Bemidji State Soccer Back to Campus Protocol Addendum—Voluntary Summer Training (Phase 2)

BSU Soccer Staff will record student athlete requests for training to ensure compliance with NCAA “voluntary” status during summer months. Documentation will take place by recording texts or calls from student athletes requesting random training on an excel sheet. In addition to making this process more convenient and manageable for staff and student athletes, the staff will provide a few times during the week in which we are available at BSU to train our student athletes. During these times when staff is on campus, the staff will document who takes place in these workouts and verify that they are voluntarily requesting training. We will turn in our excel sheet to our compliance officer.

*Training will take place outside on the practice soccer field or outside at the stadium field. Prior to any voluntary training a team Zoom Mtg will take place and we will go over this document so that student athletes understand protocol. This will also be sent to each soccer student athlete via email.

**Screening and policies for those exhibiting signs and symptoms of COVID-19**

- Students will be required to fill out a COVID-19 screening questionnaire prior to their first return to campus to assess previous infection status/contacts with individuals (provided by BSU Athletic Trainers, attached in document)
- Students and staff will be asked about symptoms daily before allowed to participate in voluntary workouts, this will be documented on a daily check in screening form (attached to this document)
- If symptoms are present that student/staff will not be allowed to enter the participate in voluntary workout they will be directed to BSU Athletic Trainers or directly to Sanford Health for testing

- When student athletes arrive in parking lot by the practice soccer field they will be advised to socially distance by staying in cars or on bikes 6 feet apart with a mask on. Upon whistle the student athletes will leave their vehicles. They will proceed to find an open cone that will be set out 15 feet apart from each other, with potential multiple pods of 9 cones. Athletes will remain in the same pods for every session if possible. Once in place students will be asked verbally if they are experiencing any symptoms, if a student responds no they can remove mask. If a student responds yes they will be given instructions to proceed to Sanford Health for testing.

**Handwashing**

BSU Soccer will request all student athletes provide their own hand-sanitizers, there will be sanitizers provided for those who are unable to bring their own. All athletes will sanitize their hands during the following times:

- Prior to the start of all workouts
Conclusion of all workouts
Between each drill
Following any incidental contact with equipment or athletes

At the conclusion of workouts, athletes will be dismissed one by one to ensure social distancing.

**Respiratory etiquette: Cover your cough or sneeze**

Masks or cloth face coverings can be worn to help control infection from people who may be infected but are asymptomatic. We will encourage our athletes to wear covering to and from workouts. Coaches will be required to wear masks during all workout sessions. They may provide some limited protection from being infected if exposed.

*With outdoor training and social distancing taking place there will be no masks during training. However athletes will be encouraged to wear a mask both before and after their workout. When inside we will adhere to the ATR policies.*

**Social distancing**

Social distancing is being implemented on campus through the following engineering and administrative controls:

- No groups larger than 10 are permissible
  - Groups include athletes staying in same home do workouts at same time, if applicable
- No more than 10 athletes per pod
- No more than 2 pods per football field (guidelines provided by Minnesota Youth Soccer Association)
- Field will be lined with cones to allow coaches to gauge and mandate the proper distance between players and coaches present
- Athletes must maintain a distance of at least six feet from all other athletes and staff
- Staff must maintain a distance of at least 6 feet from other staff and athletes
- Pods will be released in 5-minute increments to decrease chances of crowds gathering

**Housekeeping**

Regular housekeeping practices are being implemented during voluntary workouts. In an effort to minimize the possibility of contact and spread of virus we will use minimal equipment.

- Athletes and staff must use hand sanitizer before workouts
- Athletes will use approved disinfecting wipes to clean all football equipment
- Staff must use hand sanitizer or wash hands before and after each athlete contact
- Athletes will provide their own personal water and water bottles

The following equipment will be used during voluntary workouts and following procedures will be used for each.

- Soccer Balls
Disinfected before and after each practice session

- Cones
  - Disinfected before and after each practice session
- Rope
  - Disinfected before and after each practice session

**Certification**

This plan has been certified by Bemidji State University leadership and was shared and posted throughout the campus community June 25th. It will be updated as necessary.

Certified by:

Faith C. Hensrud

Bemidji State University President
Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

www.cdc.gov/coronavirus/2019-nCoV
www.health.state.mn.us/diseases/coronavirus
www.osha.gov
www.dli.mn.gov

Handwashing

www.cdc.gov/handwashing/when-how-handwashing.html
www.cdc.gov/handwashing
https://youtu.be/d914EnpU4Fo

Respiratory etiquette: Cover your cough or sneeze

www.health.state.mn.us/diseases/coronavirus/prevention.html
www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

Social distancing

www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Operating Instruction on Campus Management and Cleaning to Slow the Spread of Coronavirus Disease 2019 (COVID-19) in Minnesota State, April 2, 2020

Employees exhibiting signs and symptoms of COVID-19:


www.health.state.mn.us/diseases/coronavirus/basics.html

Training

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