



Raiders Athletics
COVID Protocols Fall 2020
Last updated 8.13.20

Participant Screening

Parents or guardians should monitor their student-athlete for signs of infectious illness every day. Students who are sick or display any combination of symptoms as noted below should not attend team practices, meetings, or competitions. It is the expectation that all students-athletes, coaches, and support staff screen for illness before attending team functions.

According to the MN Department of Health the following is a current list of COVID-19 symptoms: New onset of **cough or shortness of breath** by themselves OR at least 2 of the following:

- loss of sense of smell or taste
- fever (100.4°F or higher)
- chills
- muscle pain
- sore throat
- fatigue
- congestion
- gastrointestinal symptoms of diarrhea, vomiting, or nausea

Mitigation Strategies

The first week of practice will focus on implementing effective protocols and routines for pre-participation screenings, effective social distancing, compliance with all health recommendations, establishment of pod limits of 25 or less, and additional actions that mitigate the spread of disease and enhance safety of students and coaches.

- Teams will not provide water bottles
 - Student-athletes may not share water bottles
 - Face coverings will be worn when not training and/or competing and social distancing cannot be followed
 - Face coverings worn by coaches and support staff at all times
 - Face coverings worn on bench during games
 - Face coverings will be worn when indoors and on shared transportation
 - Student-athletes will not have access to locker rooms before school starts
 - Busses will transport at reduced capacity with socially distanced seating.
 - Spectator restrictions will be enforced.
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Confirmed and Suspected COVID Cases

Athletic programs must follow the identified protocols for students or coaches who have tested positive, are experiencing symptoms consistent with a COVID-19 diagnosis, or have had exposure to an individual who has been diagnosed with COVID-19.

- Families need to report a positive test to (1) their sport coach (2) the Athletic Director **ASAP and within 12 hours of diagnosis**. After school starts families need to report a positive COVID-19 diagnosis to the HHS COVID contact and the Athletic Director ASAP and within 12 hours.
- A person who tests positive or displays COVID-19 symptoms will need to be quarantined for 10 days after the test date.
- Someone who tested positive can return to play after 10 days of being quarantined provided they have been fever free for 24 hours without using fever reducing medication and their symptoms have greatly improved.
- Any person who was in **close contact* with a COVID positive person needs to be quarantined for 14 days.
- If a student-athlete comes to practice with symptoms of COVID-19 or any other illness; the student will be assessed by the Certified Athletic Trainer and the parent or guardian will be called and they, or an emergency contact, will be expected to pick up their student within 30 minutes of notification.

**Close Contact as defined by MDH: Spending 15 minutes of time less than 6 feet from someone who has COVID-19 disease.*

- High School Athletic Director: Trent Hanson, 651-480-7596,
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- High School Nurse: Keri Cotton, 651-480-7486,
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[MDH Decision Tree](#)



Minnesota State High School League (MSHSL) & Metro East Conference (MEC)

- The first day of competition is the later date of Monday, August 24th or the first possible date of competition as identified by MSHSL Bylaws per each activity.
- Interscholastic scrimmages will not be allowed.
- Season length will be reduced to 80% or less of the limit identified by MSHSL.
- Competitions will be reduced to 70% or less of the limit identified by MSHSL.
- Competitions must be held with local opponents, defined as teams within a conference.
- Captain's practices are prohibited.
- Full compliance with all requirements of the MDH.
- Spectators will not be allowed at indoor venues.
- Capacity at outdoor venues are capped at 250 people.
- Schools forced into distance learning by MDH COVID metrics can only train virtually.