Minnesota West Community & Technical College

COVID-19 Athletics Preparedness to Play Plan

To ensure the return of intercollegiate athletes, this Preparedness to Play Plan aims to mitigate health and safety risks while simultaneously acknowledging that intercollegiate athletics are an inherently risky endeavor in the COVID-19 era.

1. The following principles were used for the development of our return to play options:
   a. The physical and mental health of our student-athletes, coaches and staff will remain the top priority.
   b. Ensure that all efforts to retain student-athletes as an enrollment strategy are deliberate and thoughtful.
   c. Cost containment considerations for athletic departments and colleges are to be prioritized.
   d. Mitigate against and reduce as many unknowns as possible.

2. NJCAA required Pre-Participation Physical Examinations.
   a. The NJCAA requires all student-athletes to have a valid physical on file with the college prior to their involvement in practice. A physical is valid for 13 months from the day it is administered by a health care professional.
   b. Member institution may provide preseason physicals to student-athletes. Reimbursement directly to the student-athlete for preseason physicals is not permissible.
   c. The NJCAA does not require a certain physical form to be used. You can access a copy of the recommended for by clicking the link here. NJCAA Physical Form

3. Follow physical distancing
   a. Adhere to social distancing requirements. Maintain 6 feet between participants when they are not playing (on the bench, in the dugout, on the sideline, etc.).
   b. During any practice or competition spectators must be at least 12 feet from the closest participant. So at least 12 feet from the field, the bench, or the court, whichever is closest.
4. Testing
   a. For high-risk sports, MDH strongly recommends testing two to three times a week with at least one testing being a PCR test.
   b. For intermediate and low-risk sports, follow conference or National Collegiate Athletic Association (NCAA) testing guidance.
   c. NCAA guidance classifying various sports activities based on level of risk can be found here: Sport Transmission Risk, Sample Testing, and Masking Strategies Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition.

5. Optional testing program
   a. Face coverings during practices are not required for athletes when testing is being done as follows:
      1. For all sports, testing of all athletes must be completed twice per week, every week, with a recommendation of at least one PCR test.
      2. Face coverings must still be worn when athletes are training in an area where they are intermixing with other patrons of a gym or sports facility (e.g., a weight room where both intercollegiate athletes and other patrons are present).
   b. Face coverings during competitions are not required for athletes during competition when testing is being done as follows:
      1. For high-risk sports, three tests must be done for all athletes the week leading up to any competition, with a recommendation of at least one PCR test.
      2. For intermediate and low-risk sports, two tests must be done for all athletes the week leading up to any competition, with a recommendation of at least one PCR test.
      3. For classification of intermediate and low-risk sports, see NCAA or conference specific classifications.
      4. Face coverings must still be worn when athletes are not playing (on the bench, in the dugout, on the sidelines, etc.).

6. Athlete/Coach/Staff Interaction
   a. Follow guidelines for room capacity set forth by local, regional, and national guidelines.
   b. Team meetings should be held virtually when possible
   c. During face to face meetings (one on one and team) everyone will wear a mask or face covering.
   d. Hand sanitizer will be used at the beginning and end of all interactions
   e. Athletes, coaches, and staff will wear masks, unless vigorous physical activity precludes the athlete from wearing a mask.

7. Student-athlete off campus interactions
   a. Athletes will not spend time outside of their primary group. Primary group includes roommates, classmates, teammates, and family if living at home.
   b. Students who spend extended periods outside of primary group may face possible quarantine.
8. Preventative Measures

a. **Personal Protective Equipment (PPE):** All personnel associated with the game except the student-athletes playing (coaches, officials when possible, game day staff, bench players) must wear face coverings or masks. Masks are required for all team meetings before, at halftime and after the game.

   i. **Athletes:** may temporarily remove their face covering when participating as an athlete in an organized sport where the level of exertion makes it difficult to wear a face covering. Face coverings are strongly encouraged, but not required, when actively playing in a game or participating in a practice as an athlete in an organized sport, to the extent possible when social distancing is not being maintained. However, face coverings must be worn when coming to and going from a game or practice, as well as when the athlete is on the sidelines.

