

Spring & Summer 2021 Sports Club Covid-19 Restrictions, Permissions, and Program Plans

Each club/team will be responsible for playing within the protocols described below, and for planning, designing and proposing a Covid-19 Safety and Preparedness Plan for review before in-person activities will be approved. Every participating member of a club or organization must virtually sign a pledge of commitment before the team will be given the green-light to move forward with practice and/or play as described in your plans. Each participating member is required to understand behavior expectations, and to take responsibility in and out of play. You are WSU! We believe in you to keep our communities safe.

I understand and am committed to ensuring the following protocols and behaviors are followed by myself and my teammates. I understand the following:

1. Low-risk and intermediate-risk activities may be approved for practice and competition during Spring and Summer 2021 with appropriate Covid-19 Safety and Preparedness Plans. (See attached grid to find out where your sport falls on the risk spectrum.) High risk activities will not be approved for practice or competition at the current time without substantial amendments to regular play and practice activities.
2. All Minnesota Department of Health Stay Safe Guidelines will be followed. These guidelines will be regularly communicated by the Associate Director of Fitness and Wellness, Gunnar Mach (gunnar.mach@winona.edu) and can be accessed by visiting the StaySafe.MN.gov website (www.staysafe.mn.gov). See the row on “Organized Sports (Adult and Youth)” for updated guidance on indoor and outdoor guidance and updated [Covid-19 Sports Practice and Games Guidance](#).
 - a. Additional and more severe restrictions may be imposed by the MN State Colleges and Universities and Winona State University, and these stricter protocols are required and noted in this document at the time of its origination.
3. Physical distances of at least 6’ will be maintained on the sidelines and whenever possible, both during practice, play and training and en route to these in-person activities.
4. Masks must be worn at all times in and out of play.
5. Sharing of equipment will be avoided whenever possible.
 - a. If equipment must be shared, it will be sanitized after every use.
6. As all sports club teams are clubs first, all WSU Alliance of Student Organizations requirements must be met and guidance must be followed.
 - a. All guidance from the WSU “Plan A Campus Event” webpage (<https://www.winona.edu/emergency/campus-events.asp>) will be followed at all times.
 - i. A [Student Event and Activity Registration form](#) will be completed for all club activities. (Link available under “pre-planning considerations tab on this website: <https://www.winona.edu/emergency/campus-events.asp>)
 - ii. An attendance roster will be created for every in-person activity and will be kept until the end of the semester.
7. No spectators are allowed at any in-person events.
8. Travel remains highly restricted, even in the state of MN. Travel restrictions may allow some ground travel within the state of MN. Ground travel outside of the state to bordering states will require WSU Presidential approval. Travel outside of MN and bordering states will require system vice chancellor of finance approval. Please follow

- instructions on the travel website, and plan for 7-14 business days between submission of your Student Travel Request form (linked on the Travel Website: <https://www.winona.edu/businessoffice/travel.asp> and in WarriorSpace) and the planned start of your trip.
9. The hosting of events that bring non-WSU people to the campus or the Winona area is currently prohibited.
 10. The hosting of and participation in multi-team tournaments is currently discouraged.
 11. Facilities on and off campus that are reserved for usage must be returned to a state of cleanliness that is equal to or better than the way it was when we entered the space.
 12. All participants understand that Daily self-assessments are required and can be found on the WSU homepage (or click [here](#)).
 - If any participating member of a club or team tests positive for Covid-19, if they have symptoms, or if they have been in contact with a positive case of Covid-19 they must contact the Ask-a-Nurse hotline (507-457-2292) and complete the WSU self-report on the WSU homepage (or click [here](#)). They must also report positive Covid-19 tests to their club's advisor and to Residence Hall Directors if the student lives on campus.

COVID-19 Safety and Preparedness Plan for [XXX Official WSU SCC Club/Team or Student Org]

Building Your Plan

As you build your club/team's Covid-19 Safety and Preparedness plan, please reference how other teams that play your sport are ensuring Covid-19 precautions. Look for templates for back-to-play available on the MN Department of Health website. Ask your national/regional organizations for templates that are being used at other schools. The more evidence you can provide, and links to relevant and timely recommendations for your sport, the better.

Ways to mitigate and reduce risk to strengthen your Covid-19 Safety and Preparedness Plan:

- Ensure masks are worn AT ALL TIMES (see MDH Guidance 1.21.20201: <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>)
- Plan and commit to physically distanced drills and activities at a minimum of 6' at all times. (Zone defense drilling, etc.)
 - Plan and commit to positioning and staging in marked physically distanced (cheer, dance)
- Ensure that no equipment is shared (will reduce risk at higher level than any shared equipment)
 - Ensure that shared equipment is sanitized between uses by different participants (reduces risk at a lower level than no shared equipment)
- Work with Intramurals to have your activity added to the Intramurals line up. Intramurals activities have oversight by paid WSU student workers and/or professional staff that have the ability and expectation to ensure that all protocols are being followed during practice and play, and as such reduce the risk of behavior outside of expectations.
- Work with Tracy Rahim and Gunnar Mach to come up with options for mitigation of risk.
- If you don't have to share a car/transportation/carpool, don't- and write that in your plan. If you must, please follow WSU Travel guidance.
- If you don't have to use a locker room, don't- and write that in your plan. If you must, please ensure mask usage and physical distancing at all times.

