

COVID-19 Preparedness Plan for Team Duluth

Team Duluth is committed to providing a safe and healthy venue for all our coaches, athletes, volunteers, officials, spectators and visitors. To ensure we have a safe and healthy venue, Team Duluth has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic.

Coaches, athletes, volunteers, officials, spectators and visitors are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19, which requires everyone's full cooperation. Only through this cooperative effort can we establish and maintain the safety and health of all persons. Additional procedural safeguards and/ or requirements may be in place for specific Team Duluth events which are not addressed in this document.

The COVID-19 Preparedness Plan is administered by the Team Duluth Board of Directors who maintain the overall authority and responsibility for the plan. However, coaches, athletes, volunteers, officials, spectators and visitors are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan.

Our coaches, athletes, volunteers, officials, spectators and visitors are our most important assets. Team Duluth is serious about safety and health and protecting our coaches, athletes, volunteers, officials, spectators and visitors, therefore, their involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. Coaches, athletes, volunteers, officials, spectators and visitors are encouraged to provide input on the identification of hazards, suggest engineering controls to prevent close contact with others, and to submit requests for material needs, such as personal protective equipment, hand sanitizer, and disinfectants.

Team Duluth's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. In addition coaches, athletes, volunteers, officials, and spectators must abide by COVID-19 policies and guidelines provided by the venue including chair lift and indoor occupancy policies.

The following COVID-19 Preparedness Plan addresses the following:

1. Symptoms Screening and Management of COVID-19
2. Social distancing
3. Pods
4. Handwashing
5. Face Covering

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6. Respiratory Etiquette
7. Housekeeping
8. Drop-off protocol
9. Team Building
10. Communications and training practices and protocols and
11. Races, competitions, and event protocols
12. Competition venues
13. Travel

Symptom Screening and Management of COVID-19

Team Duluth has informed and encouraged coaches, athletes, volunteers, officials, spectators and visitors to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess health status.

- All coaches, athletes, volunteers, officials, spectators and visitors will complete the COVID-19 Team Duluth Symptoms Checklist Form prior to engaging in any team sanctioned activities.
- Any coach, athlete, volunteer, official, spectator or visitor who is experiencing symptoms of COVID-19 should not attend a team sanctioned practice or event. If symptoms develop while at a team sanctioned practice or event the person should notify a Team Duluth representative immediately and promptly leave the venue. If the coach, athlete, volunteer, official, spectator, or visitor needs transportation from the venue a designated area will be used to isolate said person while they wait to be picked up.
- If the Minnesota Department of Health (MDH) notifies Team Duluth of a positive COVID-19 case associated with the team or team event all efforts to assist in contact tracing will be done. MDH will conduct case investigation and contact tracing interviews to identify anyone that may have been exposed.
- If Team Duluth is aware of a positive COVID-19 case that attends a Team Duluth practice or event during their infectious period Team Duluth will notify any identified potential close contacts associated with the team.
- People who are identified as exposed are those who spent at least 15 minutes within 6 feet of the case while the case was infectious.
- Close contacts identified with a positive COVID-19 case will need to quarantine for 14 days from the last contact with the COVID-19 case and not attend any team sanctioned events.

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- Individuals test positive for COVID-19 will need to stay out of team sanctioned events for a minimum 10 days from symptom onset and may not return until symptoms have improved and they have not had a fever for greater than 24 hours without fever reducing medications.

Social distancing

Social distancing of at least 6 feet will be implemented and maintained between coaches, athletes (when they are not racing or competing), volunteers and officials at all times. This plan will adhere to current state guidelines for maximum number of individuals in a group (on the date this plan was approved spectators or household groups could be no more than 10 people). It is recommended that during any practice, race or competition spectators remain at least 12 feet away from the closest participant.

Pods

Consistent groups or “pods” of 25 people which may include coaches, athletes and volunteers will be created. Pods will be maintained and monitored by Team Duluth coaches in the practice settings, both inside and outdoor. Multiple pods may attend practice or attend a competition at the same time, but effort should be made to minimize the intermixing of groups. Records of pod members and attendance at practice or competition events will be recorded by the coaches overseeing the pods and kept on file in the Team Building should contact tracing become necessary.

Handwashing

Basic infection prevention measures are being implemented at all times. Coaches, athletes, volunteers, officials, spectators and visitors are instructed to use an alcohol based hand sanitizer or wash their hands for at least 20 seconds with soap and water frequently throughout the day, prior to and after any meal times, and after using the restroom. Hand-sanitizer is available in the Team Duluth team room, if needed.

Face covering

Coaches, athletes, volunteers, officials, spectators and visitors are instructed to wear CDC approved face covering at all times. Facemasks are not required but strongly encouraged when athletes are actively participating in an outdoor sport. Face coverings are NOT a replacement for social distancing.

Respiratory Etiquette

Coaches, athletes, volunteers, officials, spectators and visitors are instructed to cover their mouth

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and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands. Used tissues should be disposed of properly in provided trash receptacles and wash or sanitize their hands immediately afterward.

