

NSC Indoor Facilities Preparedness Plan 9.30.20

Before starting games for any sport, consider the risk associated with that sport in terms of COVID-19 being spread between players, coaches, and spectators.

- The more physical or close contact that occurs, the greater risk there is in spreading illness.
- A sport or training that takes place indoors is more high risk than those done outdoors.

Know Before You Play

There may be an increased risk of COVID-19 when participating in a game or tournament, and COVID-19 activity may be different in different regions of the state, also contributing to a possible increase in risk.

Have Health Protocols in Place

- Any staff, volunteers, or participants who are sick or experiencing symptoms must stay home.
- Have policies in place outlining the process for those who become sick while participating in a sport.
- Be aware that persons can get a positive COVID-19 test even if they do not have symptoms.
- Please visit link below if you have any questions about which symptoms would disqualify an athlete or coach from attending practice:
- <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf> ***Identify a***

Preparedness Plan Administrator for Your Organization's COVID-19 plan.

- Communicate your COVID-19 plan to officials, umpires, and trainers.
- Email your COVID-19 preparedness plan to your respective NSC contact.
- This should include expectations around screening, face coverings, and other prevention efforts.

Recommendations for Slowing the Spread of COVID-19 During Play

- Consider whether contact in the sport can be modified. For example, can contact be reduced among players during practice, and even during games, in order to limit close contact?
- Minimize sharing of objects.
 - Do not share individual water bottles, community snacks, or towels.
 - Encourage use of dedicated personal equipment such as bats, mitts, rackets, etc.

Indoor Facility Guidelines for Athletes and Coaches:

- By entering this facility, each athlete and coach declares that they do not have the following symptoms: Fever, cold, fatigue, headache, sore throat, runny nose, cough, shortness of breath, body aches, loss of taste and smell, nausea, diarrhea.
- 6 pods of 25 people are allowed in the Sports Dome during a session
- 4 pods of 20 people are allowed in the Sports Hall during a session
- 2 pods of 25 people are allowed in the Sports Expo during a session

- Mask mandate – The State of Minnesota requires everyone to wear a mask when inside buildings.
 - According to the state guidelines, face coverings can be removed when participating in organized sports where the level of exertion makes wearing a face covering difficult.
- Please wait in car until 10 minutes prior to practice time – no early admission to practice or competition.
- Masks are required in locker rooms and entrance areas by all athletes, coaches, and spectators.
 - Masks can be removed when on rented playing surface.
- Athletes are expected to maintain social distancing (more than 6 ft.) when possible (e.g., in-between drills, on sidelines, while taking a knee).

Games, scrimmages, and practices

- For youth and adult organized sport practices or training (non-game activities), pod sizes cannot exceed 25 people per pod, either inside or outside. Pod count is composed of players and coaches.
- No spectators are allowed at practices - players and coaches only.
 - For programs involving youth age 8 or younger, one parent is allowed to attend practice and/or development activities.
- Games (played indoors or outdoors) can have the total number of players, coaches, referees, umpires, etc. as needed
- Coaches, players and spectators must exit **immediately** following practices or games.
- For tournaments or competition, the number of socially distanced spectators allowed are as follows:
 - Sports Dome one spectator per athlete allowed for games and tournaments
 - Sports Hall one spectator per athlete allowed for games and tournaments due to limited spectator space
 - ✦ Strongly recommend no siblings, grandparents, or friends. ✦
 - Spectators cannot
 - ✦ Enter building until game time

- ✦ Must maintain 6 ft of social distance from other spectators (that don't live in same household)
- ✦ Must stay in designated spectator area
- ✦ Must exit immediately following the game.
- LiveBarn: The NSC Dome is a LiveBarn facility giving you the option to view from home. Certain events may request LiveBarn to be turned off.