



We are pleased to announce the reopening of MidAmerica on June 15. As we reopen, we want to inform you of changes that will be forth coming related to post Covid-19 guidelines set by the State and CDC. Many of the changes are being mandated by the State and CDC while others are procedures; we are instilling to protect our participants, coaches, staff as well as MidAmerica. The changes will impact most facets of how MidAmerica operates, including but not limited to, entering the building, procedures while in the building, activity on the courts and pricing. We recognize many of these changes will be burdensome, but at least for the foreseeable future, it's the world we are being forced to exist in and we ask for your indulgence.

The following, highlights many of the requirements that have been instituted:

Staff Expectations

- All staff members will adhere to the illness policy stated below under Entry Testing Procedures
- Staff will be temperature/health checked upon arrival
- Staff will be required to wash hands before and after every training session
- Staff will be required to wear masks and PPE equipment will be available
- Staff will be trained to properly dispose of or disinfect PPE, inspect PPE for damage, maintain PPE and the limitations of PPE
- Staff will be informed on how to identify and communicate potential illness issues to management in order to reduce potential risk of exposure at the facilities. All education and training will be communicated in the language best understood by the individual staff member receiving the instructions

Coaches/Trainers (herein after referred to as Coaches) Expectations

- Coaches must adhere to the illness policy stated below under Entry Testing Procedures
- Coaches must be temperature/health checked upon arrival, using the benchmark of 100.4 degrees
- Coaches must wear masks
- Coaches must maintain social distances per CDC recommendations
- Coaches must abide by all Facility Guidelines posted throughout the Facility
- Coaches must practice proper hand washing / sanitizing after contacting surfaces inside the building and after each training session
- Coaches must be logged in for contact tracing purposes upon entering building
- Coaches must refrain from any physical touching of athletes
- Coaches are responsible for informing their athletes/parents of these guidelines
- Coaches are responsible for obtaining an executed Participant Waiver for each athlete they train

Athletes Expectations

- Athletes will adhere to the illness policy stated below under Entry Testing Procedures
- Athletes will be temperature/health checked upon arrival, using the benchmark of 100.4 degrees
- Athletes must practice proper hand washing / sanitizing after contacting surfaces inside the building
- Athletes must be logged in for contact tracing purposes upon entering building
- Athletes must wear a face mask upon entering and leaving the building, but not during athletic activity
- Athletes must uphold social distancing guidelines per CDC recommendations
- Athletes must adhere to all posted Facility Guidelines
- Athletes must refrain from any physical touching of other athletes or coaches
- Athletes must bring personal water bottle and any required equipment, storing such equipment in accordance with social distancing policies
- Athletes must maintain social distancing when taking water breaks
- Athletes must maintain social distancing when receiving instructions

All coaches, players and parent/guardians (herein after referred to as Parent) must sign a waiver acknowledging their understanding and acceptance of these guidelines or they will not be allowed access to MidAmerica.

ENTRY / EXIT PROCEDURES

Arriving and Departing Facility:

- All facilities will have separate entrance and exit doors, designed to be in compliance with physical distancing procedures
- Athletes must remain in their vehicles until given a signal to enter, no athlete will be admitted prior to their scheduled training time to eliminate the congregating or gathering of athletes as they arrive
- Hand sanitizer will be distributed upon arrival and departure of the facility
- Hand sanitizer will be displayed throughout the facilities for recognizable and easy access

Entry Health Testing Procedure:

- Guideline signage will be placed conspicuously at the entrance and throughout the facilities alerting staff and attendees of the occupancy limits, emphasis on wearing masks, good hygiene practice and social distancing requirements
- All athletes and coaches will be surveyed and tested upon arrival by a facility staff member
- If they are symptomatic in any way, the athlete or coach will not be permitted to enter the facility
- Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing or any other symptoms identified by the CDC
- Everyone will receive a non-touch thermal temperature check upon arrival, using the benchmark of 100.4 degree. Any person meeting or exceeding that temperature reading will not be allowed in the facility
- The following series of questions will be asked of each individual upon entering the facility;
 - Have you had a fever in the past 72 hours
 - Have you had a cough or any difficulty breathing or any flu like symptoms in the past 10 days
 - Have you had contact with any confirmed case of a person with Covid-19 within the past 14 days
 - Have you traveled to any country within the past 14 days that is deemed a country of concern by the CDC
 - If any of the above are checked "YES", then you may not enter the facility until all "return-to-work/participate" conditions have been satisfied, and as outlined in the COVID 19 FITNESS CENTER GUIDELINES.

