers. Only through this cooperative effort can we establish and maintain the safety and health of all persons during and after our sporting events.

The COVID-19 Preparedness Plan is administered by Kory Kettner, who maintains the overall authority and responsibility for the plan. However, players, coaches, parents and workers are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. MN RISE coaches and staff have our full support in enforcing the provisions of this plan.

Our players are our most important assets. MN RISE BASKETBALL is serious about safety and health and protecting its players. Player and coach involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan.

MN RISE BASKETBALL COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- ensuring sick players and coaches stay home and prompt identification and isolation of sick persons;
- social distancing – players, coaches, spectators must be at least six-feet apart;
- Players and coaches must sanitize equipment before using and immediately after practices/games
- Players, coaches & spectators must

wear masks when entering and leaving the building. Spectators must wear masks at all times.

- arena building and ventilation protocol;
- Spectators are not allowed at practices.

MN RISE BASKETBALL has reviewed and incorporated the industry guidance applicable to our business provided by the state of Minnesota for the development of this plan, including the following industry guidance Sporting Event.

Ensure sick players, coaches, parents, referees, volunteers stay home and prompt identification and isolation of sick persons

Parents 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 prior to entering the facility and for players, coaches to report when they are sick or experiencing symptoms. A self-health screen will be conducted prior to entering the facility. They will check their temperature and be asked to stay home and contact their health provider if they answer yes to any of the following: Fever of 100.4+ or feeling feverish? Chills? A new cough? Shortness of breath? A new sore throat? New muscle aches (not associated with practice or game activity)? New headache? New loss of smell or taste? OR If they think they are sick. .

MN RISE BASKETBALL has also implemented a policy for informing players and coaches if they have been exposed to a person with COVID-19 requiring them to quarantine for the required amount of time. Coaches and Parents of players will be notified being sure to protect the identity of the affected player, coach, or other. Team members will be asked to self-monitor condition and seek proper medical attention when needed. The team members will also be asked to self-quarantine for 14 days. This will involve cancelation of all practices and game for the affected team.

Social distancing

Courts must be used in "pods." A pod is defined as 25 people per pod; one pod is allowed on the court (including participants and coaches).

For camps/practices, no spectators are allowed.

For games/scrimmages, spectators must remain 6' apart and must wear a mask at all times.

All of this may change as executive orders and guidelines are updated

Hygiene and source controls

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. Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) will be available so they can be used for hand hygiene in place of soap and water

Players, coaches, referees, parents, 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, particularly their mouth, nose and eyes, with their hands. Players, coaches, referees, parents, and volunteers are expected to dispose of tissues in provided trash receptacles 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 other persons entering the workplace.

Workplace building and ventilation protocol

Operation of the building in which the workplace is located, includes necessary sanitation, assessment and maintenance of building systems, including water, plumbing, electrical, and heating, ventilation and air conditioning (HVAC) systems. To eliminate touching of surfaces, interior doors will be propped open, when possible.

Workplace cleaning and disinfection protocol

Sanitizing of the facility and high-touch areas will be performed daily and will be posted in visible areas.

Staff Cleaning & Disinfecting will be performed using CDC Approved Chemicals and protocols.

Drop-off, pick-up and delivery practices and protocol

Everyone must come to the facility fully dressed. Shoes may be put on in the gym. NO locker rooms will be provided

Players and coaches may not enter facilities unless directed by MN RISE STAFF.

Exit facilities immediately after practice/games.

Exit facilities as directed by staff.

Bring all your own equipment; no basketballs or other equipment will be available.

All other areas are off limits, including coach's room, team rooms, showers, vending area, etc.

Communications and training practices and protocol

This COVID-19 Preparedness Plan will be communicated to all players, coaches and parents at time of registration. This will also be available on the MN Rise website.

Certified
by:

Kory Kettner 8/10/2020

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

Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) – www.cdc.gov/coronavirus/2019-nCoV

Minnesota Department of Health (MDH): Coronavirus – www.health.state.mn.us/diseases/coronavirus

State of Minnesota: COVID-19 response – <https://mn.gov/covid19>

Business

CDC: Resources for businesses and employers –
www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

CDC: General business frequently asked questions –
www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html

CDC: Building/business ventilation –
www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

MDH: Businesses and employers: COVID-19 –
www.health.state.mn.us/diseases/coronavirus/businesses.html

MDH: Health screening checklist –
www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: Materials for businesses and employers –
www.health.state.mn.us/diseases/coronavirus/materials

Minnesota Department of Employment and Economic Development (DEED): COVID-19 information and resources – <https://mn.gov/deed/newscenter/covid/>

Minnesota Department of Labor and Industry (DLI): Updates related to COVID-19 –
www.dli.mn.gov/updates

Federal OSHA –
www.osha.gov

Handwashing

MDH: Handwashing video translated into multiple languages –
www.youtube.com/watch?v=LdQuPGVcceg

Respiratory etiquette: Cover your cough or sneeze

CDC:
www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

CDC:

www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

MDH:

www.health.state.mn.us/diseases/coronavirus/prevention.html

Social distancing

CDC:

www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.htm
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MDH:

www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

CDC:

www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

CDC:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

CDC:

www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Environmental Protection Agency (EPA):

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Employees exhibiting signs and symptoms of COVID-19

CDC:

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

MDH:

www.health.state.mn.us/diseases/coronavirus/basics.html

MDH:

www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH:

www.health.state.mn.us/diseases/coronavirus/returntowork.pdf

State of Minnesota:

<https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

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CDC:

www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html

Federal OSHA:

www.osha.gov/Publications/OSHA3990.pdf

MDH:

www.health.state.mn.us/diseases/coronavirus/about.pdf