



## COVID-19 Preparedness Plan

RAAA is committed to providing a safe and healthy environment for all our participants. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. Coaches, parents, spectators, umpires, and players (Participants) are all responsible for implementing this plan. Our goal is to provide reasonable protective measures to limit risks for the potential transmission of COVID-19 on and around the field of play, and that requires full cooperation among everyone involved. Through this cooperative effort we can establish and maintain the safety and health of our participants. RAAA coaches have our full support in enforcing the provisions of this policy. Failure to comply with stated guidelines could result in dismissal from the team.

Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines related to COVID-19 and addresses:

- prompt identification and isolation of sick persons;
- hygiene and respiratory etiquette;
- controls for social distancing;
- cleaning, disinfecting and decontamination;
- communications and training provided to coaches and players;
- steps necessary to ensure effective implementation of the plan.

The MDH recognizes that sports provide opportunities for youth to develop or maintain fitness, specific skills, mental well-being, and social-emotional health. We all want to support youth engaging in sports, but we want to do it in a way that will keep them safe.

## COVID-19 screening and policies for participants

Participants are required to self-monitor for signs and symptoms of COVID-19 before leaving home. Stay home if you have a temperature exceeding 100.4 or have respiratory symptoms (i.e. cough, sore throat, or shortness of breath). Participants who are sick should notify their Program Director and follow [CDC-recommended steps](#). Participants should not return to play until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers and state and local health departments. Participants who are well but who have a sick family member at home with COVID-19 are required to follow [CDC recommended precautions](#) including self-quarantine and will not be allowed to participate in RAAA activities until the self-quarantine guidelines have been met. Coaches will visually screen players for symptoms upon arrival. Participants who appear to have [symptoms](#) or who become sick during an activity should be **immediately separated from other participants and sent home**.

Participants with underlying medical conditions or who have household members with underlying health conditions should take additional precautions to minimize face-to-face contact, maintain a distance of six feet from other participants, and/or use CDC approved Personal Protective Equipment (PPE) if possible.

If a participant is confirmed to have a COVID-19 infection, RAAA will inform fellow participants of their possible exposure to COVID-19 while maintaining confidentiality and instruct fellow participants about how to proceed based on the [Public Health Recommendations for Community-Related Exposure](#).

## Hygiene and respiratory etiquette

Basic infection prevention measures are encouraged at all times including hand hygiene and respiratory etiquette. Participants should wash their hands for at least 20 seconds with soap and water frequently, but especially before and after activity, prior to eating and after using the toilet. Participants should use hand-sanitizer (of greater than 60% ethyl or 70% isopropanol alcohol) for hand hygiene in place of soap and water, as long as hands are not visibly soiled. Please review the [CDC's guidelines for proper handwashing](#). **Participants are prohibited from handshakes or high fives.**

Participants should cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward. If participants are suffering from seasonal allergies, make sure to employ exceptional hand hygiene and respiratory etiquette, as they are likely to touch their face more frequently which may increase risk of exposure. CDC approved cloth face masks are recommended for all participants but are not required. Masks worn during play must be of one color and not distracting (i.e. neutral in color and no designs). **No spitting, chewing gum, or eating sunflower seeds as this may cause respiratory droplets while around others. No sharing of food or drinks is permitted.**

## Guidance for social distancing

The term “social distancing” refers to measures being taken to restrict where and when people can gather in order to stop or slow the spread of infectious disease. In general, 6 feet of separation is the distance that should be kept between people interacting within their community. Social distancing should be observed in youth programs through the following controls:

- Adapt practices to allow physical distancing of at least 6 feet whenever possible.
- Try to adhere to a staff (or volunteer) to participant ratio of 1:9. If social distancing cannot be attained within the group size, then the number of participants must be reduced.
- Within the program, create consistent pods of the same coaches and participants with a **maximum number of 25 people in each pod**.
- Wherever possible, hold activities outdoors and encourage participants to spread out.
- All participants should remain in their vehicle until the field is clear of any other teams
- All participants should enter and leave the field in a timely fashion and not congregate
- When helping participants apply sunscreen or use equipment, ensure staff and volunteers are sanitizing hands between interactions.
- Reduce ride sharing or carpooling when possible.
- Stagger arrival and/or dismissal times.
- Consider dividing participant entry points rather than funneling all participants through the same entry space to limit the amount of close contact between participants in high-traffic situations and times.
- Adhere to facility or specific guidelines for COVID-19.