Please continue to help prevent virus spread as consistent with CDC guidelines, which can be found at <https://www.cdc.gov/coronavirus>



WASH

Your hands well



COVER

Your mouth & nose sneezing or coughing



AVOID

Handshakes & touching eyes

No Spectators / Parent Specific Requirement:

- Only athletes, coaches and staff are allowed into the facility.
- Parents/guardians are to drop players off at the assigned ENTRY door, and upon the completion of training, pick their players up at the assigned EXIT doors at the designated training time and not earlier. This is to discourage social gathering before and after the training session.
- **Parent/Guardian exception**, one parent of any player that is 12 or under in age may be required to attend training sessions to assist in social distancing and will be required to wear a mask
- Entry / Exit doors will be marked accordingly

Face Masks:

- All coaches and athletes must arrive in a face mask to be allowed in the facility. They will be encouraged to leave with the mask as well. Coaches are instructed to wear face masks at all times.

Training Sessions

- Players will wear face masks prior to entering the court area and immediately upon leaving the court
- Staff and Coaches will have access to the appropriate PPE equipment including masks, which are to be worn at all times
- Social or Physical Distancing is to take place during team meetings, huddles, water breaks, etc. A minimum of 6ft. at which time masks should be worn
- Coaches and players are to follow directions for spacing and are to remain 6' apart. There is to be no intentional touching or contact when administering instruction or training
- Physical distancing, Athletes must remain in place when waiting to enter court area during drills. 6' separation when in line awaiting their turn
- Athletes /coaches who begin to cough/sneeze for any reason must leave the immediate practice area until coughing/sneezing subsides
- Attendance of athletes participating must be taken. This will allow for proper contact tracing if needed

DISINFECTING or SANITIZING

- All courts, balls, carts along with any other equipment being used for training and common areas, will be sprayed using (1 of 2) Clorox 360 Pro Electrostatic Disinfectant Sprayer (utilized in hospitals, etc., picture attached) between each session **by staff in full PPE garb**



- All courts used to conduct a session will be disinfected using (1 of 4) Sterilazer Ultra Violet Light Floor Unit (utilized in many major athletic events, picture attached) after each session



- No access to any locker rooms or conference rooms. All athletes arrive in practice apparel. Showers to be taken at home
- No public water fountains will be operational within the facility
- Players are to bring their own, marked, water bottles
- All athletes must avoid sharing of water bottles or towels, or be removed from practice session
- All common areas such as lobbies, rest areas, grill or concessions stands, etc., will remain closed
- All restrooms will be sanitized on a minimum of a daily basis, however it is anticipated multiple cleanings will occur throughout the day depending on the number of athletes and sessions conducted in a day's time. The Clorox 360 Pro Electrostatic Disinfectant Sprayer will be utilized on all surfaces plus the use of disinfectant wipes where necessary
- Restrooms will utilize touchless hand dryers
- Hand sanitizer dispensers will be available on each court, for consistent usage during training
- Each court utilized during a session will be disinfected through the use of a UV Floor unit.
- All frequently touched surfaces are to be disinfected after each use (door handles, pens, tables, etc) any common area, however common areas will be at a minimum

As stated above, we truly recognize the burden these guidelines may create for some participants. If we learn we can reduce any of the requirements, we will immediately address the change and determine whether or not to incorporate that change. As we move forward, please abide by these guidelines and exhibit patience with everyone involved, staff, coaches, other athletes and MidAmerica. MidAmerica's most important objective is to keep everyone safe and healthy.

Regards,

Management
MidAmerica Sports Center