

# COVID-19 Preparedness Plan for Redwood Area Basketball Association (RABA)

RABA is committed to providing a safe and healthy sports activity for all our players, coaches, referees, parents, and spectators. To ensure we have a safe and healthy sporting activity, RABA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Players, Coaches, Parents and Volunteers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 to our players, coaches, and community, and that requires full cooperation among our players, coaches, referees, volunteers, and spectators. Only through this cooperative effort can we establish and maintain the safety and health of all persons during and after the sporting events.

The COVID-19 Preparedness Plan is administered by RABA Board by providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. RABA coaches and staff have our full support in enforcing the provisions of this plan.

Our players are our most important assets. RABA is serious about safety and health and protecting its players and coaches. Player and coach involvement are essential in developing and implementing a successful COVID-19 Preparedness Plan.

RABA's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- Hygiene and respiratory etiquette
- Social distancing
- Cleaning, disinfecting and decontamination. Prompt identification and isolation of sick persons.
- Communications and training that will be provided to staff
- Communication to program participants

RABA has reviewed and incorporated the industry guidance applicable to our business provided by the state of Minnesota for the development of this plan, including the following industry guidance Sporting Event.

## Ensure sick player, coaches, parents, referees, volunteers, and spectators stay home and prompt identification and isolation of sick persons

### Screening and Procedures for exhibiting signs and symptoms of COVID-19

- Parents have been informed of and required to complete self-assessment and monitor for signs and symptoms of COVID-19 before each practice and game prior to entering a facility
- The player or coach must stay home and contact their health care provider if the player/coach or any one in your household, report and answer yes to any of the following:

- Fever at or above 100.4 F
- A headache or sore throat
- Shortness of breath
- New loss of taste or smell
- Diarrhea and/or vomiting in the last 24 hours
- Been sick in the last 3 days
- In close contact or cared for someone that has COVID-19.
- If any of these symptoms develop during practice and/or game, the player will be sent home immediately and asked to follow up with health care provider.

RABA requires players or coaches to STAY HOME IF YOU ARE SICK OR HAVE COVID SYMPTOMS, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household.

RABA will be following the MDH Decision Tree that the schools are using. Please see the link here: <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

Please note that if your player tests positive for COVID-19, in accordance to the Decision Tree above, they will need to follow the appropriate guidelines prior to returning to the team.

### **COVID-19 Identified and Exposure**

RABA will inform individuals if they have been exposed to a person with COVID-19 and requiring them to quarantine for the required amount of time.

- RABA should be contacted and notified of positive COVID-19 cases
- Exposed (close contacts) are individuals are those who spent at least 15 minutes within 6 feet of the case while the case was infectious (the infectious period starts 2 days before symptoms onset, or 2 days before the case was tested, if they had no symptoms).
  - Coaches and Parents of players of the team will be notified if exposure occurs, while maintaining the identity of the affected player, Coach, or team
  - Exposed persons (close contact) will need to stay home in accordance with the above MDH Decision Tree.
  - If the team is exposed per MDH or above guidelines, the team members will also be directed to follow the above MDH Decision Tree.
  - Team members will be asked to self-monitor condition and seek proper medical attention when needed.

## **Social distancing**

**Social Distancing** will be implemented in the following ways:

- When entering athletes must social distance and avoid congregating.
  - A hand sanitizer will be provided to each team and use is required at the start of each practice and game.
- When entering the RACC for practices- please use the west or north entrance doors.
- When exiting the fieldhouse, please use the northwest doors of the fieldhouse to decrease the congestion and contact between practices. Exit facility immediately after practice/games.

- Avoid locker room usage. Players should arrive to the facility as fully dressed as possible to limit the amount of locker room use.
- Players will not be allowed to congregate before or after practice
- Drop-off no more than 10 minutes prior to start of practice.
- In the event of tournament play, players, coaches, and spectators must follow the hosting facility and association COVID-19 guidelines

## Hygiene and Source Controls

### Handwashing

Basic infection prevention measures are being implemented. All players, coaches, referees, volunteers, and spectators will be required to sanitize their hands prior to or immediately upon entering the facility by one of the following methods

- Players and coaches are instructed to wash their hands for at least 20 seconds with soap and water frequently or use hand-sanitizer dispensers frequently while on site (that use sanitizers of greater than 60% alcohol)
- An alcohol-based hand sanitizer will be provided to each of the teams and required to be used by all participating and coaches prior to practices/games.

### Respiratory Etiquette

- Cover your cough or sneeze
  - Individuals are instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose, and eyes, with their hands.
  - Dispose of tissues in provided trash and wash or sanitize their hands immediately afterward.

### Cleaning

- Sanitizing of the RACC will be performed per RACC COVID-19 safety plan
- Hand sanitizer will be available for each team
- Coaches are responsible for the cleaning equipment (team chairs, basketball, score table, etc.) after each practice and game.

## Communications and training practices and protocol

This COVID-19 Preparedness Plan will be communicated to all players, coaches, and parents prior to the season via email. The plan will also be available on the Redwood Area Basketball website.

Any questions or concerns regarding the above plan, please contact:

Kyle Hicks

RABA Board President

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## **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](https://www.cdc.gov/coronavirus/2019-nCoV)

Minnesota Department of Health (MDH): Coronavirus – [www.health.state.mn.us/diseases/coronavirus](https://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](https://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](https://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](https://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](https://www.health.state.mn.us/diseases/coronavirus/businesses.html)

MDH: Health screening checklist – [www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf](https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)

MDH: Materials for businesses and employers – [www.health.state.mn.us/diseases/coronavirus/materials](https://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](https://www.dli.mn.gov/updates)

Federal OSHA – [www.osha.gov](https://www.osha.gov)

### **Handwashing**

MDH: Handwashing video translated into multiple languages – [www.youtube.com/watch?v=LdQuPGVcceg](https://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](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

CDC: [www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](http://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

## **Social distancing**

CDC: [www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/businesses.html](http://www.health.state.mn.us/diseases/coronavirus/businesses.html)

## **Housekeeping**

CDC: [www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html](http://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](http://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](http://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](http://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](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/basics.html](http://www.health.state.mn.us/diseases/coronavirus/basics.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf](http://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)

MDH: [www.health.state.mn.us/diseases/coronavirus/returntowork.pdf](http://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](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html)

Federal OSHA: [www.osha.gov/Publications/OSHA3990.pdf](http://www.osha.gov/Publications/OSHA3990.pdf)

MDH: [www.health.state.mn.us/diseases/coronavirus/about.pdf](http://www.health.state.mn.us/diseases/coronavirus/about.pdf)