   ii. **Medical Staff:** It is recommended that each training staff member has access to PPE including mask, face shield and gloves. Each team’s training staff will commit to wearing PPE during competition while rendering medical care and when in close proximity to athletes.

   iii. **Coaching Staff:** All members of the coaching staff are required to wear a mask. Any staff members that are considered high risk should have access to more substantial PPE (mask, shield, and gloves) from their respective institutions upon request.

   iv. **Event Staff:** All event staff is required to wear a mask. Any staff that spends prolonged time within six feet of an athlete should consider utilizing the same level of PPE as the medical staff.

b. **Towels:** Each participating team will be required to supply and manage their own towels during competition. Each institution must develop a mitigation plan to minimize the spread of disease to all participants.

c. **Hydration:** Each campus must develop a hydration plan and communicate any expectations or requirements to visiting teams prior to competition. It is recommended that each team provide separate water bottles for each team member instead of utilizing water cups at the home site.

d. **Hygiene:** Athletes will wash their hands for at least 20 seconds with soap and water or use appropriate hand sanitizer upon entry and exit of all athletic facilities. Athletes will shower at home; common use shower is discouraged.

e. **Cleaning:** Commonly used spaces such as meeting rooms, locker rooms or equipment (i.e. mats) will be cleaned daily or more frequently as needed.

9. Daily Screening

Teams have been trained and instructed to self-monitor for signs and symptoms of COVID-19.

You must report any of the following conditions while completing the [COVID Screening Tool](#):

- A fever (100.4°F or higher), or a sense of having a fever or feeling feverish (chills, sweating).
- A new cough that you cannot attribute to another health condition.
- A 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 and that are not 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.
- Vomiting or diarrhea that you cannot attribute to another health condition.
- Are you under evaluation for COVID-19 (e.g., waiting for the results of a viral test to confirm infection)?
- Have you been diagnosed with COVID-19 and not yet cleared to discontinue isolation?

Upon completion of the COVID Screening process a **GREEN** screen means you are approved to enter campus. If you receive a **RED** screen you are not allowed to enter campus. Contact your healthcare provider to schedule a test.

a. All athletes will **complete a daily** symptom screen using the [COVID Screening Tool](#).

b. Upon entry to athletic facility a designated staff member will record temperature using a **touchless** (infra-red) thermometer.

c. This information will be stored with the Athletic Directors.

d. Anyone that fails the screening will be **sent home immediately**.
   - If they are unable to leave immediately (i.e. lack transportation) they will be placed in an isolation room.

e. Athletes and coaches that feel sick should stay home.

### 10. Positive COVID 19

a. If an athlete or coach is confirmed to have COVID-19, the following will occur:
   i. Excluded from practice and play for 10-14 days.
      1. All participants that have practiced or competed with this individual (up to 48 hours before they started showing symptoms) shall be quarantined.
      2. Any individuals who were in close contact with the individual as defined by being within 6 feet of them for greater than 15 minutes or had direct exposure to secretions (i.e. being coughed on) shall be quarantined.
         a. A list of names of all participants shall be kept for all practices, scrimmages, and games.
         b. If a participant is absent, the reason for this absence shall be determined.

b. If a case of COVID-19 is reported notify MDH by email at both [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us) and [health.highered.covid19@state.mn.us](mailto:health.highered.covid19@state.mn.us). MDH will be available to answer questions you have and can provide guidance. MDH also has template notification letters for close contacts or others on the team who may have questions about their risk of COVID-19.

### 11. Athletic Return to Activity Protocol (After Recovering from Positive Case)

a. Light cardiovascular activity, 70% of predicted max heart rate, not sport specific activity.
b. Sport specific activity (practice or individually), 70% of predicted max rate.
c. Complete a minimum of 5 full practices.
d. Return to game or competition.

