



RETURN TO PLAY GUIDELINES

2021-2022 COVID-19 Preparedness Plan for Minnesota Futsal

Minnesota Futsal is committed to providing a safe and healthy workplace for all our staff, coaches and players. To ensure we have a safe and healthy workplace, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Staff, coaches, volunteers, parents and players are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 during training and matches and within our community at large, and that requires full cooperation among everyone involved. Only through this cooperative effort can we establish and maintain the safety and health of our futsal community.

Minnesota Futsal recognizes that risk of exposure to transmittable diseases can not be 100% eliminated and as such we have composed the following guidelines and protocols to maximize the safety of all participants and staff. These protocols are obtained from an extensive network of guidelines and are what we believe the best practices set forth by health, safety and government agencies. We primarily used guidance from the CDC and MN Department of Health, MN High School Athletics, as well as the Return to Play guidance from US Soccer. The goal of these guidelines is to deliver to all involved the safest gameday environment and experience possible. While clubs and coaches are tasked to create and maintain a safe environment, parents and guardians are the only ones who can make the decision for their child to participate.

Active engagement in this process is essential in developing and implementing a successful COVID-19 Preparedness Plan. The following criteria have been established to help mitigate the risk and ensure that our futsal community is as safe as possible during an active pandemic. We have worked closely with the YWCA to address the following areas:

- hygiene and respiratory etiquette;
- controls for social distancing;
- cleaning, disinfecting, decontamination and ventilation;
- prompt identification and isolation of sick persons;
- protection and controls for pick-up and drop-off;
- regular communication and instructions that will be provided to players and families; and
- management and supervision necessary to ensure effective implementation of the plan.

We ask that all families follow the general recommendations below to **stop the spread of infection**, as outlined by [Minnesota Department of Health](#):

- Social Distance at all times: Stay at least 6 feet from other people.
- Stay home if you feel sick and contact your health care provider.

- Avoid touching your face.
- Wash your hands often, with soap and water. Wash for at least 20 seconds.
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash and wash your hands immediately afterwards.
- MDH recommends wearing a facemask at all times in public settings whether indoor or outdoor. Minnesota Futsal is requiring masks for anyone entering the facility and the masks must be worn the entire time when in the building. Only players that are actively playing in a match or warming up prior to a match may remove his/her mask. Players must return to wearing masks when on the team benches.
- Avoid physical contact with other individuals whenever possible.

Minnesota Futsal League Protocols

These Return to Play Guidelines will guide all families and players on requirements for participating in the 2021-2022 Minnesota Futsal League. Everything presented in this plan is subject to change and we will completely support the guidance and directives of the Minnesota Department of Health and CDC.

Spectators:

- Spectators will be allowed into the facility but must wear masks at all times. We ask that no more than 2 spectators enter the facility per player and to please not bring in any infants or young children that can not comply with the mask mandate.
- The Team Manager or alternate adult from the Home Team will be responsible for running the scoreboard.
- Anyone feeling sick must leave the facility immediately, go home and if needed, seek medical guidance from a healthcare provider.
- Avoid touching eyes, nose and mouth with your hands whenever possible.
- It is strongly recommended that any people that fall into high risk categories, including people over the age of 65 and/or people with pre-existing conditions do not attend.
- Everyone is required to wear a mask when entering the facility and must remain on for all spectators and coaches at all times when inside the facility.

Prior to Arriving:

- **PLEASE DO NOT ARRIVE TO THE FACILITY ANY EARLIER THAN 20 MINUTES BEFORE GAMETIME. YOU WILL NOT BE ALLOWED IN THE FACILITY.**
- It is recommended that players from different households do not drive/carpool together.
- All participants should use the [Minnesota Symptom Screener](#). There is also a similar version on Teamsnap if your team uses that resource.
- Each player, coach, and referee should check his/her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- All coaches, players, referees and anyone else entering the facility should be monitoring their symptoms at home to ensure that:

- He/she is not currently demonstrating or suffering from any ill symptoms.
- He/she has not had a suspected or documented case of COVID-19 in the last 14 days
- He/she has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19.
- Any individual who is unable to confirm the above criteria should not participate and contact both their Club and healthcare provider.
- Everyone is expected to enter the facility only through the designated ENTRY doors (the traditional glass doors. There are separate doors for people to exit the building on the opposite side of the parking lot (by the steel doors).

On the Court Prior to Each Match:

- Any player that does not meet the above gating criteria should be restricted from participation and sent home.
- The coaches, players and parents are responsible for assessing their criteria and restricting their participation.
- Masks must be worn when entering and exiting the facility.
- The coach and team manager will be responsible for sanitizing their bench area and chairs prior to and after each match. Proper sanitizer and cleaning resources will be available on each court. We will have an additional sanitation team regularly cleaning the facility and restrooms throughout the day.
- Coaches are responsible for social distancing during warm-up activities and ensuring all player bags/belongings maintain appropriate distancing upon arrival.

During the Match:

Futsal may be conducted “as usual” with the following exceptions:

- Any team pre- and post-match handshakes should not occur.
- Handshakes or contact in substitutions should be avoided.
- Celebrations should not contain physical contact.
- Social distancing should occur between players and coaches on the sideline both during play and during any individual or group discussions during the match.
- No player, coach, or spectator should violate social distancing guidelines with a referee at any time.
- Player rosters will not be collected, just reviewed during team check-in by the referee prior to the match.
- Players on the sideline/bench should remain socially distanced (6 feet minimum) at all times.
- All staff, managers, and volunteers inside the facility must wear a mask at all times.
- We strongly encourage players to wear masks at all times during play. Masks are not required when a player is actively playing on the court or during warm-ups but players may elect to wear masks during the entirety of the match. All players in the bench area must return to wearing masks when not actively playing on the court.

After the Match:

- All attendees should maintain social distancing guidelines and wear a mask after the match is completed.
- Teams should not congregate, post-match debriefs should be kept to a minimum, and teams and staff should depart the premises immediately.
- The coach and team manager will be responsible for sanitizing their bench area and chairs prior to and after each match.
- All attendees must exit the facility through the designated Exit doors.

Reporting of a Positive Covid-19 Infection:

- Any individual with a confirmed case of COVID-19 should notify their respective team and/or club immediately.
- Any referee with a confirmed case of COVID-19 should notify the Minnesota Futsal referee assignor immediately.
- Any Club/Team notified of a confirmed case of COVID-19 in a player or staff member that was present at a Minnesota Futsal Event should notify Minnesota Futsal immediately.
- Anytime you have a suspected or confirmed COVID-19 case, always contact MDH via health.Sports.Covid19@state.mn.us to confirm the correct approach.

Equipment:

- Players and referees must bring their own equipment (hand sanitizer, water bottle, towels, etc.) that should not be shared between individuals.
- Equipment must be disinfected before and after warm-ups and matches. If a team brings in any communal equipment for warmups (cones, dots, etc), they should only be handled by the coach.
- Shared “hydration stations” like water fountains will be eliminated to the extent possible and players and staff should bring their own water or other hydration.
- Match balls will be provided by the league and sanitized between each match.