

COVID-19 Preparedness Plan for North Polars Fastpitch Association

North Polars Fastpitch Association, herein known as NPFA, is committed to providing a safe and healthy environment for all our players, coaches, and association members. To ensure we have a safe and healthy environment, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Coaches, players, and association members are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our program, and that requires full cooperation among our coaches, players, and association members. Only through this cooperative effort can we establish and maintain the safety and health of our coaches, players, and association members.

Coaches, players, and association members are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. NPFA board members and coaches have our full support in enforcing the provisions of this policy.

Our players are our most important assets. We are serious about safety and health and keeping our players in NPFA safe. Coach, player, and association member involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our coaches, players, and association members in this process by; **NPFA has asked coaches and association members for any feedback on our COVID-19 Preparedness Plan. The plan will be amended accordingly.**

Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines, federal OSHA standards related to COVID-19 and Executive Order 20-48, and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- cleaning, disinfecting, decontamination and ventilation;
- prompt identification and isolation of sick persons;
- communications and training that will be provided to coaches, players, and families; and
- management and supervision necessary to ensure effective implementation of the plan.

Screening and policies for coaches and players exhibiting signs and symptoms of COVID-19

Coaches and players have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess coaches and players health status prior to entering practice or games and for coaches and players to report when they are sick or experiencing symptoms.

- **Any coach or player that shows signs or symptoms of COVID-19 will not participate in clinics, tryouts, practices or games for at least 10 days after onset of symptoms or after 72 hours with no signs or symptoms of COVID-19, whichever is longer.**
- **Any coach or player that is diagnosed with COVID-19 will not participate in any clinics, tryouts, practices or games until cleared to do so by the Minnesota Department of Health.**

- **Coaches will provide a health screening survey to each player before each clinics, tryouts, practices or games.**
- **If any player is displaying any COVID-19 signs or symptoms they will inform their coach immediately.**
- **If any coach or player is found displaying and COVID-19 signs or symptoms at any clinics, tryouts, practices or games, they will be isolated until a family member can pick them up.**

NPFA has implemented leave policies that promote coaches and players staying at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household.

- **No coach or player shall be penalized in any way for missing clinics, tryouts, practices or games due to COVID-19 related issues.**

NPFA has also implemented a policy for informing coaches, players, and families if they have been exposed to a person with COVID-19 at their games or practices and requiring them to quarantine for the required amount of time.

- **If any coach or player is diagnosed with COVID-19 all coaches, players, and association members will be immediately notified via email.**
- **If any coach or player is exposed to a person who has been diagnosed with COVID-19 they will not be allowed to participate in any clinics, tryouts, practices or games for 14 days after last day of exposure.**

In addition, a policy has been implemented to protect the privacy of coaches and players health status and health information.

- **Coaches, players, and association members privacy will be protected all times. NPFA will not publically identify any coaches, players, or association members that have tested positive for COVID-19 or any other illness.**
- **NPFA is required to notify ISD 622 if anyone tests positive for COVID-19. This is required because the ISD 622 nurses need to do contact tracing for any infections in the buildings.**

Handwashing

Basic infection prevention measures are being implemented at our clinics, tryouts, practices and games at all times. Coaches and players are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their games or practices, prior to any mealtimes and after using the toilet. All family members and visitors to clinics, tryouts, practices and games will be required to wash or sanitize their hands prior to or immediately upon entering the facility. Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) are at entrances and locations in the dugout so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.

- **Hand sanitizer and tissues will be provided at all entrances and dugouts.**

Respiratory etiquette: Cover your cough or sneeze

Coaches, players, family members, and visitors are being 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 provided trash receptacles and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all coaches, players, family members, and visitors.

- **Coaches will be required to go through all safety protocols with players before all clinics, tryouts, practices and games.**
- **Everyone is required to wear masks at all times entering, exiting and while in any ISD 622 building when not actively participating in play. NPFA will provide new masks for who do not have a mask and want to participate.**

Social distancing

Social distancing of six feet will be implemented and maintained between coaches, players, family members, and visitors at all clinics, tryouts, practices and games through the following engineering and administrative controls:

- **NPFA will follow the Minnesota Department of Health Youth Sports Guidelines for social distancing for all clinics, tryouts, practices or games. See attached Minnesota Department of Health Youth Sports Guidelines.**
- **NPFA will enforce social distancing for all practices. Those who will not adhere to the proper social distancing will not be allowed to continue in the activity.**

Cleaning, disinfection, and ventilation

Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of equipment and dugouts.