**Student-athletes will continue at current step until they are able to complete without difficulty or change in respiratory or cardiac symptoms or are back to previous physical fitness level.**

**If there is significant change in respiratory symptoms or any cardiac symptoms increase with exercise than the athlete should follow up with their PCP for further guidance.**

12. Quarantine considerations
   a. Athletes and coaches exposed to a known positive case must complete the full 14-day quarantine, not the reduced 10- or 7-day option.
   b. Considerations for meals, screening/temperature checks may need to be made.

13. Travel
   a. Social distancing and mask wearing while travelling to and from practices and games should be observed at all times.
   b. Limit overnight stays, when possible
      i. Room assignments should be similar to apartment/house roommates.
   c. Follow bus company guidelines for capacity
   d. Athletes on both home and away teams should be screened and have temperature checks completed.
      i. Prior to departing campus, and
      ii. Upon arrival at contest site
   e. Encourage communication between home and away teams regarding local COVID status and/or other concerns.
III. RETURN TO COMPETITION

Each MCAC institution must develop its own return-to-athletics practice plan to support the health and safety of student-athletes, coaches, and administrators on-campus prior to the start of competition.

A. PRE-PARTICIPATION RECOMMENDATIONS

1. Pre-Participation Medical Clearance

Each institution should develop pre-participation guidelines that are consistent with current sports medicine best practice and that meet state, local and institutional guidelines and regulations.

2. Game Day Set Up

Each visiting team will be supplied with water, Ice, biohazard/blood kits, and disinfectant on their sideline and bench. All other items should be supplied by the visiting team and set up in accordance with all social distancing rules.

3. Education

Institutions must provide education and training to student-athletes, coaches, and athletics staff about socially responsible behavior and infection control. Topics should include the importance of honesty in self reporting, risk factors, signs and symptoms, prevention, hygiene, role of screening, post-practice hygiene, and what to do when feeling sick.

4. Disclosure Protocol

MCAC institutions shall be required to formally and immediately disclose to competing schools and the MCAC conference office any possible exposure to COVID-19 or positive COVID-19 tests. Names of specific student-athletes will not be disclosed if a player is exhibiting symptoms or has tested positive for Covid.

These disclosures will be made in accordance to all federal, state and institutional laws and policies governing Private Health Information (PHI). In the event of COVID-19 exposure, the conference will operate in accordance with MinnState regulations, if available, providing relevant information to student-athletes, institutional staff, officials, hosts, spectators, and media as appropriate, and in consultation with legal counsel when necessary.

In the event that a student-athlete, coach, or staff member associated with an MCAC institution tests positive for COVID-19, that case must be reported to both the MCAC Office and the Minnesota Department of Health (health.sports.covid19@state.mn.us).
Member institutions are expected to maintain consistent, clear, open, and transparent communication with the Conference office and other member institutions in the event of a medically-related event on their campus.

*Conference media language example: “(College will be canceling/postponing today’s contest due to a potential health concern. Additional details will be made available if and when possible.”*

The decision to not permit a team to participate in an athletic competition due to a medically related incident or issue may be made by either the host or visiting institution as per regulations developed by the MCAC Conference governing body. It is imperative that this decision is documented by institutional administrators and shared with all parties involved, including the conference office.

Individual institutions should consult with the appropriate medical or public health professionals prior to making the determination that athletic participation can resume if canceled. All decisions must be documented and communicated by institutional administration to all parties involved, including the conference office.

*NOTE: Institutions and athletic departments should understand that in the case of medically related incidents, policies may change during the course of that incident based on recommendations and guidelines from local, state, or federal public health officials.*

### 5. Public Statement

MCAC institutions with protocol established by the MCAC Office must determine public response protocol for both the institution and conference in the event of exposure, a positive test, or critical illness.

### 6. Sport Modifications

Handshakes: The shaking of hands between opponents, coaches and officials before, during, or after MCAC contests will be eliminated.

### 7. Spectator Attendance Policy

Fan attendance at games will follow the recommendations given by the MDH at that time period.

Starting Jan. 10 at 11:59 p.m. the following measures are required to manage spectators:

- For games held indoors, if 12 feet can’t be maintained between the participants in the game (athletes, coaches, student managers, timekeepers) and the spectators, participants must be included in the total capacity count.

