



## East Grand Forks Parks & Recreation *COVID-19 Return to Play Plan for Youth Sports & Recreation Activities*

### **Return to Play Plan Overview**

*Date written: August 20, 2020*

This Return to Play plan will outline the practice of all prevention strategies implemented in our programs to help reduce the spread of COVID-19 among East Grand Forks youth sports and recreation activities. This plan is written based on guidance written by the MN Dept of Health (MDH) and the Center for Disease Control (CDC). Throughout our 2020-2021 Winter recreation season, the guidance of the MDH and the StaySafe MN Plan will be followed.

The phases and responsibilities described below are made with the safety of all participants, coaches, and parents in mind.

*All return to play plans, safety protocols, and recreation activities are subject to change at any time based on updated guidance from the State of MN, MN Dept. of Health, and the CDC.*

### **Stay Safe MN Plan**

- **Phase 2 (began June 1):** this phase allows for 10-person training “pods”, with specific protocols in place to reduce the spread of COVID-19. All sports training will be focused on skill development drills which allow for proper social distancing and non-contact sports activity. No games or scrimmages allowed in Phase 2.
- **Phase 3 (began June 10):** This phase allows for training in groups of up to 25 people per group, with specific protocols in place to reduce the spread of COVID-19. This phase does allow for the resumption of games and competitions with specific participant and spectator protocols still in place.
- **Phase 4(no timeline for implementation):** This phase allows continued growth towards normal activities and increases spectator numbers.

The above phases are fluid and will always follow government restrictions and guidelines as well as sport specific governing body guidance.

### **Below listed Return to Play plan will be followed throughout Phase 3 of the Stay Safe MN Plan**

*Any recommended changes to this guidance as we move through the Phased Plan will be considered and updated as necessary by the East Grand Forks Parks & Recreation Dept.*

### **General Screening/Safety Protocol**

- Paid coaches/leaders of activities will complete a health screen checklist upon arrival at work each day.
- All participants should use MDH’s Self-Screening tool each day before attending the activity: <https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- Volunteer coaches of activities should use MDH’s Self-Screening tool each day before attending the activity: <https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- Staff/volunteers will be sent home or asked not to come in at any sign of illness.

## East Grand Forks Parks & Recreation **COVID-19 Return to Play Plan for Youth Sports & Recreation Activities**

- Face masks must be worn when entering all facilities and must be kept on throughout your time in the arena. Youth participants only may remove face coverings only during on-ice activities.
- If a participant/coach thinks they are sick, stay home!  
Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements).
- Public hand sanitizing and hand washing stations will be increased in strategic locations within the facilities.
- All staff will be trained in sanitizing protocol, hand washing, and safety communication protocols.
- If a coach, administrator, or official has a concern about a player's health, they have the ability to send the player home.
- Locker rooms will be used for putting on and tying skates only. No skates or equipment will be kept in a locker room.
- Off-ice activities inside the arena are not allowed at this time.

### ***Social Distancing***

- Trainings will consist of consistent “pods” which fit within the group size guidelines of MDH. Currently groups of 50 people or less are allowed outdoors, and two groups of 25 or less indoors. Specific group size will vary based upon age and activity.
- Trainings will attempt have proper social distancing (6 feet or more) for each participant and coach at all times.
- No huddles, handshakes, high-fives or group celebrations.
- Pods should remain consistent throughout the season to limit intermixing between participants.

### ***People***

- It is recommended that no parent/guardian/spectators attend practices. For youth activities of age 10U, a maximum of one parent/guardian per participant will be allowed. Ages 11 & older should not have a Parent/Guardian in attendance.
- A maximum of two spectators per participant are allowed for competitions. If arena or MDH guidelines are stricter, teams must adhere to arena/MDH policy. Spectators should be physically distanced at all times. Cloth face coverings are required at all times inside the facility.
- Coaches will be assigned to a specific pod, and should remain consistent with that pod throughout the season.
- Once pods are established, we will make every effort to have no intermixing of pod participants. Any changes that must be made will be tracked and documented.

