

Starz of Tomorrow Baseball

COVID-19 Resocialization Plan



Summer 2020

Purpose:

The purpose of this document is to provide a framework for re-entry activities specifically related to Baseball. The document uses guidance provided by the Minnesota Department of Health (MDH), the Center for Disease Control (CDC), applicable collegiate athletics conferences, the National Intramural-Recreational Sports Association (NIRSA), and best practices from various youth sport and sport facility associations including the Minnesota State High School League (MSHSL).

Health and Safety:

The health and safety of our athletes, employees, and community are the top priority of Starz of Tomorrow Baseball Academy. While we can eliminate risk, these guidelines are intended to provide best practices while returning to the ball field. It relies upon all athletes, staff and other users taking responsibility for the health and safety of themselves and others.

Communication:

It is the responsibility of Starz of Tomorrow Baseball Academy employees, to read and familiarize themselves with these guidelines and to communicate appropriately with athletes and other users. In the case of rental or other user agreements, information related to health and safety expectations must

be provided to and confirmed by users. Appropriate signage should be posted to remind users of policies and expectations.

Contact:

Questions or concerns should be directed to:

Starz of Tomorrow Baseball Academy: Pat Dolan (patdolanbaseball@gmail.com or 320-333-3336)

GENERAL EXPECTATIONS

Return Procedures:

- Athletes, coaches or staff with any symptoms or illnesses should not participate in any athletics/work activities and should not be in the facilities during this time.
- Each athlete will be provided, and confirm receipt by signature, education information for COVID-19 including the following:
 - **Symptoms:** Fever, chills, cough, shortness of breath/difficulty breathing, sore throat, muscle/body aches, excessive fatigue, nausea, vomiting, diarrhea, abdominal pain, headache, loss of taste or smell)
 - **Close contact** is defined as:
 - a) Being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case
 - b) Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)
 - **Self-observation:** people should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.
 - **Self-monitoring:** people should monitor themselves for fever by taking their temperatures twice a day and remain alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.
 - **Quarantine:** the separation of a person or group of people reasonably believed to have been *exposed to a communicable disease but not yet symptomatic*, from others who have not been so exposed, to prevent the possible spread of the communicable disease.
 - **Isolation:** the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent the spread of the communicable disease.

Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

- **It is HIGHLY RECOMMENDED that Athletes Who Are at Higher Risk remain at home and not to attend Starz of Tomorrow Baseball Academy activities.**
- High risk conditions include but are not limited to the following: chronic lung disease, moderate to severe asthma, severe heart disease, hypertension, immunocompromised, chronic kidney disease, liver disease, severe obesity, diabetes, smoking etc. For details, visit: CDC high risk definition.

Screening Procedures for COVID-19

- All Athletes will complete COVID-19 screening, daily, prior to participating in Starz of Tomorrow Baseball Academy activities.
- Athletes must be fever free without the use of any fever-reducing medication during the home isolation self-monitor period and during all workouts.
- No symptoms of a COVID-19 illness during the isolation period or during any workouts.
- The screening will consist of a symptom checklist performed in person by the staff.
 - If there are no concerns based on the screening form and no other signs and symptoms of COVID-19, the athlete may participate fully in workouts.
 - If the screening form has raised an alert to a potential contraction and/or exposure the student-athlete will be sent home for self-monitoring. They must be symptom and fever free (w/o fever reducing medications) for 24 hours before they will be allowed to be screened again.
 - If the athlete reports feeling feverish, a temperature will be taken by the staff. If the temperature is at or above 100.4° F &/or there are other moderate COVID-19 symptoms, the athlete will be sent home to self-observe and monitor symptoms. They will be in contact with the athletic training staff and may be referred to Student Health Services for further investigation.
- Coaches and staff in attendance will also go through the daily screening process.

Sanitation Procedures for COVID-19

To limit the spread of the virus, the following guidelines have been put into place: