



HGRA Fall Track Covid-19 Preparedness Plan

This document represents the Highland Groveland Recreation Association (HGRA) Track Program COVID-19 Preparedness Plan for athletes, volunteers, staff, and parents/spectators (referred to collectively as “participants”).

It is our intent to abide by all guidelines and recommendations from the Minnesota Department of Health (MDH) and the Centers for Disease Control (CDC) regarding organized sports.

These Guidelines apply without regard to whether or not any particular individual has been vaccinated against the COVID-19 virus.

General Requirements

Any participant should refrain from participating in or attending an HGRA Track event if they:

- Are experiencing any of the established COVID-19 symptoms, including but not limited to: mild to severe respiratory illness with fever, cough and difficulty breathing.
- Have been in contact with someone with COVID-19 in the last 10 days.
- Are a vulnerable individual. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Prior to attending an HGRA event, participants are required to review a screening survey that checks for COVID-19 symptoms, close contacts with confirmed cases and quarantined cases, and out-of-state travel. A suitable survey will be posted on HGRA’s web site at www.hgra.org.

Face Masks/Face Coverings

Since HGRA Track events are conducted outdoors, we do not currently require masks to be worn. However, we strongly encourage the use of masks due to:

- The increasing incidence of COVID infection in our community due to the Delta variant; and
- The inability of most of our athletes to be vaccinated due to their age.

We further encourage all athletes competing without masks or face coverings to be tested once a week for COVID.

HGRA will review this face covering policy on an ongoing basis and will announce modifications of it if/when doing so is considered appropriate.

At the Field

- Adhere to all guidelines in the HGRA Covid-19 Preparedness Plan available at hgra.org;
- All participants and coaches are required to review the weekly screening test for Covid-19 symptoms available at hgra.org.
- Social distancing is required – all spectators and participants must maintain a 6-foot space between people (and family groups) whenever possible.
- Wash hands before arriving and after returning home. Please supply your own sanitizer.

Equipment

- Any necessary equipment (cones, watches, batons, softballs, pinnies) will be assigned for use by HGRA.
- Equipment use will be kept to a minimum and mostly used in the form of cones to ensure participants are maintaining proper social distance of 6 feet.

Certified by:

Dennis Merley
HGRA President
August 12, 2012

Danny Docherty
Director of Operations, Track and Baseball