

# NORTH ST PAUL BASKETBALL ASSOCIATION & BOOSTERS

## 2020-2021 GYM USE COVID-19 PLAN

The following are the North St Paul Basketball Association & Boosters COVID-19 practice plan.

### Screening

- Facility users and building visitors must complete a health screening checklist before leaving home. Checklists are available on the [MDH website](#) or groups can download the [Screening Tool](#) posted in our buildings..
- All visitors must confirm that they are COVID-19 symptom free when they arrive.
- Group Events not sponsored by Community Education: The individual in charge of an activity/event (athletic coaches, group leaders, director, event organizer, etc.) must:
  - Screen everyone upon arrival to the activity/event.
  - Maintain a written or electronic record of who has been screened.
  - Confirm that everyone is COVID-19 symptom free by signing-in with the Community Education Building Supervisor when a supervisor is present in the building. The individual in charge is the only one who is required to sign-in. Participants do not need to sign-in.
  - If a supervisor is not present the individual in charge is responsible to refuse entry to anyone who is not symptom free.
- A new fever (100.4°F or higher), or a sense of having a fever.
- A new cough that you cannot attribute to another health condition.
- New chills that you cannot attribute to another health condition.
- New shortness of breath that you cannot attribute to another health condition.
- A new sore throat that you cannot attribute to another health condition.
- New muscle aches that you cannot attribute to another health condition or that may have been caused by a specific activity (such as physical exercise).
- A new headache that you cannot attribute to another health condition.
- New loss of smell or taste that you cannot attribute to another health condition.
- Had direct household contact with a person experiencing an undiagnosed cough and fever or has been diagnosed with COVID-19.
- Diarrhea and/or vomiting in the last 24 hours.
- Participants will wash hands/use hand sanitizer at the beginning and end of each session or practice/game. They will be encouraged to sanitize hands frequently.

- Parents will not be allowed to enter the facility. Parents must wait until they see their child enter the building before leaving and be prompt when picking the child up. Participants will enter the appropriate door one at a time and be met by a coach/instructor.
- All staff, coaches/instructors will be required to wear masks during practice.
- Before the start of any program all staff, coaches/instructors will be trained on following the guidelines that have been put into place.
- Prior to the start of a program or rental, these guidelines will be shared with participants and parents.
- Everyone is required to wear a mask when in the common areas (hallway) of the facility as they enter and exit. Masks will not be required during activity. All participants must provide their own mask.
- All participants will be asked to bring their own water bottle with their name on it. No other items like food, extra clothes, etc., will be allowed in the facility.
- Classes and rentals will have smaller sizes, with a maximum of 24 in a pod and one coach/instructor to allow for proper social distancing. If the Governor changes the number allowed in a class, this number will be adjusted.
- Bathrooms will be disinfected by building staff.
- Signs will be posted on the outside and inside the doors with reminders on social distancing and other safety guidelines.
- Each coach will be carry sanitizing wipes and will be asked to thoroughly clean equipment (including balls), bags etc. before and after each practice.
- If a participant starts to feel ill or has a concern about testing positive for COVID-19, they will be removed from the facility, brought outside and parents will be contacted to pick them up.
- Activity start and end times will be staggered to minimize the number of people entering the building at the same time and to allow time for cleaning between users as needed. Groups over 10 (when allowed) may be assigned staggered entry times to reduce the number of participants from arriving at the same time.
- Visitors will be notified which door to enter and exit through. Different doors will be used for entering and exiting the building whenever possible.

### **Illness Tracking**

- Organization/Group leaders will be required to keep rosters, take attendance for all activities should the information be needed by healthcare professionals for tracking purposes. Attendance records must be maintained for one month after the last date listed on the permit.

- Permit holders must notify Community Education if one of their participants test positive for COVID-19.
- Community Education will notify a school district nurse and/or MN Department of Health if a staff member, participant or facility user tests positive for COVID-19.

### **Illness Assessment**

- Any individual showing any signs or symptoms of illness while on site will be asked to go home immediately and contact their healthcare professional.

### **Returning to the Facility after Illness**

If you or someone in your household is having respiratory symptoms (cough OR sore throat OR difficulty breathing) and **no test was done to confirm diagnosis** you may return to the facility when these three (3) things have happened:

1. Fever free for at least 72 hours without the use of fever-reducing medication AND
2. Other symptoms have improved AND
3. At least 10 days have passed since your symptoms first appeared

If you or someone has/had **lab-confirmed COVID-19** you can return when these three (3) things have happened:

1. Fever free for at least 72 hours without the use of fever-reducing medication AND
2. Other symptoms have improved AND
3. You received one negative test (or per your doctor's recommendation in written format)

**AS ALWAYS, IF A PARTICIPANT, COACH, OR INSTRUCTOR IS SICK, THEY SHOULD STAY HOME.**

## **Respiratory Etiquette**

- **Masks**
  - Individuals are required to wear a manufactured or cloth face mask while in a district building.
    - Masks are not required to be worn when participating in outdoor activities but are recommended for people when not participating in sports practices, games or strenuous exercise.
    - Masks are required while waiting in a line or queue to enter a building.
    - Masks may be removed while in the gym during sports practices, games, clinics or while participating in strenuous exercises. Masks must be worn during breaks and whenever an individual leaves the gym or exercise room.
    - Masks should not be worn in the shower or pool. Pool patrons must wear masks on the pool deck.

