

# MSA Nordic COVID-19 Plan 2021

We have used information from The Minnesota State High School League, The Minnesota Department of Health and The Center for Disease Control.

1. We will follow Minnesota state guidelines, Minnesota State High School League rules, and follow Math and Science Academy policies related to participation in athletics based on COVID-19 spread in the county and community.

**2. All skiers and coaches need to wear a mask/face covering at all times when at practices and together.** Per MSHSL requirements, face coverings must be worn for any practices and must cover both the nose and mouth of the participant/coach. Per new guidance from MSHSL, masks and face coverings may be removed during races after you start your race; however, they must be worn again after you cross the finish line of a race.

"CDC recommends using two layers of fabric when making a cloth face covering. Face coverings that are made of thinner single-layer fabric such as certain types of masks, scarves, neck gaiters, or bandannas may not be as effective for blocking droplets that come out when speaking, coughing, or sneezing and should not be used unless there are no alternatives. Any masks that incorporate a valve that is designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents are not sufficient face coverings because they allow droplets to be released from the mask. People are not permitted to remove their face coverings during activities that involve a high level of exertion."

3. Aside from when state metrics recommend virtual practices, extreme, dangerous cold will warrant virtual practices this winter. The Coaches Brault have alternative, virtual strength plans for virtual practices. Some virtual practices will encompass technique work (we may do some video work and talk through different techniques as well).

4. Due to the COVID-19 pandemic, the following events/situations will not be occurring this skison...

- Fundraisers
- Pasta dinners
- Large waxing events
- Indoor practices
- Invites/large meets

5. Families, athletes, and coaches must self-screen and **MUST NOT** participate if they are not feeling well. People with COVID-19 have had a wide range of symptoms reported – ranging from no symptoms to mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with the following symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell

- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

6. Coach Brault will help screen athletes for symptoms of Covid-19, but again, if you have any symptoms of Covid-19, we ask you not to participate at in-person practices until you no longer have symptoms. We ask for your help daily in monitoring your own health for any changes. To begin each practice, we will take attendance and ask questions as required by MSHSL. We will prevent students showing symptoms from participating in practices or competitions.

The questions are as follows:

1. Do you have a temp of 100.4 degrees F?
2. In the last 3 days, have you experienced any of the following symptoms?
  - Fever
  - Headache
  - Chills
  - New loss of smell/taste
  - New cough
  - Congestion or runny nose
  - Shortness of breath
  - Nausea/vomiting
  - Sore throat
  - Diarrhea
  - Muscle aches
  - Fatigue
3. In the last 14 days, have you (or anyone you have been in close contact with) been tested and/or diagnosed with COVID-19?  
Any person with positive symptoms reported/close contacts encountered will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health care professional.

It is imperative that you are communicating any concerns with Coach Brault ASAP. Safety is and will remain the number one concern, and **we need everyone to play an active role in keeping themselves and teammates safe.**

## 7. COVID-19 Scenarios

If a Dragon tests positive for COVID-19, they must not participate in in-person practices for at least 10 days, and before returning, they must have been symptom free for a minimum of 24 hours.

If a Dragon or household member is exposed to COVID-19 and/or deemed to be a close contact for possible COVID-19 exposure, they must not attend any in-person activities for a minimum of 14 days. Per MDH, if a subsequent close contact tests positive, quarantining from the team starts over at 14 days.

If a Dragon athlete or someone in their household has an outstanding COVID-19 test, the athlete must not attend practice until the results are received. If the result is positive, the

athlete must follow the above guidelines for when they can return to in person practices. Additionally, if a Dragon athlete is exhibiting or experiencing any COVID-19 symptoms, they must not attend practice.

If any Dragon should need to not attend any in-person practices, they are encouraged to attend the virtual Zoom practices should they be able to do so.

8. All athletes and coaches will have a clean mask available every day. **Masks must be worn at all times during in-person practices.** This includes while you are skiing. Masks must also be worn when inside any building or at other times it is reasonable based on activity level and social distancing. When together as a large group talking or working on low intensity activities (technique drills, core/strength), Dragons will have masks on at all times. Coaches will have extra masks available for emergencies.
9. Per the MSHSL rules, masks must be worn at meets, though they may be removed while skiers are racing. Though skiers don't need to wear a mask while racing, they must wear a mask/face covering at all other times at a meet, including while in the start and finish areas.
10. Team members must maintain social distancing by staying 6 feet apart at all times. We want students to ski in groups, and the size of groups will be limited for the safety of everyone. Please be aware of the breath cloud of others. Coughing, sneezing, spitting and "snot rockets" create potentially contagious droplets. They must be avoided! Additionally, high fives, elbow bumps or other congratulatory expressions within someone's personal bubble will not be allowed this skison.
11. We are here to connect and celebrate each other's successes. This should be done in a touch free manner. Handshakes, high-fives, fist-bumps, and hugs will not happen. Thumbs up, finger points and air-fives are encouraged...
12. Group size will be limited to 25 people including athletes and coaches for practices. We will work up an alternating schedule if needed to accommodate a larger group size. Usually this will be done by splitting into Varsity and JV/Beginner groups or groups by families.
13. Waxing will take place on a scheduling basis only. Dragons will sign up for a specific time prior to meets to get their skis waxed and prepped for that given meet. In the event Dragons and families do not have the capability to wax at home, the team is looking at ways to get your skis waxed or offer waxing equipment for at-home, safe usage.
14. There is a good chance that no warming buildings will be open this skison at Lake Elmo, Battle Creek, Theodore Wirth or at other locations. Please make sure you are prepared to stay outside at each practice with warm clothing, masks, hats, gloves and proper/additional socks and footwear. Having extra hand-warmers is a good idea as well.
15. Cleanliness is important. Wash your hands whenever possible. If soap and water are not available use hand sanitizer with at least 60% alcohol. Avoid touching your mouth, nose or eyes. Wear clean clothes at every practice. Do not loan or borrow clothing or other objects between teammates. Coaches will have extra hand sanitizer and disinfectant wipes for emergency purposes.

16. Dress to be outside for the day's weather. Athletes must have masks, jackets, gloves/mittens, and hats/headbands to avoid and protect against the cold and wind. We will not go inside unless there is an absolute necessity to do so (and at times, we will not have access to a building at all). If outdoor conditions necessitate going indoors, we will end practice and make sure Dragons are being socially distant inside while waiting for rides home. Please be prepared to stay outside for practice times.

17. Use the restroom at home before practice. Anyone who needs to use the restroom during practice must wear a mask and wash their hands thoroughly. One athlete will be allowed in the building at a time. Depending on where we are and access to buildings, there may only be a porta potty available, or there might not be access to a bathroom at all. Come prepared!

18. Bring adequate water from home every day. We will not have access to drinking fountains. Never share water with a teammate. Coaches will have limited water bottles available. Plan ahead to stay hydrated. Hydration is not only essential for daily physical activity but is also important for your overall health and well-being.

19. No busses will be provided. Families should not ride-share with other teammates!!

20. No athlete will be criticized or punished in any way for missing practices or competitions because of following this policy or because of family efforts to protect vulnerable populations. We want to provide a safe and fun environment for all and realize that will vary per family, and could very well vary from week to week given the ever-changing situations with COVID-19.

21. In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student participants, it is imperative that students and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID-19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities and MSHSL guidelines for notification and return to participation.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.