



EPSA's COVID-19 Preparedness Plan

Eden Prairie Soccer Association (EPSA) is committed to providing a safe and healthy workplace for all recreation program and event participants. To ensure we have a safe and healthy workplace, **EPSA** has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 in our program, and that requires full cooperation from participants and staff. Only through this cooperative effort can we establish and maintain the safety and health of all participants, staff and facilities.

All participants are responsible for implementing and complying with all aspects of the Preparedness Plan. EPSA staff have the full support from the City of Eden Prairie in enforcing the provisions of this policy.

We serious about safety, health and keeping our participants safe. Our Preparedness Plan follows the industry guidance developed by the state of Minnesota, 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) statues, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- * Hygiene and respiratory etiquette
- * Engineering and administrative controls for social distancing
- * Housekeeping, including cleaning, disinfecting and decontamination
- * Prompt identification and isolation of sick persons
- * Communications provided to participants and staff
- * Management and supervision necessary to ensure effective implementation of the plan

Questions or concerns regarding this plan should be directed to Eden Prairie Soccer Association. Participants with a disability should contact EPSA to discuss potential reasonable accommodations related to COVID-19.

Screening and Policies for Participants Exhibiting Signs and Symptoms of COVID-19

Participants have been informed and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess participants' health status prior to participating in a program or arriving at a facility and for participants to report when they are sick of experiencing symptoms.

Stay Home if Feeling Ill

Many times, with the best of intentions, participants attend a program or event even though they feel ill, but participants should not come if they feel ill. If you feel ill, please inform your Commissioner immediately, and do not return until you are no longer ill. Participants who arrive ill will be sent home in accordance with these health guidelines. EPSA may request appropriate information related to illnesses from any participant before arriving to a program or facility.

Self-Monitoring

Participants are expected to conduct a self-assessment each day before attending the activity to determine if any COVID-19 symptoms are present. Symptoms of COVID-19 include:

- * Fever
- * Cough
- * Shortness of breath or difficulty breathing
- * Chills
- * Repeated shaking with chills
- * Muscle pain
- * Headache
- * Sore Throat
- * Loss of taste or smell



EPSA's COVID-19 Preparedness Plan

It is critical that participants do not attend a program or enter a facility while they are experiencing any of these symptoms or combinations of symptoms.

Customers who have exhibited symptoms of COVID-19 may return when:

- * Individual has had no fever for a least 72 hours without the use of fever reducing medicine; and
- * Respiratory symptoms have improved; and
- * At least 10 days have passed since symptoms first appeared (or recommended by the CDC).

EPSA will inform participants if they are aware an individual has be exposed to a person with COVID-19 while participating in a program or activity. EPSA will protect the privacy of the infected individual's health status and health information. The name of the person testing positive will not be disclosed unless the individual provides consent.

Exposure of Potential Exposures to COVID-19

EPSA will utilize the CDC's recommendations for individuals who may have been exposed to COVID-19. Exposure is defined as "close contact within 6 feet of an individual for at least 10 minutes who is symptomatic or tests positive for COVID-19". The timeframe for having contact with an individual includes the period of 48 hours before the individual became symptomatic. Persons with a potential exposure shall isolate at home for 14 days after last exposure and maintain social distance from others at all times, self-monitor for symptoms twice per day and avoid contact with people at higher risk for severe illness.

Hand-washing

Basic infection prevention measures are required at all City and School facilities at all times. Individuals are instructed to wash their hands for at least 20 seconds with soap and hot water frequently throughout the day. Hand sanitizer will be used at fields before and after each session by all staff.

Respiratory Etiquette

Participants are being asked to cover their mouth and nose with their sleeves or a tissue when coughing and sneezing and to avoid touching their face, mouth, nose and eyes with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward.

Facial Covering Policy

The CDC recommends people wear cloth masks as a public health measure in public settings and where social distancing (a space of six feet apart) is difficult to maintain. Cloth face coverings are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for those providing direct patient care, as recommended by current CDC guidance. The face coverings need to cover the nose and mouth. Examples include bandannas, scarves and fabric masks.

Social Distancing

Social distancing is required at any EPSA activity through the following engineering and administrative controls:

- * Participants are to maintain a distance of 6 feet whenever possible. If not possible, additional precautions should be used such as wearing a facemask.
- * Anyone not directly involved in an EPSA sponsored activity is strongly encouraged to avoid the activity area.
- * Chaperones are recommended to be limited to one per participant.



EPSA's COVID-19 Preparedness Plan

Communications and Training

This Preparedness Plan is visible on edenprairesoccer.org. Additional communications and training will be ongoing as needs and procedures change. Staff will monitor program effectiveness and ensure staff understand and adhere to necessary precautions. All participants are required to follow this plan and request clarifications, as necessary.

Programs and events may require additional safety and health measures and information will be provided by EPSA staff. Please read all safety training provided by EPSA prior to participation or arrival at an event. The plan supplements existing employment policies, rules, procedures and regulations. All current policies, rules procedures and regulations remain in full effect, except instances where this plan directly contradicts another current policy, rule, procedure or regulation in which case this plan supersedes existing policy, rule, procedure or regulations. Therefore, participants are encouraged to review all other such policies, rules, procedures and regulations in conjunction with this plan.

Certified by:

Eden Prairie Soccer Association
www.edenprairesoccer.org