### ***Equipment***

- Each participant must bring their own personal sports equipment to practice. (i.e. skates, warm-ups skate guards, etc.)

- Participants should consider bringing their own hand sanitizer or wipes to sanitize their own equipment before and after each session.
- Player's water and personal equipment should not be shared, and should be placed at least 6 feet apart to ensure breaks are also properly distanced.
- Hand sanitizer should be used by each participant before, during, and after trainings, supplied by the player.
- Masks will be required for coaches and leaders at all times while indoors and where physical/social distancing cannot be maintained between coaches and participants.

### ***Training Schedule***

- All participants should not arrive at the arena earlier than 15 minutes prior to scheduled start time, and must leave the arena within 15 minutes of the end of scheduled activity.
- Specific directions will be provided to parents/participants for arrival and departure location to limit intermixing of groups.

### ***Cooperation & Responsibility***

- It is the responsibility of each stakeholder involved in our program to ensure appropriate safety measures are being followed. Without the buy in and participation in these safety measures from each person involved, the activity will not be successful. The Parks & Recreation Dept. retains the right to cancel the activity if it deems it cannot be done safely.
- East Grand Forks Parks & Recreation reserves the right to send home any individual that does not comply with these standards, up to and including expulsion from activities for the remainder of the season.
- *All activities and COVID-19 Return to Play Plans are subject to change at any time based on local, state, and federal guidance.*

### ***Parks & Recreation Department***

- Distribute and post Return to Play Plan
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play
- Train and educate all staff, volunteers, and participants of Return to Play protocols
- Provide adequate space for social distancing, as outlined in this document, as applicable to the each StaySafeMN phase.

### ***Coach***

- Follow all Return to Play protocols
- Send athletes home if they are not feeling well
- Ensure all athletes have their own individual equipment
- Ensure activities provide adequate social distancing, as applicable
- Respect participants, parents and families by accommodating request
- Wear cloth face covering at all times when inside a facility, including on-ice practices

## East Grand Forks Parks & Recreation **COVID-19 Return to Play Plan for Youth Sports & Recreation Activities**

- A maximum of 2 coaches allowed in the bench area during competitions
- Utilize MN Symptom Screener tool prior to attending any activities

### **Parent**

- If you are not comfortable having your child return to play, DON'T
- Check child's temperature and utilize MN Symptom Screener tool prior to attending any activities
- Ensure your child understands their responsibilities within the Return to Play plan
- Ensure child's clothing is washed after every activity
- Ensure all equipment is sanitized prior to any activity
- Notify Parks & Recreation Department immediately if your child has or will be tested for COVID-19. Also notify Parks and Recreation Department if child has been in close contact with infected person and needs to be quarantined.
- Supply your child with individual sanitizer
- Adhere to all social distancing expectations
- Ensure your child has plenty of water
- Wear cloth face covering at all times when inside a facility

### **Participant**

- If you are not comfortable with returning to play, DON'T
- Adhere to all Return to Play protocols
- Wash hands thoroughly before and after all activities
- Ensure all equipment is sanitized prior to any activity
- Do not share water, food, or equipment
- Respect and practice social distancing, as required in these guidelines
- Place equipment, bags, etc. at least 6 feet apart
- No high 5's, handshakes, knuckles, or group celebrations
- Respect and follow arrival and departure rules
- Wear cloth face covering at all times when inside a facility, except when on the ice
- Will not enter arena until 15 minutes prior to scheduled practice or competition and will depart arena within 15 minutes of scheduled practice or game

*As the State of MN progresses through the StaySafe MN Phased Plan, any suggested changes to social distancing, gathering size, and safety protocols will be considered and implemented in the protocols detailed through this plan.*

Any questions regarding this plan, its use, or implementation should be directed to the East Grand Forks Parks & Recreation Department at (218)773-8000.