

Saint Thomas Academy

COVID-19 Preparedness and Implementation Plan Attn: City of Mendota Heights

March 16, 2020 (V.1)

- Saint Thomas Academy will comply with all required protocols in the [MSHSL Baseball Guidance and Information](#) document.

MSHSL COVID-19 Notice

• The MSHSL requires that all families with participating student-athletes receive and read the [MSHSL COVID-19 Notice](#). This notice will also be emailed to each registered family.

Health & Safety

- • The health and safety of our student-athletes and coaches remains our top priority.
 - • Student-athletes and coaches must practice [social distancing](#), at least 6 feet apart at all times, unless necessary for competition or crucial skill building. Coaches will modify drills to include social distancing.
 - • Student-athletes and coaches must practice good [hand hygiene](#), including regular hand washing and sanitizing, whenever possible.
 - • Student-athletes and coaches must practice [respiratory etiquette](#) whenever possible
 - • Face coverings must be worn inside the building at all times.
 - • Face coverings must be worn outside at all times.
 - • Sport-specific requirements and recommendations for face coverings can be found in each sport's MSHSL Guidance and Information document. See these documents for [Baseball](#), [Lacrosse](#), [Golf](#), and [Track & Field](#).

Screening

- • Student-athletes and coaches are responsible for [self screening](#) prior to arriving at practice/competition. **Anyone who is sick or cannot answer yes to all screening questions should stay home.**
- • **Arrival Process**
 - ○ Student-athletes and coaches will arrive ready to participate (wearing shoes, equipment etc.) and will wear [face coverings](#) as they arrive.
 - ○ Student-athletes must wait outside of the sport-specific practice/competition/bus location until directed by the coach to begin check in procedures.
 - ○ No one other than participants will be allowed on or near the check in area or at practices.

- **Check In Process**

- Student-athletes and coaches will practice [social distancing](#) and wear [face coverings](#) at all times during check in.
- ○ All student-athletes and coaches will sanitize their hands before entering the practice/competition location. Sanitizer will be provided by the school.
- ○ Coaches will check temperatures of student athletes. If the temperature is above 100F, the student athlete can wait ten minutes and have a recheck. If the temperature is still above 100 F, the student must go home.
- ○ Any person exhibiting symptoms will not be allowed to enter the practice/competition location, will be quarantined and a coach will contact a parent to arrange for the student to return home. Quarantine locations for practices/competitions are as follows:
 - Hockey: outside of the St. Thomas Ice Arena
 - Baseball: Parking lot of Mendakota and Civic Center Fields
 - Cross Country and Track & Field: outside of Door #23
 - Tennis: in front of the Webber Lodge
 - Soccer and Lacrosse: gravel parking area reserved for busses
 - Swimming: outside of Door 26 at STA)
 - Volleyball and Basketball: Athletic Foyer vestibule or outside of door #23 and
 - Golf, Alpine, Nordic and Softball: a comfortable distance away from others but in sight of a coach.
 - Upon completion of check in, student-athletes will be directed to [socially distance](#) and prepare to begin once the practice/competition begins.

- **Departure**

- Student athletes will continue to practice social distancing and sanitize hands after practices and competitions. If student athletes cannot maintain social distance while exiting, they must wear cloth face covering.

Practices & Contests

- ● Coaches will communicate sport-specific plans and MSHSL modifications to their team. Saint Thomas Academy will monitor guidance from MSHSL and MDH and communicate any necessary adjustments to coaches and teams.
- ● Practice plans will minimize direct contact and will emphasize social distancing and safe hygiene practices.
- ● Coaches will assign student-athletes to a pod for the entirety of the season
 - ○ Pods no greater than 10 people
 - ○ Pods will be assigned by grade level
 - ○ Coaches will communicate with their team how pods will be integrated into their practices and competitions

MSHSL Sport-specific Guidance and Information

- Sport-specific requirements and recommendations can be found in each sport's MSHSL Guidance and Information document: [Baseball](#), [Lacrosse](#), [Golf](#), and [Track & Field](#)

Managing COVID-19 Positive Student-Athletes or Coaches

- Student-athletes and coaches who test positive for COVID-19 will follow the health and quarantine recommendations provided by their health care provider and MDH. Families must notify Visitation School. Saint Thomas Academy will support MDH, Dakota County and families in the contact tracing process. Appropriate communication will be shared with the Saint Thomas Academy community regarding a positive test result, and in compliance with health privacy regulations, specific student-athletes and employees will not be identified.
- • Please email your student-athlete's [Head Coach](#) to report absences. To report positive cases, please contact school nurse Lucy Poole at lpool@cadets.com.

Water, Food & Attire

- Student-athletes will bring their own water bottles and should be dressed in weather-appropriate workout attire.
 - ○ Ample water must be brought to all practices and competitions.
 - ○ Water bottles must never be shared.
 - ○ The handsfree refill station in the Athletic Foyer may be used.
 - ○ No food can be handed out or shared.

