

(last updated 6/7/2020)

## COVID-19 Preparedness Plan for BPAA Football

**Brooklyn Park Athletic Association (BPAA) Football** is committed to providing a safe and healthy environment for all our players, coaches, parents, guardians, and spectators. To ensure we have as safe and healthy workplace, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Coaches, players and parents are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our fields and communities, and that requires full cooperation among our coaches, players and parents. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our association.

Coaches, players and parents are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. **BPAA Football** coaches, players and parents have our full support in enforcing the provisions of this policy and we encourage our coaches, players and parents to ask questions, raise safety and health concerns and offer suggestions related to the plan and its implementation.

Our families and players are our most important assets. We are serious about safety and health and keeping everyone safe at **BPAA Football**. Involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our board members along with our coaches/players in this process by **coaches/players to send their feedback to association board members or [bjackson@bpaasports.org](mailto:bjackson@bpaasports.org) email. All questions or concerns will be answered directly, shared with the broader group, or integrated within the plan.** Our COVID-19 Preparedness Plan follows State of Minnesota Industry Guidance for our business, Centers for Disease Control and Prevention (CDC) Guidelines, federal Occupational Safety and Health Administration (OSHA) standards related to safety and health precautions required in response to COVID-19 and applicable executive orders. The plan addresses the following:

1. hygiene and respiratory etiquette;
2. engineering and administrative controls for social distancing;
3. coach/player hygiene and source controls;
4. drop-off, pick-up and delivery practices and protocols; and
5. communications, training and supervision practices and protocols.

### **1. Policies and procedures that assist in the identification of sick coaches/players and ensure sick coaches/players stay home**

Coaches/Players 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 coaches/players health status prior to entering the field and for coaches/players to report when they are sick or experiencing symptoms. Employees may also use the CDC Symptom Checker for advice on when to seek

medical attention or testing if they feel they may have the disease. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

**BPAA Football** has also implemented a policy for informing coaches/players if they have been exposed to a person with COVID-19 at practice/game and requiring them to quarantine for the required amount of time. **If a coach/player has been exposed we would notify the team immediately. Practices and games for players/coaches/team would be canceled until the 14-day CDC guideline has been reached.**

## 2. Social distancing – maintaining six feet of physical distancing

Social distancing of six feet will be implemented and maintained between players on the field through the following engineering and administrative protocols:

### Phase 2 (practices):

- Social distance at 6 feet as much as possible
- 2 Pods of 10 people or less will be allowed per field
- Each pod will meet in a separate area
- Each pod would use own set of footballs
- Pods would not be mixed during practice and encourage same pods each practice
- Football gloves to be worn if a football is shared
- Footballs disinfected when used by different player

## 3. Coach/Player hygiene and source controls

Coach/player hygiene and source controls are being implemented at all times.

- Stay home if you are feeling sick
- Stay home if a family member or someone in your home is sick. Wash hands often with soap and water for at least 20 seconds; if soap and water not readily available, use a hand sanitizer containing at least 60% alcohol.
- Avoid touching eyes, nose, and mouth with unwashed hands
- Cough/sneeze into your elbow
- No player to player or coach to player contact (Ex. No high fives, no sharing water bottles)

## **4. Drop-off, pick-up and delivery practices and protocols**

**Phase 2 (practices)** – Parents may drop off player and if are not part of the 2 practice pods may view the practice from beyond the outfield fence or in car. Only coaches/pod helpers and players are allowed on the field. A pod maximum is 10 players/coaches and 2 pods are allowed per field.

## **5. Communications, training and supervision practices and protocols**

This COVID-19 Preparedness Plan was communicated **via email** to all coaches, players and parents on 6/7/2020 and necessary training was provided. Coaches, players and parents are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been certified by **BPA Football** and was on its website on 6/7/2020. It will be updated as necessary.