



## **COVID-19 Preparedness Plan for St. Croix Preparatory Academy Activities Department Fall Programs**

SCPA Activities Department is committed to providing a safe and healthy environment for all our staff and students. 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, advisors and participants are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our environment and communities, and that requires full cooperation among our staff and student athletes/participants. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our environments.

Administration, staff and students are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. SCPA coaches, advisors and trainers have our full support in enforcing the provisions of this policy and we encourage all involved to ask questions, raise safety and health concerns and offer suggestions related to the plan and its implementation.

Our students and staff are our most important assets. We are serious about safety and health and keeping our students and staff safe at SCPA. Coach/advisor and student involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. Our COVID-19 Preparedness Plan follows State of Minnesota Industry Guidance for our business, Centers for Disease Control and Prevention (CDC) Guidelines, federal Occupational Safety and Health Administration (OSHA) standards related to safety and health precautions required in response to COVID-19 and applicable executive orders. The plan addresses the following:

1. policies and procedures that assist in the identification of sick students and staff and those sick stay home;
2. implementation of engineering and administrative controls for social distancing;
3. student and staff hygiene and source controls;
4. environment building and ventilation protocols;
5. environment cleaning and disinfecting protocols;
6. drop-off, pick-up and delivery practices and protocols; and
7. communications, training and supervision practices and protocols.
8. what staff and students can do to minimize transmission;
9. additional protections and protocols for managing occupancy;
10. additional protections and protocols to limit face-to-face interactions; and
11. additional protection and protocols for distancing and barriers.

## **1. Policies and procedures that assist in the identification of sick students and staff and ensure those sick stay home**

Students and staff will be informed and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess students and staff's health status prior to entering the environment and for students and staff to report when they are sick or experiencing symptoms.

- Upon arrival, each student and staff member will be asked if they have had any COVID-related symptoms in the past 24 hours that cannot be attributed to another health condition. Any person with positive symptoms reported will not be allowed to take part in workouts and should contact a primary care provider. Attendance will be taken daily and the record will be kept in case a student or staff member develops COVID-19.

*SCPA has implemented policies that promote students and staff staying at home when they are sick, when household members are sick, or when they are required to isolate or quarantine themselves or a member of their household. Students and staff with underlying medical conditions or who have household members with underlying health conditions should carefully consider participation in this activity during this pandemic.*

*SCPA has also implemented a policy for informing students and staff if they have been exposed to a person with COVID-19 at their camp and requiring them to quarantine for the required amount of time. Because attendance records will be kept for each session, all those who have attended a session with an individual with COVID-19, within the past 14 days, will be notified. In addition, a policy has been implemented to protect the privacy of students' and staff's health status and health information. If there is notification of a positive COVID-19 test among participants, SCPA will not disclose who the person is when notifying other participants. (see Reporting Process and Protocols document)*

## **2. Social distancing - maintaining six feet of physical distancing**

Social distancing of six feet will be implemented and maintained between students and staff at practices when practical through the following protocols:

- Upon arrival the students are asked to be aware of others and maintain social distance as they approach check-in
- If there is a line at check-in, they should wait at least 6 feet behind the next person
- This will continue on the sidelines and during water breaks
- Staff will make sure the students maintain this distance during all activities during the practice session.
- As they depart, students are again asked to be aware of others and maintain social distance.
- Students should not congregate either before or after practice session

### **3. Student and Staff hygiene and source controls**

- There should be no shared personal athletic equipment (towels, clothing, shoes, special sports equipment, etc.) between students
- Students should wear their own appropriate workout clothing and all clothing and equipment should be washed after each use.
- It is recommended that students and staff wear a mask, especially when a social distance cannot be obtained, such as tending to an injured student. The students will not be asked to wear the mask while participating in exercise and program activities, but should be worn as they arrive and depart and on the side lines during competitions
- Each student and staff member is responsible for bringing their own water bottle. Water bottles should not be shared.
- Hand sanitizer will be available and should be used regularly.
- Students and staff will be reminded to avoid touching their eyes, nose and mouth with unwashed hands.
- Cover coughs and sneezes with the inside of your elbow and step away from the group whenever possible.

### **4. Environment building and ventilation protocols**

These practices and competitions will take place outdoors only.

### **5. Environment cleaning and disinfection protocols**

Students and staff have been instructed that personal equipment should not be shared and team equipment will be disinfected between users. All athletic equipment and props, including balls, will be cleaned after each use/practice.

