

## St. Joseph School 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.

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.
- 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
- “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 childcare
- facilities or school-district summer learning programs.

### 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.

### Capacity requirements

- For St. Joseph School sports, pod sizes for non-game activities (training, practicing) cannot exceed 25 people per pod, either inside or outside. Pod count is composed of players and coaches.
- Only 1 Parent/Guardian/Family Member per player is allowed at scrimmage or game and they must remain in the spectator viewing area and adhere to current social distancing guidelines. See attached map for spectator viewing areas.
- Only named players and coaches are allowed on the field and in the designated bench areas.
- Only coaches and players are allowed on the practice field. Parents/Guardians must remain in the parking lot to pick up or drop off their child, adhering to current social distancing guidelines.
- St. Joseph School will follow all policies and procedures in place by the host school and/or facility. Games, scrimmages, or practices in an outdoor public area are subject to the social gathering limit.

## Participant and Health requirements

- Adhere to current social distancing requirements.
- Adhere to policies and procedures in place by leagues and participating schools.
- 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. Participants will wear face coverings to the practice/game field, on the sidelines during games, and from the practice/game field. 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. Players and coaches must wear masks to practice, players will wear on the sideline during games, and after games. Facemasks are recommended for all spectators.
- Participants and their family will follow the St. Joseph School CoVid-19 checklist for participation on days of events.
- Participants must provide their own water bottle that is labeled.
- Participants are encouraged to provide their own ball for practice. Player equipment bags must be kept 6 feet away from other bags and equipment.
- There will be no snacks before/during/after games or practices.

This document defines the two distinct areas for each field:

1. Bench Area – only coaches and players are allowed
2. Spectator Area – this is the only place that spectators are allowed on the fields

## Soccer



Spectator Viewing Area – defined in blue above. It runs from the penalty box line on one side and behind the goal to the penalty box line on the other side.

Bench Area – defined in green above. Players and coaches only. It runs from penalty box line to penalty box line on the same side of the field.

## St. Joseph School COVID-19 Self-Screening Morning Checklist

- Does your child have a new onset cough or shortness of breath by themselves OR at least two of the following?
  - **A Fever (temperature 100.4°F or higher) without having taken any fever-reducing medications**
  - **A Loss of Smell or Taste**
  - **Congestion**
  - **Muscle Aches**
  - **A Sore Throat**
  - **Chills**
  - **Gastrointestinal symptoms such as nausea/vomiting, diarrhea**
- Does your child have a new onset of any symptom listed above (for example, new loss of smell only) with no other diagnosis to explain it?
- Has your child, or anyone you have been in close contact with, been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?
- Has your child been asked to self-isolate or quarantine by a medical professional or a local public health official?

**If you reply YES to any of the questions in the checklist, stay home, follow the school procedures for calling in your sick child, and contact your healthcare provider.**

## When to Return to School after COVID-19

Saint Joseph School will follow the CDC's guidelines for returning to school following COVID-19:

**\*Scenario #1:** If a student has or likely has COVID-19 and is showing symptoms, they should not return to school until:

1 day with no fever and

Respiratory symptoms have improved (e.g. cough, shortness of breath) **and**

10 days have passed since symptoms first appeared

**\*Scenario #2:** If a student tested positive for COVID-19 but is NOT showing symptoms, they may not return to school until:

10 days have passed since positive test

**\*Scenario #3:** If a student starts showing symptoms after receiving a positive test result, they should then follow the guidelines for Scenario #1

**\*Scenario #4:** If a student has been in close contact with someone with COVID-19 (within 6 feet of him/her for at least 15 minutes, had direct physical contact, shared eating or drinking utensils with, or came into contact with respiratory droplets) the student should stay home for 14 days **after exposure** and will be directed to contact their child's primary healthcare provider.