Plan Template

- A. **[Provide a summary statement of intent and commitment that is authentic and unique to your club or use this one.]**

[XXX Team Name] is committed to contributing to a safe and healthy community, and to stopping the spread of Covid-19. To ensure we have a safe and healthy sporting environment, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic.

- B. **Responsibility: Who is responsible for ensuring that your plan is implemented?**

All **[TEAM NAME]** staff and players are responsible for implementing this plan. Our goal is to mitigate the potential for the transmission of COVID19 on the **[courts, gyms, practice and game areas- list]** where we operate. This will require full cooperation from our staff, players, officials, parents and friends. Only through this cooperative effort can we establish and maintain the safety and health of all persons.

All staff and officials are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. All **[list roles, including coaches, officials, and/or student leadership as appropriate for your club]** have our full support in enforcing the provisions of this policy and we encourage our team to ask questions, raise safety and health concerns and offer suggestions related to the plan and its implementation.

It is important to note that WSU **[TEAM NAME]** operates at many facilities throughout **[list the places you play/operate: note, travel is restricted]**. However, the policies below align with current Minnesota policies, and some include ADDITIONAL safety measures.

[STATE TEAM LEADERSHIP: coach, team captain, advisor, etc] involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. COVID-19 Preparedness Plan follows MN State Colleges and Universities, WSU, and State of Minnesota Industry Guidance for our team, the Centers for Disease Control and Prevention (CDC) Guidelines, the Federal Occupational Safety and Health Administration (OSHA) standards related to safety and health precautions required in response to COVID-19, applicable Executive Orders, and guidance from our national/regional organization **[LIST: ex: USA Rugby]**.

- C. **The plan addresses the following: [IT MUST ADDRESS ALL OF THESE COMPONENTS]**

1. Policies and procedures that assist in the identification of sick coaches/players and ensure sick coaches/players stay home;
2. Implementation of engineering and administrative controls for physical distancing;
3. Coach/Player hygiene and source controls;
4. Equipment cleaning and disinfecting protocols;
5. Drop-off, pick-up and delivery practices and games;
6. Communications, training and supervision practices and protocols;
7. What athletes and coaches can do to minimize transmission, including mask usage and physical distancing
8. Additional protections and protocols for managing occupancy;
9. Additional protections and protocols to limit face-to-face interactions;

10. Additional protection and protocols for distancing and barriers; and,
11. Projections for protocols for playing / hosting other teams.

[Now tell us how you will address each of the following components, in detail:]

Identification of Sick Players & Coaches –

Physical distancing –

Coach/athlete hygiene and source controls -

Equipment cleaning and disinfecting protocols -

Drop-off, pick-up and delivery of players for practices, and matches protocols-

Communications, training and supervision practices and protocols:

What athletes, coaches, trainers and rugby viewers can do to minimize transmission of COVID-19:

Additional protections and protocols for managing occupancy:

Additional protections and protocols to limit face-to-face interactions:

Additional protection and protocols for distancing and barriers:

Hosting games:

Away games:

D. Finally, provide a Practice Plan Example.
(See example below).

**Spring 2021- Winona State University Club Sports
Permission to Play Commitment Form**
(This will come via a Qualtrics Survey Link)

By signing this form, I am stating my understanding, agreement, and commitment to the Spring 2021 restrictions as noted at the beginning of this document; to the Covid-19 Safety and Preparedness Plan developed by my club and/or team; and to the restrictions, protocols and expectations provided by the State of Minnesota, the Minnesota State Colleges and Universities System, and Winona State University.

- I have read and understand all of the safety protocols and behaviors that are expected of me on-the-way-to, during, and after my club/team activities.
- I agree to behave in a manner that is consistent with these expectations and my club/team's Covid-19 Safety and Preparedness Plan at all times before, during and after club activities.
- I understand that permission for in-person activities can be suspended based on disease trends in the Winona Community with short or no notice.
- I understand that if I, or any of my club members/teammates are found to be in violation of these expectations, permission for in-person activities will be rescinded for our entire club, and we will only be able to gather in a virtual manner for the foreseeable future. Further, dependent on the behavior, a student conduct hearing may result in future restrictions for our club.
- **I understand that my submission of this form does not note a green light for practice or play. I understand that my club/team's Covid-19 Safety and Preparedness Plan will be reviewed by WSU professional staff, and that we will receive notification as to whether we can begin in-person activities via email in the next 10 days. Until then, we will continue with virtual meetings.**

