

Cold Spring Area Soccer Club

COVID-19 Preparedness and Protocols

April 14th, 2021

Cold Spring Area Soccer Club (CSASC) is committed to providing a safe and healthy program environment for all players, coaches, officials, and spectators. To ensure a safe and healthy space, CSASC has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. We all share in the responsibility for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 within the soccer club and the community. This requires full cooperation from everyone involved. CSASC coaches have our full support in enforcing the provisions of this plan.

CSASC's COVID-19 Preparedness Plan follows the 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, and Minnesota's relevant and current executive orders.

CSASC has reviewed and incorporated the guidance applicable to youth sports provided by the state of Minnesota for the development of this plan. Furthermore, CSASC's Board of Directors will adhere to the requirements and recommendations included in the Return to Competition Protocols as developed by the Minnesota Youth Soccer Association (MYSA). This plan serves as a supplement to that document. It shall be the requirement of all individuals, including players, coaches, managers, officials, and spectators to review this document and the Return to Play Protocols.

Plan Administrator

The CSASC has established a plan in accordance with the requirements set forth in MYSA's protocols. Kelly Johnston, President of CSASC, has been designated as the club's COVID-19 Administrator. She can be reached by email at coldspringareasoccerclub@gmail.com.

Plan Information

CSASC shall post all relevant COVID-19 information on its website. Emergency announcements shall be sent to relevant members via email.

Symptom Monitoring

CSASC asks all participants to utilize the Minnesota Symptom Screener. It should be used prior to every practice and/or game by players, coaches, and spectators. Players who have an ill family member or are ill themselves are not allowed at practices

If a coach, administrator, or official has a concern about a player's health, they have the ability to send a player home.

Case Reporting

It is the responsibility of anyone testing positive for COVID-19 to immediately report the case to the club's COVID-19 Administrator. The Administrator will then report all required information to the MN Department of Health per the directives of the Protocols.

Social Distancing

Social distancing of at least six feet will be implemented and maintained whenever possible.

Any player who cannot follow social distancing and/or CSASC protocols can be sent home.

Quarantine Protocols

If a player/coach tests positive for COVID-19, s/he will not be permitted at CSASC activities for 10 days from the positive test.

If a player/coach has a family member who tests positive for COVID-19, s/he will not be permitted at CSASC activities for 14 days from the positive test (pending no symptoms). If symptoms occur, the player/coach should be tested and if test is positive, s/he will not be permitted at CSASC activities for 10 days from the positive test

If a player/coach is exposed to a COVID-19 positive individual, s/he will not be permitted at CSASC activities for 14 days from the date of exposure.

Arrival:

Players should arrive no earlier than 10 minutes prior to the start of their designated practice time.

Players should arrive wearing socks and shin guards.

At the field, players should place personal equipment 6 ft apart from other players.

Masks must remain on for the duration of practice unless the player removes him/herself from the group to catch his/her breath.

Exiting:

At the completion of practice, players must quickly remove cleats and collect equipment and leave the field.

Players must keep their masks on while leaving the field.

Equipment:

Players should bring water, a soccer ball and hand sanitizer to each practice in addition to their cleats and shin guards. Players and coaches will apply hand sanitizer prior to, and as needed throughout practice.

Coaches must wear a mask during practice.

Coaches will be supplied with their own equipment. If a player needs to use this equipment during a practice, the coach will disinfect this equipment.

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

Minnesota Department of Health (MDH): Coronavirus –
www.health.state.mn.us/diseases/coronavirus State of Minnesota: COVID-19 response –
<https://mn.gov/covid19>

MDH: Health screening checklist –
www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: Handwashing video translated into multiple languages –
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 CDC:
www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html MDH:
www.health.state.mn.us/diseases/coronavirus/prevention.html

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html
MDH: www.health.state.mn.us/diseases/coronavirus/businesses.html

CDC: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html MDH:
www.health.state.mn.us/diseases/coronavirus/basics.html

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

State of Minnesota: <https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

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