- **Coaches will disinfect all equipment and dugouts before and after each clinic, tryout, practices and games**
- **Coaches will disinfect all high-touch surfaces like doorknobs, tables, chairs, etc.
Only cleaning and disinfecting supplies provided by the ISD 622 school district will be used on district surfaces and equipment.**

Appropriate and effective cleaning and disinfectant supplies have been purchased and are available for use in accordance with product labels, safety data sheets and manufacturer specifications and are being used with required personal protective equipment for the product.

- **NPFA will supply all teams hand sanitizer and tissues for use at all clinics, tryouts, practices and games.**

The maximum amount of fresh air is being brought into the workplace, air recirculation is being limited and ventilation systems are being properly used and maintained. Steps are also being taken to minimize air flow blowing across people.

- **NPFA will follow the Minnesota Department of Health Youth Sports Guidelines for social distancing for all clinics, tryouts, practices or games. See attached Minnesota Department of Health Youth Sports Guidelines.**

Facilities compliance

NFPA will comply with the ISD 622 [COVID-19 Preparedness Plan for CE/Facility Use](#) and communicate it to all players, coaches, etc. and that NFPA will communicate our waiver to all families.

- **Please note also that at this time we are not allowing any parents, spectators, visitors etc into the buildings. We are only allowing players and coaches. An adult is only allowed to walk the player into the building but is not allowed to stay.**

Communications and training

This COVID-19 Preparedness Plan was communicated **via email** to all coaches, players, and association members on **5/29/20** and necessary training will be provided before any games or practices begin. Additional communication and training will be ongoing **at all games and practices** and provided to all coaches who did not receive the initial training. Instructions will be communicated to players and association members about how drop-off and pick-up, will be conducted to ensure social distancing between the coaches, players, and association members; required hygiene practices; and recommendations that players and families use face masks when dropping off or picking up. Players and family members will also be advised not to enter any practices or games if they are experiencing symptoms or have contracted COVID-19.

- **NPFA and coaches will provide instructions on player drop off and pick up procedures.**

Board members and coaches are to monitor how effective the program has been implemented by;

- **NPFA and coaches will monitor clinics, tryouts, practices and games to ensure guidelines are being met.**

Board members, coaches, players, and association members are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been certified by the **NPFA Board of Directors** and was distributed to all association members. It will be updated as necessary.

Certified by: **NPFA Board of Directors**

Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) – www.cdc.gov/coronavirus/2019-nCoV

Minnesota Department of Health (MDH): Coronavirus – www.health.state.mn.us/diseases/coronavirus
State of Minnesota: COVID-19 response – <https://mn.gov/covid19>

Businesses

CDC: Resources for businesses and employers – www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

CDC: General business frequently asked questions – www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html

CDC: Building/business ventilation – www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

MDH: Businesses and employers: COVID-19 – www.health.state.mn.us/diseases/coronavirus/businesses.html

MDH: Health screening checklist – www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: Materials for businesses and employers – www.health.state.mn.us/diseases/coronavirus/materials

Minnesota Department of Employment and Economic Development (DEED): COVID-19 information and resources – <https://mn.gov/deed/newscenter/covid/>

Minnesota Department of Labor and Industry (DLI): Updates related to COVID-19 – www.dli.mn.gov/updates

Federal OSHA – www.osha.gov

Handwashing

MDH: Handwashing video translated into multiple languages – www.youtube.com/watch?v=LdQuPGVcceg

Respiratory etiquette: Cover your cough or sneeze

CDC: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

CDC: www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

MDH: www.health.state.mn.us/diseases/coronavirus/prevention.html

Social distancing

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

MDH: www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

CDC: www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

CDC: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

CDC: www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Environmental Protection Agency (EPA): www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Employees exhibiting signs and symptoms of COVID-19

CDC: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

MDH: www.health.state.mn.us/diseases/coronavirus/basics.html

MDH: www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: www.health.state.mn.us/diseases/coronavirus/returntowork.pdf

State of Minnesota – <https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

Training

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html

Federal OSHA: www.osha.gov/Publications/OSHA3990.pdf

MDH: www.health.state.mn.us/diseases/coronavirus/about.pdf

ISD 622 Facilities.

ISD622:

<https://docs.google.com/document/d/1IV0pjrzRNwbACBf3WaN6FDrk1ggEtATIFvhMMw764M/edit>