Full name: _____

WSU Student Club/Team: _____

WSU Student Email Address: _____

Signature: _____

Date: _____

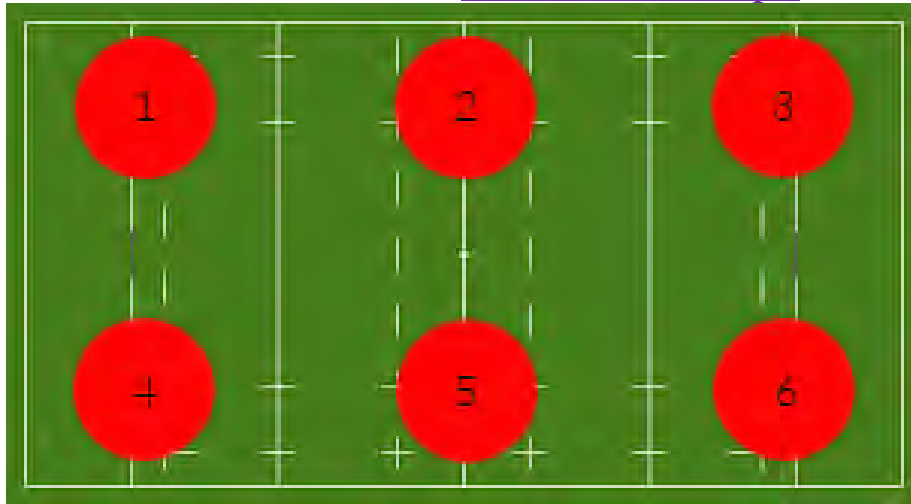
*****PLEASE E-SIGN THIS DOCUMENT BY
COMPLETING THIS [QUALTRICS LINK](#)*****

Or copy and paste the following into your browser:

https://winona.az1.qualtrics.com/jfe/form/SV_oPw8MFgjGzlrLoO

The following practice plan example was provided by the WSU Women's Rugby Team: Black Katts.

Practice Plan Example



Transportation To & From:

- 1.) Individually ride bikes
- 2.) Carpooling: One driver – one passenger per car seated opposite of driver
- 3.) Bring only necessary practice equipment / come dressed
- 4.) Upon arrival, check in & keep physically distanced while booting up

Mandatory Tasks Upon Arrival:

- 1.) Temperature check-in; logged
- 2.) Runners on; proceed to warm up area; remain 6 ft apart from teammates throughout warm up
- 3.) All coaching staff will be wearing masks and will sanitize thermometer between athletes if necessary

Run:

- 1.) Once warm up is complete; physically distanced runs = always keep 6ft away from teammates, no grouping up or side-by-side running
- 2.) When run is complete; boot up; hand sanitizer; head to group or pod on designated portion of the field
- 3.) Sanitize all equipment in your portion of the field

Pods:

- 1.) Pods will be announced and sent out prior to practice along with your location on the field
- 2.) Pods will be led by 1 coach to 9 players, or 1 captain/leadership member to 9 players following the practice drills/plan for the day
- 3.) Pods will not overlap or change; pods will not share equipment; Example: players in pod 1 will not participate in drill with players in pods 2-6
- 4.) Athletes will remain 6 feet apart during all drills and explanations of drills

Conditioning:

- 1.) Any team conditioning drills will be designed so that pods stay with each other, and athletes can complete them while remaining 6 feet apart; i.e. Hill sprints, agility drills, tracking drills, change of pace drills
- 2.) Pods will not leave their designated areas to complete conditioning to prevent overlap

Scrum Sled:

- 1.) If more than one pod requires the scrum sled during a session:

- a. Pod 1 will sanitize scrum sled after use
- b. Pod 2 will use scrum sled 10 minutes after Pod 1 has completely sanitized the sled

Equipment:

- 1.) If pennies are used, they will be washed following every practice that they are used in.
Pennies will not be shared between players
- 2.) Balls will not be shared between pods during an individual session
- 3.) Cones and other equipment will not be shared between pods during an individual session
- 4.) All equipment will be sanitized at the end of each session; maximum of 2 athletes will be selected to put equipment back in its place in the storage shed once sanitized
- 5.) Athletes will need to wash clothing/apparel used during any practice after every practice
- 6.) Athletes will need to wash cleats as often as they can
- 7.) Athletes will be required to have a mouthguard case; it is recommended that athletes soak mouthguards in sterile germ-killing solution that is safe for oral use

Practice Focus:

Until practices or games allow for contact drills, the primary focus of practice will be body positioning, passing and catching, throwing, individual skills, team conditioning for game-like situations, and reading/identifying space and attacking opportunities. All of these can be done in pods with no contact.