

**GUSTAVUS ADOLPHUS
COLLEGE
CLUB SPORTS
PRACTICE POLICY
FALL 2020**

Due to COVID-19, Club Sports will be suspending competition for Fall Semester 2020. With a department of club teams that operate under varying levels of regional and national oversight, competing this fall would come with an uncomfortable amount of risk to students, coaches and other support staff needed for competition.

Club Sports will be able to practice this semester, provided clubs are willing and able to follow the protocols laid out below in addition to the MDH, CDC and the College COVID-19 policies. Under this practice policy games, travel, competitions and scrimmages with other institutions are not permitted. Any practice must be modified to adhere to the MDH requirements for recreation and sport practice as outlined below. Guidelines may also evolve throughout the course of the fall semester.

1)Practice

a) **Practice Approval** – must be granted by the Club Sports Director. **Practice may start no sooner than 10/12 after a two week resocialization period once all students have returned to campus.**

b) **Practice Plan** – a plan outlining the details of any proposed practice must be submitted to the Club Sports Director at least 7 days prior to practice. Practice Plans should follow the MDH guidelines for sport practice. Please reference the Practice Plan worksheet attached. Please email your plans to Tudor Flintha at tflintha@gustavus.edu.

i) Capacity Requirements

(1) Practices for the period 10/12-10/25 must be conducted in pods of no more than 11 people. Pod sizes for training or practicing cannot exceed 11 people per pod, either inside or outside. Pod count is composed of players and coaches. Once these pods are set they cannot be changed for the duration of the 2 week period.

(2) Clubs should consider using the smallest pod size practicable in order to reduce the risk of exposure to club members

(3) Friends and family should not attend practices to avoid crowding.

(4) Depending on the location of practice, it may be possible to have multiple pods practicing at one time as long as both pods can be socially distanced during all practice activities. Venues used for practice must be large enough to permit six foot distancing between all attendees.

(5) Practices should be conducted in the pod format until the College COVID-19 Safety Phase changes.

ii) Practice Activities

(1) Eliminate all contact whenever possible, work in smaller groups (i.e offense/defense)

(2) Practice outside when possible

(3) Maintain six feet of distance whenever possible if it does not interfere with essential elements of sport.

(4) Do not share common practice items and personal equipment

(a) Water bottles

(b) Towels

(c) Personal equipment (rackets, sticks, mitts etc.)

(5) Clubs may practice 3 times per week at maximum. 2 hours maximum per practice.

iii) Follow Face Covering Requirements - As of July 25, 2020, per the Governor's Executive Order, people in Minnesota will be required to wear a face covering in all public indoor spaces and indoor businesses.

(1) This Executive Order includes exemptions for people who are unable to wear or tolerate a mask due to medical or other reasons. Individuals who cannot medically tolerate a face covering should seek a reasonable accommodation through the Academic Support Center.

(2) The College has provided each student with five (5) masks. Please wear one of these or another face covering during practice.

c) Spot Checks – The Club Sport Director will be making unannounced spot checks for practice compliance.

2) Mitigation

a) Daily Self Screening

i) All club members and coaches are required to participate in COVID-related screening, consistent with campus policy, including the daily symptom check.

b) Practice Attendance

i) Each club sport coach or club leader(s) should record attendance on the practice

participation sheet provided (attached) for each practice. Please keep the attendance list in case contact tracing if necessary.

ii) Prior to signing the attendance sheet, each participant should review the daily COVID symptom screener below:

COVID Self-Screening

Are you currently experiencing any of the following symptoms that cannot be attributed to another health condition?

- Fever (a temperature of 100.4 F or higher) or feel feverish today
- Chills
- New cough
- Shortness of breath or difficulty breathing
- New sore throat
- New muscle aches
- New headache
- New loss of taste or smell
- In the past 14 days, have you been in close physical contact with someone who is diagnosed with COVID-19?
- In the last 10 days have you tested positive for COVID-19?

If you answer YES to any of these questions, you are not permitted to practice. You should leave immediately and complete the COVID Reporting Form.

c) Contact Tracing

- i) The attached practice participation sheet will serve as the basis for contact tracing should a student member or coach test positive for COVID.
- ii) All contact tracing guidelines per the College COVID-19 Plan must be followed.

d) Quarantine/Isolation

- i) The College has spelled out protocol for students who have tested positive or may have been exposed to COVID-19.
 - Isolation is the term for people who have received a positive COVID-19 diagnosis or who have COVID symptoms and need to be removed from contact with others during their recovery. Individuals in isolation may or may not have symptoms or feel ill.
 - Quarantine is the term for people who have been exposed to a person who tested positive for COVID-19. These people need to not be in contact with others for up to 14 days while they wait to see if symptoms develop.

- People in isolation and quarantine need to take extreme care to not be in contact with anyone to reduce the spread of COVID-19.
 - Students who need to be in quarantine or isolation are encouraged to go home if they are able and the home environment is one that is safe and conducive to continued academic learning, if the student is not feeling ill.
 - The College will provide both quarantine and isolation space for students who are unable to go home.
 - Quarantine and isolation space is limited, which is why students following the COVID safety expectations is so important.
 - Gustavus will continue to follow MDH/CDC guidelines on when to isolate/quarantine students and for what period of time.
 - In most situations, students will need to move into spaces set aside for isolation and quarantine if they are unable to go home.
 - Employees and students living off-campus are expected to go into isolation or quarantine in their own residence and will not be housed on campus
 - Additional information related to quarantine and isolation is available [here](#).
- ii) Students must self-report positive cases and provide accurate information to contact tracers, in accordance with the College COVID-19 Plan.

e) Other Circumstances

- i) Should campus conditions require a change in the campus safety phase or campus operations, the club's operations may be suspended at the College's discretion.
- ii) Should COVID testing positivity rates increase in St. Peter, Nicollet and surrounding counties or the state of Minnesota, club operations may be suspended at the College's discretion.
- iii) Should a club experience an outbreak of positive COVID cases, that club's operation may be suspended at the College's discretion.

Clubs that opt to practice but fail to meet these requirements will see their operations suspended immediately until further notice. Questions, comments and/or concerns can be brought to Tudor Flintham at tflintha@gustavus.edu or 507-933-7699.

Gustavus Club Sports Practice Plan

Team:

Practice Location:

Dates of Practice:

**Keep in mind pods, physical distancing and mask wearing is required during all practice activities for the first 2 weeks of club sport practices.*

Activity Outline - Skills, drills, techniques, conditioning, etc. that will be done

Coach/President Signature

Date

Please submit to Tudor Flintham a week in advance of practice

COVID Self-Screening

Are you currently experiencing any of the following symptoms that cannot be attributed to another health condition?

- *Fever (a temperature of 100.4 F or higher) or feel feverish today*
- *Chills*
- *New cough*
- *Shortness of breath or difficulty breathing*
- *New sore throat*
- *New muscle aches*
- *New headache*
- *New loss of taste or smell*
- *In the past 14 days, have you been in close physical contact with someone who is diagnosed with COVID-19?*
- *In the last 10 days have you tested positive for COVID-19?*

If you answer YES to any of these questions, you are not permitted to practice. You should leave immediately and complete the COVID Reporting Form.

CLUB SPORTS PRACTICE ATTENDANCE LIST

Team:

Date:

[illegible]

Please record attendance for each and every practice. Keep this sheet for club records and potential contact tracing.