- Children five years old and younger and those with a medical condition, mental health condition, or disability that makes it unreasonable for the individual to maintain a face covering are not required to wear a mask.
    - Masks may be temporarily removed for other purposes as defined in [MN Executive Order 20-81](#).
  - Building supervisors are required to wear manufactured or cloth face masks or face shields while in the building when interacting with the public and staff. Masks or a face shield will be provided or building supervisors may use their own.
- **Cover your cough or sneeze**  
Individuals are instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to 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.
- **Cover your Cough Signs** similar to these will be posted throughout the building.
  - [https://www.cdc.gov/flu/pdf/protect/cdc\\_cough.pdf](https://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf)
  - <https://www.health.state.mn.us/people/cyc/genposter.html>

## Social Distancing

Social distancing is being implemented in the facility in the following ways:

- Building and/or grounds will be made available for community use based on availability of supervisory and custodial staff in compliance with the Governor's guidance for safely reopening. Additional information can be found at:
  - <https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp>
  - <https://mn.gov/deed/newscenter/covid/safework/safe-reopening/>
  - <https://staysafe.mn.gov/industry-guidance/index.jsp>
- Group size and number of groups using buildings, rooms and grounds must comply with government restrictions and capacity limitations.
- Groups/organizations must provide their expected maximum attendance at the time they submit a facility request. The facility use office will only issue a permit for rooms/areas that can accommodate the maximum number of participants while maintaining social distancing. Groups may not exceed the number of participants reported without prior authorization from the Facility Use office. Participants or groups may be denied access if they exceed the number of attendees listed on the permit.
- Activity start and end times will be staggered to minimize the number of people entering the building at the same time and to allow time for cleaning between users as needed. Groups over 10 (when allowed) may be assigned staggered entry times to reduce the number of participants from arriving at the same time.
- Visitors will be notified which door to enter and exit through. Different doors will be used for entering and exiting the building whenever possible.
- Signage is posted in the building to remind people to maintain social distance of 6 feet whenever possible. Prominent areas where signs may be posted are building

entrances, restrooms, classrooms, gymnasiums, cafeterias, media centers and other areas where people generally gather.

- Signage for maximum occupancy will be posted in all rooms including bathrooms and locker rooms whenever possible.
- Visual distance cues will be marked on the floor outside of restrooms, at the reception desk and other areas where people may need to wait to gain entry whenever possible.
- Classrooms and other meeting spaces should be set up with desks, tables and/or chairs facing forward.
- Social Distancing procedures specific for swim lessons and open swim are available in the COVID-19 Preparedness Plan for Community Education Aquatics.

## Cleaning

Regular cleaning practices are being implemented, including routine cleaning and disinfecting of work surfaces, equipment, tools and machinery, and areas inside the buildings, including restrooms, breakrooms, lunch rooms, classrooms, gymnasiums, pools and meeting rooms. High-touch areas will be cleaned and disinfected frequently (e.g., phones, keyboards, touch screens, controls, door handles, elevator panels, railings, copy machines). These duties will be performed by building custodial staff or Community Education building supervisors when custodial staff are not available. Staff will be provided all necessary cleaning supplies, personal protective equipment, and will be trained in cleaning and disinfecting procedures.

- Facility Users may not use areas that are not listed on their permit without prior authorization so that rooms can be sanitized before and after use.
- Doors will be propped open to reduce handling when possible.
- Rooms will be cleaned and disinfected between users.
- Personal Equipment
  - Facility users may bring in personal equipment for their own use provided they get approval from the facility use office prior to their event. School District 622 reserves the right to refuse the use of personal equipment if we deem it to be a safety or health hazard.
  - Facility users must sanitize all equipment before bringing it into the facility and immediately before they leave the room it was used in.
  - Facility users must provide their own sanitizing supplies for their equipment.
- Outdoor structures such as playground equipment, benches, fences, etc. are not cleaned and disinfected. Users should wash/sanitize hands before and after contact.

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### **SAMPLE OF WAIVER SIGNED BY ALL NORTH ST PAUL BASKETBALL ASSOCIATION & BOOSTER PARTICIPANTS**

#### **WAIVER FOR PARTICIPANT BY PARENT:**

In consideration of the association accepting my son's entry, I hereby, for myself, my son(s), daughter(s), heirs, executors and administrators, waive and release any and all rights or claims for damages I or my son(s) may have against the NSPBAB and the 622 School District and its representatives, successors and assignees for any and all injuries suffered by myself or son(s) at any activity sponsored by the NSPBAB and or hosted by or at a 622 School District facility.

**COVID-19 Liability Release Statement**

Due to the highly contagious nature of the current COVID-19 virus outbreak and potentially any other virus that can be contracted from both symptomatic and asymptomatic people, North St. Paul - Maplewood -Oakdale School District assumes no responsibility for the contraction of any illness as a result of your participation in this class, related class activities or resulting from any facility use/rental. All participants are required to comply with social distancing expectations. Failure to do so could result in removal from the program and the premises and/or cancelation of the facility permit. The school will not be responsible for determining whether or not any participant has or does not have COVID-19 or any other illness before, during or after this class, class activity or facility use/rental. Anyone having any illness is required to not attend class or the activity/event this permit was issued for. It is the school district's recommendation that during the COVID-19 pandemic that the participant consult their doctor before participating and follow the CDC guidelines related to social distancing and wearing personal protective equipment.

This waiver and release applies even if the undersigned asserts the program was at fault for not taking greater precautions to manage exposure or infection from COVID-19 and the pandemic. Participants and their families assume the risk of illness and injury, as outlined in this document.

**Media Permission:**

I authorize the use of photographs taken during NSPBAB games and events to be published on the website/flyers of the association.

**Signature:** \_\_\_\_\_