Locker Rooms and Restrooms

- • Student-athletes will have access to the STA locker room to change before leaving the building for practice/competition. Student athletes may also change in restrooms inside the building.
- • Student-athletes will stay at least 6 feet apart while in all restrooms and locker rooms and will wait to enter until ample space is available.
- • Student-athletes will wear [face coverings](#) at all times when indoors.

Transportation

- • STA Athletics uses Hastings Bus Company for athletic transportation.
- • Screening and temperature checking protocols will be done prior to each trip for the student-athletes, coaches and the driver.
- • Hastings Bus Company protocols are as follows:
 - ○ All passengers and the driver must wear face masks while on the bus.
 - ○ Only 35 passengers are allowed on the bus per trip.
 - ○ Passengers must sit in every other seat.
 - ○ Passengers must maintain a 6 foot social distance from the driver and other passengers.

- ○ The bus is sanitized before and after transporting passengers.
- ● [Face coverings](#) will be required on busses at all times.

Athletic Trainer

- ● Whenever possible, student-athletes should see the Athletic Trainer outside.
- ● When seeing the Athletic Trainer in the training room maintain social distancing of 6 feet or more whenever possible.
- ● The Athletic Trainer is an employee of Twin Cities Orthopedics and will follow the STA COVID-19 Preparedness plan as well as the TCO COVID-19 protocols. These protocols are based on CDC and MDH guidelines.

Cleaning & Disinfecting

- ● Athletic center restrooms and entries/exits will be cleaned by STA cleaning services once per day after each session and as needed throughout the school day.
- ● Equipment that is supplied by the school will be disinfected by the coach prior to and following each practice/competition.
- ● Personal equipment will be maintained by each student-athlete.
- ● Outdoors bleachers and benches will be disinfected after each competition by the site manager.

Game Day Regulations

- The Metro East Conference determines select conference-wide protocols around game day operations. Each school may add more regulations in line with these protocols pending their specific sites. Visitation's game day protocols will be shared with families prior to the first competition.

Do Your Part!

- ● [STA Health and Safety Pledge](#): Creating and maintaining a safe and healthy campus is a shared responsibility between all members of the Visitation community. STA asks that each family review and accept the policies and protocols, as shared in the [STA Reopening School Plan](#), to keep our STA community safe and thriving.
- ● During practice/competition and in between each practice/competition, the [MSHSL's COVID-19 Notice](#) urges student-athletes and coaches to do the following:

“It is a shared responsibility to protect everyone from COVID-19 and Participants should follow MDH/CDC guidelines to reduce the risk of exposure, including but not limited to the following:”

- ○ Stay home as much as possible;
- ○ Stay at least 6 feet from other people if you are in public places;

- ○ Avoid close contact with people who are sick;
- ○ Wash your hands often, with soap and water. Wash for at least 20 seconds;
- ○ Always wash your hands after being in a public place;
- ○ Always wash your hands after blowing your nose, coughing, or sneezing;
- ○ If soap and water are not available, use hand sanitizer that is at least 60% alcohol;
- ○ Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash;
- ○ Wear face coverings/masks that cover your nose and mouth and fit snugly against the sides of your face.

**Please note: Saint Thomas Academy Athletics COVID-19 Preparedness Plan is subject to change and adjustment.*

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- ● Can you provide more information on the policy and protocols for information coaches, players, parents/guardians, and spectators if they have been exposed to a person with COVID-19.
 - ○ We will be guided by the MDH on communication and disclose what is needed as long as it is inline with HIPPA laws.
 - ○ As stated above, “Saint Thomas Academy will support MDH, Dakota County and families in the contact tracing process. Appropriate communication will be shared with the Vis community regarding a positive test result, and in compliance with health privacy regulations, specific student-athletes and employees will not be identified.”
 - ○ We will notify Meredith Lawrence, with the City of Mendota Heights, of any positive cases when it is within our abilities per HIPPA laws and MDH deems that exposure/contact took place at Kensington.
 - ● Describe how members of your organization have been trained to recognize the symptoms of COVID-19 and know how to act responsibly.
 - ○ They are asked the COVID Check-in questions daily for each athlete and coach and check their temperature at all practices and competitions.
 - ○ Any athlete with symptoms and/or a fever are sent home immediately and their absence is recorded in our daily attendance tracker.
 - ● Describe how you will maintain contact information and team rosters, and support public health tracing efforts, if exposures occur
 - ○ We maintain an attendance tracker within our online rosters for each and everyday (practice and competition).
 - ○ As stated above, “Saint Thomas Academy will support MDH, Dakota County and families in the contact tracing process. Appropriate communication will be shared with the Vis community regarding a positive test result, and in compliance with health privacy regulations, specific student-athletes and employees will not be identified.”
 - Coaches will assign student-athletes to a pod for the entirety of the season
 - Pods no greater than 10 people
 - Pods will be assigned by grade level

- Coaches will communicate with their team how pods will be integrated into their practices and competitions are following the MSHSL and Metro East Conference guidelines:

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- Our coaches keep an eye on crowds and will remove any persons not adhering to the guidelines and rules of the facility/field.
 - Please contact John Kenney and Nurse Lucy Poole(lpoole@cadets.com)for all COVID-19 Communication