This guidance is based on the [MDH Guidance for Social Distancing in Youth and Student Programs](#).

## Cleaning and disinfecting

Regular housekeeping practices should be followed including routine cleaning and disinfecting of player equipment. Team personnel will carry disinfectant to be used before, during, and after practices and games. Disinfectant will be provided by RAAA. RAAA will also provide a bottle of hand sanitizer to all players and coaches to sanitize their hands with. Players should refrain from sharing equipment in general.

- Coaches will sanitize surfaces in the dugout upon arrival and after each practice or game.
- Teams should clear their dugout/bench area of all trash and other items after each practice or game.
- Players should use their own personal cooler. Water bottles and coolers should be clearly labeled with the players first and last name. **Team coolers are prohibited.**
- Participants should hand sanitize following contact with other players, coaches, or shared equipment.

## Communications and training

This Preparedness Plan will be communicated to all participants on or before the first day of organized activity. Additional communication and training will be provided to all participants on an ongoing basis. This Preparedness Plan will be updated, as necessary, to implement a phased approach to a safe return to play.

## Steps to implementing a safe return to play

RAAA will develop safe return to play guidelines in a phased approach according to the CDC's recommendations along with state and local resources. This section will be updated with each phase to provide a clear outline of how practice and play should be implemented. The guidelines below are a supplement (in addition) to the COVID-19 Preparedness Plans outlined above.

### **APPROVED PHASE I (Groups of ≤ 10) – Scaled practices**

*Effective beginning Monday, June 1, 2020 or upon season starting date*

- Only named coaches and players are allowed on the field and in dugout areas
- All participants should remain in their vehicle until the field is empty of any other teams
- Create consistent pods of the same coaches and participants with a **maximum number of 10 people in each pod.**
- It is required for parents or caregivers to remain in their vehicle
- Focus on skill development.
- Keep any “play” or interaction between players contactless.

When there is a play at a base, the runner and fielder should resume physical distance immediately upon completion of the play.

- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment in between each use.

- Follow the outlined ratios for participants per field:
  - **Softball/Baseball field (40,000+ sq. ft.) – no more than three pods of ≤ 10.**
  - **Lacrosse/Football/Soccer (approx. 57,600 sq. ft) - no more than 4 pods of ≤ 10**
  - **Do not have intermixing between groups.**
- Limit use of the dugout/bench areas. Players should hang their equipment on the fence along the two foul lines, maintaining a minimum of six feet apart.
- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.

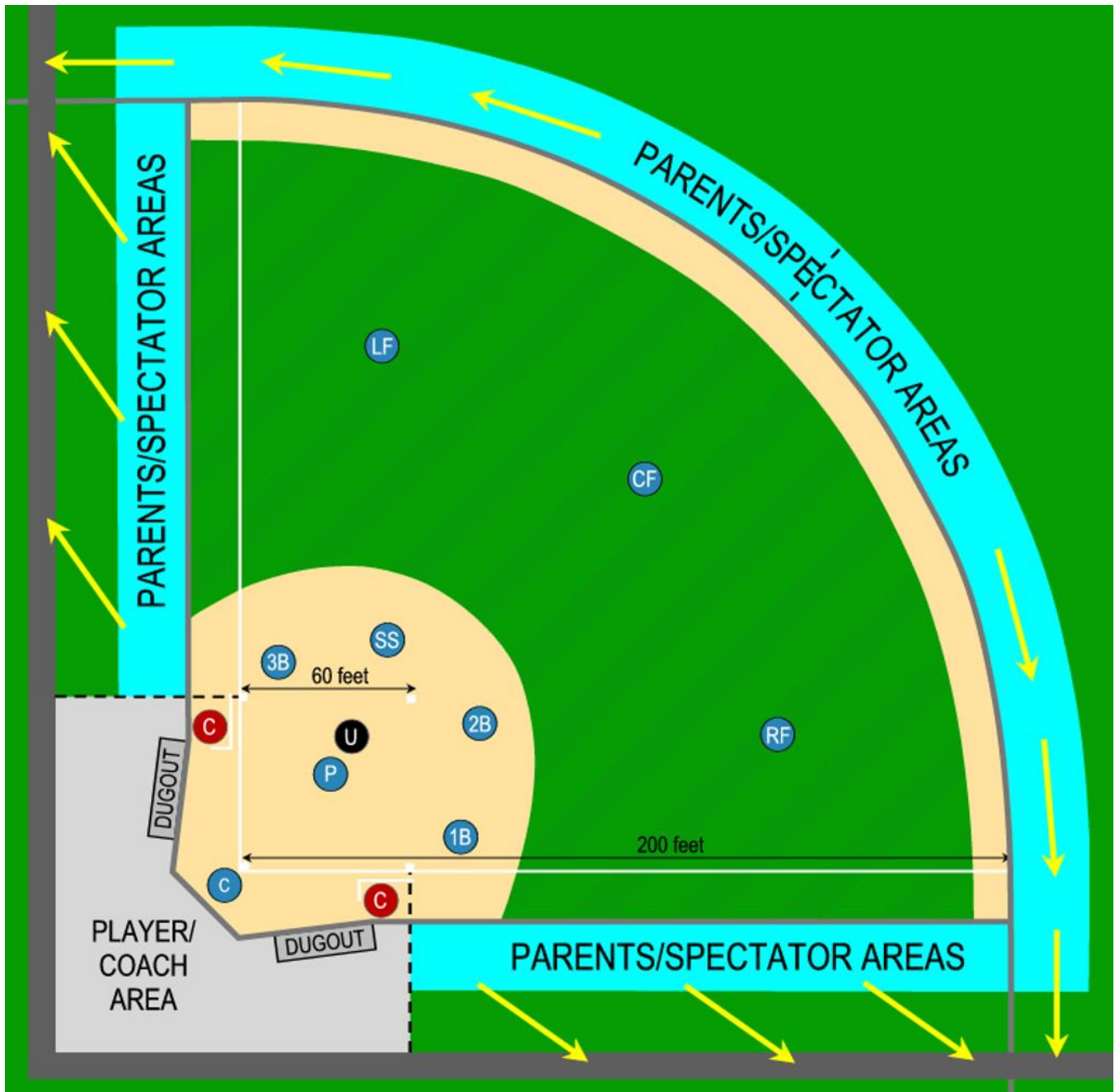
This guidance is based on the [MDH Guidance for Social Distancing in Youth Sports](#).

