



## COVID-19 Preparedness Plan for Twin Cities Ultimate League

Twin Cities Ultimate League (TCUL) is committed to providing a safe and healthy space for all participants taking part in our programming, volunteers, and related persons. To ensure we have a safe and healthy space, TCUL has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Volunteers and board members are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our community, and that requires full cooperation from all involved in our programming. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our workplaces.

The COVID-19 Preparedness Plan is administered by TCUL president, Rick Gebhardt, who maintains the overall authority and responsibility for the plan. However, all board members and other volunteers are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. All board members, participants, and volunteers have our full support in enforcing the provisions of this plan.

TCUL's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the [Stay Safe Minnesota website](#), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, and Minnesota's relevant and current executive orders.

TCUL has reviewed and incorporated the industry guidance applicable to our organization provided by the state of Minnesota for the development of this plan, including industry guidance for sporting activities. Other conditions and circumstances that are specific to our organization and programming are detailed in the remainder of this document.

### Identification & Isolation of Sick Persons

#### Screening and Reporting

Participants 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 members' health status prior to attending an activity and for participants to report when they are sick or experiencing symptoms.

Participants should utilize the [Home Screening Tool](#) prior to any TCUL activity. Any participants exhibiting symptoms or signs of an illness should report their status and not attend or participate in TCUL programming.

Each program and team must have a designated contact who is responsible for concerns and communications related to COVID-19. All team and program members should know who this person is and how to contact them. Each program and team must maintain accurate rosters of teams and be prepared to support local public health contact tracing efforts. Once you hear of a case on your team, the team or program COVID-19 contact must review whether or not the case was infectious while with their teammates and whether or not an exposure occurred. The COVID-19 contact should consult with MDH or TCUL to discuss exposure assessment or any other concerns. The COVID-19 contact should also inform the TCUL board of any identified cases. It is important to keep rosters of every participant at a given event so contact tracing can be done quickly.

### Quarantining

- A 14-day quarantine is recommended for people who have been exposed to COVID-19. In some circumstances, a shortened quarantine period may be possible.
  - For more information, see [Quarantine Guidance for COVID-19](#)
  - You can find more information on what contacts need to do at [What to Do if You Have Had Close Contact With a Person With COVID-19](#)
- People who are sick with COVID-19 will not be allowed to participate in TCUL programming for 10 days from symptom onset. You can find most up to date information on these recommendations [here](#).

## Rules and Guidelines for TCUL Programming

### Participation Requirements

- Participants must complete a symptom screen prior to each activity.
  - Information on how to perform a symptom screen is available at the [Home Screening Tool](#), and can be tailored as a self-check for adults participating in TCUL programming.
- All participants must have their attendance tracked for each activity.
- Only participants on a team's event roster, with an active TCUL account and completed waivers, may participate in activities.
- Substitution participants for a roster must be approved by the TCUL board at least 24 hours before participating in an event. Substitution participants must also have signed all necessary COVID-19 waivers before participating.
- Participants who are instructed to quarantine by public health will be considered ineligible for participation for the duration of their quarantine period. If a participant instructed to quarantine plays in a game, they will be subject to the TCUL sanctioning process.

### Equipment Requirements

- On-field participants must wear a face covering at all times when the disc is in play during a game or event.
  - A "face covering" must be worn to cover the nose and mouth completely, and can include a disposable face mask, a cloth face mask, a sports-designed face mask, or a religious face

covering. The face covering must not be made of mesh or other fabric with holes and must not have a valve designed to facilitate easy exhaling or other openings, holes, visible gaps in the design or material, or vents.

- To summarize the [USAU 2021 – 2021 Official Rules](#), the disc is considered “in play” following a pull at the beginning of each half and after each goal; once play is restarted after a called infraction, timeout or injury through an offensive self-check or defensive self-check; or when the disc is put into play after being out-of-bounds. The disc remains “in play” during routine turnovers throughout the game when the disc remains in bounds, and as such, face coverings should remain in place throughout these pauses in active play.
- Face coverings can be temporarily removed by on-field participants during appropriate times when the disc is not in play and adequate social distancing (a min. of 6 ft) can be maintained from others.
- Participants should bring their own rehydration liquids to an activity in clearly marked or labeled containers with the individual’s identity. The container should be re-sealable. Participants should NOT plan on refilling their containers during programming.

### **Spectator Requirements**

Not all events or programs will allow for spectators or guests. Please refer to the details of the program or event to ascertain whether or not spectators or guests are allowed. In cases where spectators or guests are allowed, the following must be adhered to.

- Spectators or guests must maintain at least 6 feet of social distancing between themselves and active participants, the field of play, and any designated team space adjacent to the field of play. Ensure that spectators and guests are complying with venue/facility guidance—including applicable capacity limits.

### **Social Distancing Requirements**

- Whenever possible, participants should socially distance themselves from others as appropriate.
- While on-field, participants must wear a face covering at all times when the disc is in play during a game or event. A face covering can be temporarily removed by on-field participants during appropriate times when the disc is not in play and adequate social distancing (a min. of 6 ft) can be maintained from others.
- Off field, unmasked participants should maintain a min. 6 ft of distance from others and the field of play.

### **Hygiene Requirements**

- Spitting is not allowed.
- It is recommended that participants wash their hands for at least 20 seconds or use a hand sanitizer with at least 60% alcohol before and after participating in activities. The TCUL board will strive to make hand sanitizer available to participants during programming. Avoid touching your face or others’ faces during activities.
- Unmasked cheering and yelling from the sideline should be minimized and should only occur while providing adequate social distance from other sideline players and while maintaining a min. 6-ft setback from the field of play

## Game and Competition Specific Requirements

- Competition between teams is only permitted outdoors.
- Individuals participating in a game must be on the roster of the team or have received board approval to participate in the activity.
- Each team must occupy only one sideline, opposite their opponent.
- Spirit circles, high five lines, and other inter-team physical interactions are permitted, but it is recommended that masks be worn whenever players are within 6-ft of each other. Any player that feels uncomfortable should not feel pressured to participate in these close contact, non-active play interactions.
- Injury timeouts may be utilized for players that cannot continue exerting themselves with a mask on.
- Equipment timeouts should be utilized to fix improperly fitting masks.

## Additional Resources

- [Minnesota's Stay Safe Plan](#)
- [MDH Guidance for Sports](#)
- [USA Ultimate Return to Play Guidance](#)
- [Respiratory Etiquette](#)

Plan Certified by:

A handwritten signature in black ink, appearing to read 'Rick Gebhardt', written in a cursive style.

**Rick Gebhardt**  
**May 24, 2021**  
**TCUL Board President**