Appropriate and effective cleaning and disinfectant supplies will be available for use in accordance with product labels, safety data sheets and manufacturer specifications, and will be used with required personal protective equipment for the product. Students and staff are encouraged to wash their hands prior to arriving. Hand sanitizer will always be available. Any hard surface or equipment will be wiped down with appropriate disinfectant after each use. Students and staff are encouraged to shower and wash their clothing immediately upon returning to home.

### **6. Drop-off and pick-up practices/rehearsals and protocols**

- Students and staff should not congregate before or after practice/rehearsal sessions.
- They must maintain social distance from other participants in the parking lot both upon arrival and when departing.

## **7. Communications, training and supervision practices/rehearsals and protocols**

This COVID-19 Preparedness Plan will be communicated via email to all registered students, their parents and staff prior to the first practice/rehearsal session. All necessary training will be provided to staff prior to the first session and will be reviewed with the students at the first session. A supervisor will monitor how effective the program has been implemented by regular observance. Students and staff are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been certified by SCPA Activities Director, Rich Dippel and will be available to all staff, students and parents involved. It will be updated as necessary.

All parents, students and staff will be asked to sign a document stating they understand and have reviewed and accept all parts of this Preparedness Plan as well as a COVID-19 Waiver.

## **8. What students and staff can do to minimize transmission of COVID-19**

- Students and staff should do a self-check of their body temperature before attending a practice or rehearsal session that day.
- Stay home if you are not feeling well or have any symptoms compatible with COVID-19.
- Stay home if a member of your household is experiencing symptoms compatible with COVID-19.
- If a participant starts to feel unwell while attending a practice/rehearsal, they will isolate themselves from the group and a parent will be called immediately.
- If a staff member observes that a participant seems unwell, they may ask them to leave.
- An attendance record, with screening survey, will be kept for use in possible tracing.
- Students and staff will be encouraged to regularly wash and/or sanitize their hands.
- Maintain a physical distance of 6 feet or greater from other people.
- Wear a mask when able to.
- Limit equipment or items touched by others and wipe down after each use by a participant.

## **9. Additional protections and protocols for managing occupancy**

- No spectators or unnecessary people will be allowed to attend practice or rehearsal sessions.
- Workouts should be conducted in “pods” of students with the same 25 students working out together. This ensure more limited exposure if someone develops an infection.

## **10. Additional protections and protocols to limit face-to-face interactions**

- Staff will carefully pre-plan all practice/rehearsal activities to ensure social distancing can be maintained and adjust any typical drills as needed.
- Staff will develop a communication strategy to make sure all participants can clearly hear them communicate throughout practice/rehearsal session to ensure the students

don't need to come in close in order to hear instructions. This may include a megaphone, use of other staff members or repeating the same information to participants a small pod at a time.

## **11. Additional protection and protocols for distancing and barriers**

- Hand sanitizer will be provided and readily available for all participants.
- Space, configuration and flow of the establishment will be evaluated and adjusted to allow for physical distancing of at least 6 feet by all students and staff.

Certified by:

Rich Dippel

SCPA Activities Director

## **COVID-19 Preparedness Plan for St. Croix Preparatory Academy Activities Department Fall Programs**

I have read, understand and agree to comply with the expectations described in the COVID-19 Preparedness Plan for the 2020 SCPA Activities Department Fall Programming. I understand that my failure to adhere to these guidelines will result in being immediately dismissed from the program with no refund issued.

Student Name (Please Print): \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **St. Croix Preparatory COVID Waiver**

In addition, due to the highly contagious nature of the COVID-19 virus that can be contracted from both symptomatic and asymptomatic people, St. Croix Preparatory Academy assumes no responsibility for the contraction of any illness as a result of your participation in these fall activities. All participants are required to comply with expectations outlined in COVID-19 Preparedness Plan for the SCPA 2020 Activities Department Fall Programming. Failure to do so could result in removal from the program. The school is not responsible for determining whether or not any participant has or does not have COVID-19. It is St. Croix Preparatory Academy's recommendation that during the COVID-19 pandemic that participants consult their doctor before participating and follow CDC guidelines related to COVID-19.

I, a student participating in SCPA 2020 Activities Department Fall Programming, have read the St. Croix Preparatory COVID waiver statement and I agree to the content of the statement.

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_

I, a parent of a SCPA 2020 Activities Department Fall Programming participant, have read the St. Croix Preparatory COVID waiver statement and I agree to the content of the statement.

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_