## **PHASE II (Groups of ≤ 25)**

*Effective date of Wednesday, June 15, 2020*

- Only named coaches and players are allowed on the field and in dugout areas
- All participants should remain in their vehicle until the field is empty of any other teams
- Create consistent pods of the same coaches and participants with a maximum number of 10 people in each pod.
- It is required for parents or caregivers to remain in their vehicle
- Focus on skill development.
- Keep any “play” or interaction between players contactless.  
When there is a play at a base, the runner and fielder should resume physical distance immediately upon completion of the play.
- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment in between each use.
- Follow the outlined ratios for participants per field:
  - Softball/Baseball field (40,000+ sq. ft.) – no more than three pods of ≤ 10.
  - Lacrosse/Football/Soccer (approx. 57,600 sq. ft) - no more than 4 pods of ≤ 10
  - Do not have intermixing between groups.
- Limit use of the dugout/bench areas. Players should hang their equipment on the fence along the two foul lines, maintaining a minimum of six feet apart.
- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.
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**DRAFT PHASE II: Fastpitch Softball Field Layout**



**PHASE III (No limit on group sizes) – Games and tournaments with spectators**

*To be determined*

- There are no limits to group sizes.
- Sports go back to normal participation and operation.
- Vulnerable populations should continue social distancing and take precautionary measures.

## **Appendix A – Guidance for COVID-19 Preparedness Plan**

### **Participant Visual Screening**

Make a visual inspection of the participant for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness.

## **Appendix B – Resources for COVID-19 Preparedness Plan**

### **General**

[www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

[www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus)

[Minnesota's Stay Safe Plan Chart](#)

<https://slowpitch.mnsoftball.com/covid19>

### **Participants exhibiting signs and symptoms of COVID-19**

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

[www.health.state.mn.us/diseases/coronavirus/basics.html](http://www.health.state.mn.us/diseases/coronavirus/basics.html)

[COVID-19 Exclusion Guidance: Decision Tree for Symptomatic Individuals in Schools & Childcare Programs \(PDF\)](#)

### **Hygiene and respiratory etiquette**

[www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

<https://youtu.be/d914EnpU4Fo>

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

[www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

[www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](http://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### **Social distancing**

[Guidance for Social Distancing in Youth and Student Programs \(PDF\)](#)

[Guidance for Social Distancing in Youth Sports \(PDF\)](#)

[COVID-19 Outdoor Recreation, Facilities and Public Guidelines](#)

### **Cleaning and disinfecting**

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)

[www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

[www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html)