  - If spectators and participants in the game can be clearly separated by at least 12 feet, then participants in the game do not need to be included in the total capacity count.

- Capacity for spectators at games must follow the appropriate venue guidance (see “Follow guidance for the event setting” section above).
c. All spectators must complete the COVID Screening Tool and check the box for “Athletic Event”, even if they have completed the screening tool earlier in the day.

1. Select “Student”, “Employee” or “Visitor” as appropriate.
2. Select “Athletic Event” from list of locations.
3. You must report any of the following conditions:
   - A fever (100.4°F or higher), or a sense of having a fever or feeling feverish (chills, sweating).
   - A new cough that you cannot attribute to another health condition.
   - A 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 and that are not 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.
   - Vomiting or diarrhea that you cannot attribute to another health condition.
   - Are you under evaluation for COVID-19 (e.g., waiting for the results of a viral test to confirm infection)?
   - Have you been diagnosed with COVID-19 and not yet cleared to discontinue isolation?

Upon completion of the COVID Screening process a GREEN screen means you are approved to enter campus. If you receive a RED screen you are not allowed to enter campus. Contact your healthcare provider to schedule a test.

d. Schedule arrival times for longer than their typical duration to minimize the congregation of patrons waiting. Establish staggered admission times, entry times and durations to minimize overlap and congregating of patrons at choke points (e.g., access points, security check points, admission areas, concession areas).

e. Post instructions for patrons throughout the venue at entrances, and inform spectators:
   - Not to enter if they are experiencing symptoms.
   - About the venue’s attendance limits.
   - That they are required to adhere to hygiene and social distancing instructions, signage and markings.
   - That they are required to follow the venue’s requirements for wearing face coverings.
Prompt identification and isolation of sick persons

-Required for all close contacts of persons diagnosed with COVID-19:

-Positive test result: Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms. Siblings and household members also stay home for 14 days.

-Negative test result but symptoms with no other diagnosis: Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms. Siblings and household members also stay home for 14 days.

-COVID-19 diagnosis without a lab test OR symptoms consistent with COVID-19 without a medical evaluation (e.g., monitoring symptoms at home): Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms. Siblings and household members also stay home for 14 days.

Quarantine:

Person A is diagnosed with laboratory-confirmed COVID-19. If Person B had close contact with Person A, Person B would be subject to mandatory quarantine (if close contact).

Contact of a Contact:

Any individual (Person C) who is a contact of Person B (i.e. spouse, children, co-workers, etc.) is considered a “contact of a contact”. Person C is not at risk for infection and would not be subject to quarantine unless Person B had or developed symptoms, or tested positive for COVID-19.

Definitions:

Close contact is defined as “being within 6 ft of a person for 15 minutes or more who is displaying symptoms of COVID-19 or someone who has tested positive for COVID-19”.

Mandatory quarantine is required for a person who “has been in close contact (within 6 ft. for 15 minutes or more) with someone who is positive, but is not displaying symptoms for COVID-19.”
Precautionary quarantine is required for a person who is known to have had a proximate exposure to a positive person but has not had direct contact with a positive person and is not displaying symptoms”.

**Building and ventilation protocol**

Operation of campus facilities includes necessary sanitation, assessment and maintenance of building systems, including water, plumbing, electrical, heating, ventilation and air-conditioning (HVAC) systems. All campus HVAC systems are set to continuously maximize fresh-air into the workplace and eliminate air recirculation. They maintain relative humidity levels of RH 40-60% and are kept running as long as possible to enhance the ability to filter contaminants out of the air. Flush cycles have been added to the controls of the HVAC system to run for 2-hours before and after occupancy. The HVAC systems will be checked and rebalanced as needed to provide negative air-pressure whenever possible and supplemental ventilation-system with the use of portable HEPA filter units will be use if needed. Diverters are installed to minimize air-flow from blowing across workstations wherever possible.