Housekeeping

Regular and enhanced practices of cleaning and disinfecting have been implemented. Frequent cleaning and disinfecting is being conducted of high-touch areas.

Appropriate and effective cleaning and disinfecting supplies have been purchased and are available for use in accordance with product labels and that meet CDC requirements for use against viruses, bacteria and other airborne and bloodborne pathogens.

Drop-off protocol

Coaches, athletes, volunteers, officials, spectators and visitors should get ready in their car prior to practices, races, competitions and/or events. Athletes should report to the designated area on the hill to meet with their coaches.

Team Building

No personal items should be stored in the team room during practice or competition. Clear signage will be posted on the door and in the team building with directions for occupants including capacity, social distancing, and mask requirements.

Communications and training practices and protocol

This COVID-19 Preparedness Plan was emailed to all Team Duluth board of directors, coaches, athletes, volunteers and family members. In addition the plan was posted on the Team Duluth website through Team App. Officials, spectators and visitors will receive necessary training by email or by visiting the Team Duluth website, through Team App. Additional communication and training will be ongoing. Updated training will be provided as necessary. The Preparedness Plan will be updated as necessary to comply with state and/or CDC guidelines.

Races, competitions, and event protocol

In order to prevent COVID-19 transmission at an organized race, competition or event, to maintain control, and to facilitate social distancing between coaches, athletes, volunteers, officials, spectators and visitors, in accordance with Minnesota Department of Health, the protocol must adhere to the following basic requirements:

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- **Advance registration** will occur online or mailed. Equipment, promotional products and handouts will be mailed prior to an event. Bibs will either be mailed to participants or available to them at their first event.
- **Occupancy** will be based on the “course maximum” in accordance with MDH guidelines and venue policy. (“Workers” are not counted toward the course maximum).
- **Pods** (assigned groups) will be established to avoid clustering on the course and allow for appropriate social distancing.
- **Face coverings:** In accordance with Minnesota’s face covering requirements people in Minnesota are required to wear a face covering in all indoor businesses and public indoor spaces in accordance with Executive Order 20-81. Additionally, face covering are required to be worn by coaches, volunteers, officials, spectators and visitors outdoors whenever social distancing cannot be maintained.
- **Social distancing** must be maintained from other participants, coaches, volunteers, officials, spectators and visitors throughout the entire event. Markers such as traffic cones or tape should be used to aid in social distancing. Participants should be given staggered arrival times. Social distancing should occur within a pod. Participants must immediately leave the finish line area and not gather in groups.
- **Spectators** must adhere to social gathering limits consistent with current state guidelines (on the date this plan was approved spectators or household groups could be no more than 10 people) and be spaced out along the course in such a way that they maintain social distancing from other groups of spectators and from any participants, staff or volunteers.
- **Vendors or recreational/entertainment attractions** are permitted only by the approval of Spirit Mountain and must follow the Recreational Entertainment Guidance outlined in the Preparedness Plan Requirements Guidance - Recreational Entertainment & Meetings document, <https://dli.mn.gov/sites/default/files/pdf/>
- **Competition Venues** The Program Director or Head Coach attending a competition will review the pandemic plans for the race or competition venue that the team will be traveling to. The Program Director or Head Coach will then notify coaches, athletes, volunteers, and family members of any additional requirements or guidelines that they may need to follow at the event.
- **Travel** coaches, athletes, and spectators will be responsible for their own transportation to and from the competition events.

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USSS and USASA guidelines and recommendations will be followed in the case that more specific guidelines are required than set forth in this document. In the event that some portions of each guideline are in conflict between MDH and USSS/USASA, the guidelines which are more restrictive will be followed.

<https://usskiandsnowboard.org/covid-19/return-competition>

<https://usasa.org/covid-19>

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Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

www.cdc.gov/coronavirus/2019-nCoV

www.health.state.mn.us/diseases/coronavirus

<https://dli.mn.gov/sites/default/files/pdf/>

<https://usskiandsnowboard.org/covid-19/return-competition>

<https://usasa.org/covid-19>

Businesses

www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html

www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

www.health.state.mn.us/diseases/coronavirus/businesses.html

www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

www.health.state.mn.us/diseases/coronavirus/materials

<https://mn.gov/deed/newscenter/covid/>

www.osha.gov

Handwashing

www.youtube.com/watch?v=LdQuPGVcceg

Respiratory etiquette: Cover your cough or sneeze

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html MDH:

www.health.state.mn.us/diseases/coronavirus/prevention.html

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Social distancing

www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Persons exhibiting signs and symptoms of COVID-19

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

www.health.state.mn.us/diseases/coronavirus/basics.html

www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf MDH:

www.health.state.mn.us/diseases/coronavirus/returntowork.pdf

<https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

Training

www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html Federal OSHA:

www.osha.gov/Publications/OSHA3990.pdf

www.health.state.mn.us/diseases/coronavirus/about.pdf

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