

Immanuel Lutheran School - Silo
Athletics Health & Safety Plan
August 2020

General Guidance

- Follow social distancing while conducting activities
- Implement health checks of participants and coaches prior to competitions with other schools
- Enforce stay-at-home expectations when exposed to COVID-19 or when presenting COVID-19 symptoms that cannot be attributed to another cause (allergies, etc)
- Routine disinfecting and sanitizing of equipment and high-contact surfaces
- Consistent training groups or pods (i.e. classroom groups, family groups, A team / B team)
- Limit sharing of equipment as much as possible (pinnies should not be shared player to player in same practice, no team water bottle, etc)

Pre-Competition

- Athletes are asked not to participate if exhibiting symptoms of COVID-19, if positive for COVID-19, recent exposure to positive (should self-quarantine), if exhibiting a fever of 100.4 or higher.
- Symptom Checklist - all players and coaches will complete screening prior to competing in a scrimmage or game with another school.
 - Temperature
 - Cough
 - Shortness of breath
 - Chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste or smell
 - Diarrhea
 - Recent close contact with a lab confirmed COVID-19 case
- Players, coaches, and spectators are asked not to congregate in close groups prior to or following competition. Promptly leave the facility when competition is over.
- Bleachers (if used) will be sanitized prior to use and following competition.
- Hand sanitizer or a hand-washing station should be available at the facility for both teams

Social Distancing

- Practice 6 ft spacing between individuals when possible especially when not actively involved in drill or competition.
- Teams/players will not shake hands prior to or following competitions

Sport Specific Guidelines

Cross Country

- Competition will be limited to students in 5th-8th grade
- Spectators are encouraged to social distance throughout the course
- Races may start in staggered heats if necessary with a maximum of 10 runners per heat
- No awards ceremonies or gatherings will be held - awards will be sent home with a team representative or coach for distribution
- Health screenings will be conducted before competition with other schools

Soccer

- The Southeast MN Athletic Conference will make a decision on August 28, whether or not to pursue the intended schedule for competition with other schools.
- School policy for exposure / symptoms / illness is in effect
- Health screenings will be conducted before competition with other schools
- 5 game balls will be used with frequent ball sanitation happening as balls are in/out of play
- Face coverings are encouraged to be worn as able - especially when in close contact with others or when not engaged in high level of physical activity

Spectators

- At outdoor events, spectators are encouraged to limit the number of people in attendance when possible.
- Social distance from others.
- Sit with family groups or individuals you have previously been in close contact with.
- Spectators are encouraged to wear face masks when not socially distanced from others.

*Decisions for the other sports will be made and announced in the future.

*Immanuel Lutheran School reserves the right to change the health & safety plan as needed. Plan changes will be communicated via email to the school community.