

RAAA COVID-19 Safety Policies and Procedures

General Guidelines (Updated 1/3/2021)

- Only named players and coaches are allowed on the court and in the designated bench areas
- Any player or coach with a fever or generally not feeling well is not allowed to participate in practices or games
- Pre and post-game handshakes and other physical contact is not allowed
- In-game contact should be kept to a minimum
- Players and coaches should maintain a 6 foot distance while on the bench and during non-game play situations
- Each team will have a designated coach responsible for disinfecting equipment and bench areas
- Bench areas will be sanitized prior to and after use
- Shared equipment must be disinfected prior to wearing or using
- Each player must have their own individual water bottle clearly labeled with their name
- Team treats, snacks, drinks are not allowed
- All player bags and equipment must be kept 6 feet away from other bags and equipment
- Each program will have a designated COVID-19 Coordinator responsible for handling team sanitizing supply refill requests
- Face masks are required for all spectators
- Face masks are required for all players and coaches including during play
 - 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>

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.
- Mask mandate – The State of Minnesota requires everyone to wear a mask when inside buildings.
 - **Types of face coverings can include a cloth mask, a neck gaiter, a scarf, a bandanna, or a religious face covering. CDC recommends using two layers of fabric when making a cloth face covering. Face coverings that are made of thinner single-layer fabric such as certain types of masks, scarves, neck gaiters, or bandannas may not be as effective for blocking droplets that come out when speaking, coughing, or sneezing and should not be used unless there are no alternatives.**
 - **A face covering must cover the nose and mouth completely. The covering should not be overly tight or restrictive and should feel comfortable to wear.**
 - **Any masks that incorporate a valve that is designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents are not sufficient face coverings because they allow droplets to be released from the mask.**
- Please wait in car until 5 minutes prior to practice time – no early admission to practice or competition.
- 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 (indoor)

- 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 enter the facility to drop off their child, but cannot stay for practice..
- 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:
 - Spectators capacity allowed into a facility will at the digression of each individual facility. Some facilities might not allow any spectators.
 - 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.

Reporting

- Program Director or COVID Compliance Officer for each sport is notified of positive case or exposure.
 - Program Director or COVID Compliance Officer notifies MDH via health.sports.covid19.@state.mn.us
- The required 10-day quarantine starts from time symptoms started until symptoms improved AND no fever for 24 hours (without fever reducing medications).
- MDH determines dates, identifies anyone that may have been exposed, and collects contact information for those individuals.
- Program Director notifies RAAA President and the respective liaison of reported case.
- Program Director sends email to team(s) notifying them of positive case/exposure.
- After MDH completes its process, Program Director sends follow up email with quarantine dates (if applicable).
- Any additional guidance required will be made in conjunction with the MDH and the RAAA Board.

Requirements for holding practices (effective Jan. 4, 2021)

Only practices are allowed from Jan. 4 through 13. No games or scrimmages with other teams are allowed. Games and scrimmages with other teams will be allowed starting Jan. 14.

Spectator requirements

- Spectators are not allowed at practices.
- Participants who need assistance to participate in the activity due to age, medical condition, or disability, are each allowed to have one parent, guardian, or adult support person present to support them. Parents, guardians, and support persons must maintain social distancing of at least six feet from persons in other households.

Practice requirements

- Participants must maintain 6 foot social distancing when not actively playing (team meetings, side lines, waiting for a turn).
- Keep practices small in size. For youth and adult organized sport practices or training (non-game or competition activities), create pods. Pod sizes cannot exceed 25 people per pod, either inside or outside.

- A “pod” is a group of individuals that only practice or play with members of their own pod, which limits the potential for transmission in the event of an exposure or outbreak. Teams and organizations are responsible for ensuring that members of different pods do not practice together, interact, or otherwise come into close contact while organized sports are occurring. Pods must either practice in physically separate rooms, facilities, or areas, or steps must be taken to ensure that pods are kept separated by a distance of no less than 12 feet at all times. Teams must also avoid reassigning athletes to different pods to the maximum extent possible.
- The smaller the pod size, the more the team can minimize broader transmission of COVID19 among team mates, so teams are strongly encouraged to create pods that are smaller than the maximum of 25.

Additional practice recommendations

- Start with skill development practices that allow participants to maintain social distance from members of other households for the first week or two of practice. This may help slow initial disease transmission on the team and ease participants back into practice for those who have not had much physical activity during the pause.
- Host practices outdoors if possible.
 - Outdoors is safer than indoors. If indoors, minimize the time spent indoors, as risk of transmission increases with the more time spent indoors. Consider keeping indoor practices to 30 minutes or less.
- Avoid using locker rooms and facility showers.
- Carpooling should be discouraged as much as possible.