These protocols are in accordance with the American Society of Heating, Refrigerating and Air-Conditioning Engineers and are implemented to ensure proper ventilation is provided, and ventilation-systems are properly maintained. See ASHRAE’s COVID-19 Preparedness Resources (https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-reopening-schools.pdf).

**Cleaning and disinfection protocol**

- a. Any clothing used during these workouts will be washed after use and won’t be shared with other players during workout.
- b. Common use equipment will be cleaned in between uses if possible (barbells, etc.). Appropriate cleaning solution/wipes should be available.
- c. Any balls used (basketball, baseball, soccer ball etc.) can be used during any of the listed phases, however, will be disinfected as much as feasible during the activity. Cleaning schedules will be developed and modified as needed by the athletics and facilities staff.
- d. Locker rooms will be off-line (pending further discussion and planning for safe use).
- e. Drinking fountains not available.
- f. Room usage limited by capacity and scheduled.
- g. Traffic flow to limit cross traffic

Regular practices of cleaning and disinfecting have been implemented, including a schedule for routine cleaning and disinfecting of work surfaces, equipment, vehicles and areas in the campus environment, including restrooms, break rooms, lunch rooms, meeting rooms and drop-off and pick-up locations. Frequent cleanings and disinfecting are being conducted of high-touch areas, including phones, keyboards, touch screens, controls, door handles, elevator panels, railings, copy machines, credit card readers, delivery equipment, etc.
The primary product being used by MN West Community & Technical College Facilities Department is Hillyard brand QT TB, a Quaternary disinfectant proven to be one of the best and shortest contact time on the market against the corona virus.

Cleaning and disinfecting procedures will be performed on all campuses throughout the day with emphasis on high touch areas mentioned earlier in this document. At any point throughout a given day facilities staff will be available, upon immediate request, to perform additional disinfecting and sanitation services if required.

Facilities Department products (Hillyard QT TB) mentioned earlier, will be made available to all staff and faculty upon request so that every attempt is made to sanitize at all times by anyone needing the proper product. Additionally, all forms of hand sanitizer will be made available both in dispenser form and in more portable pump bottle form.

In the event that a member of the staff or faculty has been diagnosed with Covid-19 every attempt will be made to identify all areas of a campus that may have been accessed and possibly contaminated. Those areas will be immediately cordoned off and the facilities team will, with the appropriate PPE, thoroughly clean and disinfect those areas with the appropriate products.

Appropriate and effective cleaning and disinfecting 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.

Signature

[Signature]

President Minnesota West Community & Technical College
Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General


Minnesota Department of Health (MDH): Coronavirus – www.health.state.mn.us/diseases/coronavirus


MDH Sports

https://www.health.state.mn.us/diseases/coronavirus/schools/sportsihe.pdf

Handwashing

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

Respiratory etiquette: Cover your cough or sneeze


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

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

Social distancing


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

Housekeeping


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

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

You can find more information on what contacts need to do at What to Do if You Have Had Close Contact With a Person With COVID-19 [www.health.state.mn.us/diseases/coronavirus/contact.pdf](http://www.health.state.mn.us/diseases/coronavirus/contact.pdf)

People who are sick with COVID-19 will need to stay out for 10 days from symptom onset. You can find most up to date information on these recommendations at If You Are Sick [www.health.state.mn.us/diseases/coronavirus/sick.html](http://www.health.state.mn.us/diseases/coronavirus/sick.html)

More information on what to do if you have a player who is symptomatic can be found here: COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs [www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)

**NCAA Resocialization Guidelines**  Additional

NCAA resources:

- [Frequently Asked Questions of Revised Resocialization](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf) (July 23)
- [Checklist - Resocialization of Collegiate Sport](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf) (July 23)
- Initial guidance (May 2020)
- NCAA (with MDH guidelines) has detailed phases for [recommended resocialization](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [NCAA Core Principles of Resocialization of Collegiate Sports](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [NCAA Resocialization of Collegiate Sports: Action Plan Considerations](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [NCAA Resocialization of Collegiate Sports: FAQ](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [NCAA.org](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)  Sports-science-institute