

COVID-19 Preparedness Plan for New Ulm United Soccer Club

Updated 4/22/21

New Ulm United Soccer Club (NUUSC) is committed to providing a safe and healthy environment for all program and event participants. To ensure we have a safe and healthy soccer season, **NUUSC** has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 in our program, and that requires full cooperation from all participants. Only through this cooperative effort can we establish and maintain the safety and health of all participants.

Our Preparedness Plan follows the guidance developed by the State of Minnesota, which is based upon the Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- * Hygiene and respiratory etiquette
- * Engineering and administrative controls for social distancing
- * Housekeeping, including cleaning, disinfecting and decontamination
- * Prompt identification and isolation of sick persons
- * Communications provided to participants and staff
- * Management and supervision necessary to ensure effective implementation of the plan

Questions or concerns regarding this plan should be directed to NUUSC. Participants with a disability should contact NUUSC to discuss potential reasonable accommodations related to COVID-19.

Screening and Policies for Participants Exhibiting Signs and Symptoms of COVID-19

Participants have been informed and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess participants' health status prior to participating in a program or arriving at a facility and for participants to report when they are sick or experiencing symptoms.

Stay Home if Feeling Ill

Many times, with the best of intentions, participants attend a program or event even though they feel ill, but participants should not come if they feel ill. If you feel ill, please inform your Commissioner immediately, and do not return until you are no longer ill. Participants who arrive ill will be sent home in accordance with these health guidelines. NUUSC may request appropriate information related to illnesses from any participant before arriving to a program or facility.

Self-Monitoring

Participants are expected to conduct a self-assessment each day before attending the activity to determine if any COVID-19 symptoms are present. Symptoms of COVID-19 include:

- * Fever
- * Cough
- * Shortness of breath or difficulty breathing
- * Chills
- * Repeated shaking with chills
- * Muscle pain
- * Headache
- * Sore Throat
- * Loss of taste or smell

It is critical that participants do not attend a program or enter a facility while they are experiencing any of these symptoms or combinations of symptoms.

Participants who have exhibited symptoms of COVID-19 may return when:

- * Individual has had no fever for a least 72 hours without the use of fever reducing medicine; and
- * Respiratory symptoms have improved; and
- * At least 10 days have passed since symptoms first appeared (or recommended by local public health or MDH).

NUUSC will inform participants if they are aware an individual has be exposed to a person with COVID-19 while participating in a program or activity. NUUSC will protect the privacy of the infected individual's health status and health information. The name of the person testing positive will not be disclosed unless the individual provides consent.

Exposure of Potential Exposures to COVID-19

NUUSC will utilize the CDC's recommendations for individuals who may have been exposed to COVID-19. Exposure is defined as "close contact within 6 feet of an individual for at least 10 minutes who is symptomatic or tests positive for COVID-19". The time-frame for having contact with an individual includes the period of 48 hours before the individual became symptomatic. Persons with a potential exposure shall isolate at home for 14 days after last exposure and maintain social distance from others at all times, self monitor for symptoms twice per day and avoid contact with people at higher risk for severe illness.

Hand Hygiene

Basic infection prevention measures are required at all practices and events at all times. Individuals are instructed to wash their hands for at least 20 seconds with soap and hot water frequently throughout the day. Hand sanitizer will be used at fields before and after each session by all players and coaches.

Respiratory Etiquette

Participants are being asked to cover their mouth and nose with their sleeves or a tissue when coughing and sneezing and to avoid touching their face, mouth, nose and eyes with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward.

Facial Covering Policy

MDH recommends people wear cloth masks as a public health measure in public settings and where social distancing (a space of six feet apart) is difficult to maintain. Face coverings need to cover the nose and mouth. Examples or other face coverings include bandannas, scarves and fabric masks.

Outdoor face covering requirements and recommendations per MDH:

- Requirement: Face coverings are required to be worn when sports participants are not actively practicing or playing and cannot maintain physical distancing. (page 4, Covid-19 Organized Sports Practice and Games Guidance for Youth and Adult, MDH)

Exemptions from the face covering requirement:

- Children under age 2 must not wear face coverings. Children between the ages of 2 and 5 years old are not required to wear face coverings but are encouraged to wear a face covering when in public if they can do so reliably in compliance with CDC guidance (i.e., without frequently touching or removing the face covering) (page 6, Covid-19 Organized Sports Practice and Games Guidance for Youth and Adult, MDH)
- People who have medical or other health conditions, disabilities, or mental health, developmental, or behavioral needs that make it difficult to tolerate wearing a face covering.

Social Distancing

Social distancing is required at any NUUSC activity through the following engineering and administrative controls:

- * Participants are to maintain a distance of 6 feet whenever possible. If not possible, additional precautions should be used such as wearing a face covering.
- * Anyone not directly involved in an NUUSC sponsored activity is strongly encouraged to avoid the activity area.

Communications and Training

This Preparedness Plan is visible on www.newulmsoccer.org. Additional communications and training will be ongoing as needs and procedures change. NUUSC will monitor program effectiveness and ensure all participants understand and adhere to necessary precautions. All participants are required to follow this plan and request clarifications, as necessary.

Programs and events may require additional safety and health measures, and information will be provided by NUUSC. Please read all safety training provided by NUUSC prior to participation or arrival at an event. The plan supplements existing employment policies, rules, procedures and regulations. All current policies, rules procedures and regulations remain in full effect, except instances where this plan directly contradicts another current policy, rule, procedure or regulation in which case this plan supersedes existing policy, rule, procedure or regulations. Therefore, participants are encouraged to review all other such policies, rules, procedures and regulations in conjunction with this plan.

Certified by:

New Ulm United Soccer Club
www.newulmsoccer.org

Reference: <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>