

## **G TEAM 2020 SEASON COVID-19 PREPAREDNESS PLAN**

Since G Team was formed, we have always sought a balance in our policies where team member and coach safety are paramount and where our members are able to enjoy the sport and pastime we love so much. The same safety-first principles which guide our practices will guide us as we navigate COVID-19.

As long as we are compliant with state and local regulations as well as all guidelines from the Centers for Disease Control and Prevention (CDC) and implement best practices developed by G Team Leadership Team's Safe-To-Skate Task Force, we intend to hold G Team practices this season. Obviously, this is a fluid situation and the schedule and protocols may be subject to change. We will keep you updated as the season progresses via email.

At G Team, we have a designated COVID-19 Coordinator, Jessica Zalusky, who will ensure G Team and all are in compliance and following all the directives.

In response to the new health risks created by gatherings of multiple people, G Team will implement new precautions to mitigate the potential transmission of COVID-19. G Team practices are unique, so please read carefully. There may be guidelines that extend beyond what you may think of as common-sense behaviors.

For all practices, it is important that team members and coaches assess themselves for symptoms regularly and go home right away if ill or exhibiting any symptoms. Coaches will closely monitor team members and others in the immediate area. The main symptoms noted by the CDC include: Fever, Cough and Shortness of breath. Please go to the CDC [website](#) for the latest information.

All team members and coaches should practice careful and frequent hand hygiene, not touch their faces with unwashed hands, and cover your mouth when needing to cough.

In addition to these basics, G Team is implementing the following procedures:

- Team members and coaches may not attend a G Team practice if they have had any of the CDC listed COVID-19 symptoms or tested positive for COVID-19 within the past 14 days. Additionally, if you should test positive within 14 days of attending a G Team practice, we respectfully request you or your assigned health professional contact us. This will allow us to support contact tracing efforts and communication while maintaining patient privacy. (reference Principles of Contact Tracing on CDC.gov)
- Team members and coaches may need to have their temperatures taken upon entry to ensure no one has a temperature above 100.4 degrees F and to report anyone who does have an elevated temperature.
- All attendees will be required to sign a waiver of liability and COVID-19 waiver practice begins.

- Parents/guardians will not be allowed inside the skating area and will be greeted at the entrance by a coach. Please follow social distancing guidelines and visual guidelines, if present, when waiting outside at pick up/drop-off. A coach will be signing your child in and out of the program each day and will conduct a health screening recommended by the MDH. It will include the following:

- Upon arrival at the site, you will be greeted by a coach who will take your children's temperature. Children who have a fever of 100.4F or above or other signs of illness (flushed cheeks, rapid breathing, or difficulty breathing without physical activity, fatigue, or extreme fussiness) will not be allowed to enter the training area.
- The following questions will be asked before your child will be allowed to enter:
  1. Has your child exhibited signs of illness (cough, fever, shortness of breath, etc.) or been in contact with anyone exhibiting signs of illness in the last 72 hours?
  2. Has your child traveled out of the country in the last 2 weeks?
  3. Has your child been in close contact with anyone diagnosed with COVID-19?

- No on-site registration. All participants must be pre-registered.

- Contact-less check-in of participants will be implemented. No pens and paperwork will be passed from staff members to participants.

- Maintain "social distancing" at all times in all places. The CDC recommends a minimum of 6 feet between yourself and other persons.

- Our Coaching Team have planned how to best deal with incidents and injuries, as well as how to isolate and evaluate any individual who exhibits COVID-19 symptoms while at the event.

- At no time or place (indoors or outdoors) may more than nine people gather.

- Team Members are required to provide all of their own personal gear. Loaning, borrowing or sharing gear with others is NOT allowed.

- Team members must bring their own supply of hand sanitizer. Coaches will encourage all team members to use hand sanitizer frequently and have a limited supply available.

- Coaches and parents on the premises must wear a face mask at all times, except while skating. The Minnesota Department of Health does not recommend that children attending summer programs wear cloth face coverings unless they can reliably wear, remove, and handle masks following the CDC guidance throughout the day. At this time, children attending practice will not be required to wear a mask. We will honor any family that wants their child to wear one but our staff will not be able to assist them in putting them on or removing them.

- Avoid personal contact with other team members, equipment, and coaches. No shaking hands, high fives or fist pumps.

- Should you be involved in an incident please leave your helmet on unless the situation absolutely demands you remove them.
- Wipe down your gear and equipment with disinfectant before and after practice.
- We are limiting all group sizes.
- Riders will need to bring their own snacks and beverages.
- Current policy as listed on thegteam.com applies should G Team need to cancel a practice or session. Just as skating can be dangerous, participating in any group event during the COVID-19 epidemic has risk. G Team participants need to accept that risk. If you are not comfortable participating due to the COVID-19 situation, you may cancel your registration. Standard policy applies.

There is some concern generally about activities that increase the probability of needing medical response due to accident or injury. Skateboarding would be one of those activities. Some people are concerned that emergency transportation or simply queuing in an emergency room will expose them to COVID-19. This is an understandable concern. We believe that by the time G Team begins in June, medical facilities will have more mature procedures and have isolated COVID-19 intake procedures designed to segregate patients who need different types of care. While health system intake procedures are beyond our control, we will make an effort to pass along relevant information published by the emergency response organizations.

These new procedures are designed to help protect team members and coaches from unnecessary risk of infection. Just like on the track, the rules and guidelines are there to protect you, but also to protect you from impacting your fellow team mate. As the CDC message goes: “We’re all in this together”. Let’s all do our part to make this season work. Thank you for your support!

We will continue to monitor the COVID-19 situation and adapt as needed.

Additional information can be obtained from the Center for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov) and the World Health Organization (WHO), including steps to limit the spread of COVID-19.