



COVID-19 Response Plan

The world health community continues to monitor the emergence of COVID-19. The virus has already had a tremendous impact on our daily lives, including the way we conduct operations at the Saint Cloud Blue Sox. The Blue Sox are committed to the protection of our coaches, players, families and the communities in which we play.

This plan describes the measures the Blue Sox are taking to preserve the continuity of operations.

Coaches, players and families are all responsible for implementing and complying with all aspects of this plan. Our goal is to mitigate the potential for transmission of COVID-19, and that requires full cooperation among everyone involved.

Only through this cooperative effort can we establish and maintain the safety and health of our participants and families. We are serious about safety and health and keeping our players on the field. Player involvement is essential in developing and implementing a successful COVID-19 Response Plan.

We have implemented a COVID-19 Leadership Team which is meeting regularly to monitor the rapidly changing situation, including the current recommendations from the Center for Disease Control (CDC), World Health Organization (WHO) and State Departments of Health. Our Response Plan follows Centers for Disease Control and Prevention (CDC) Minnesota Department of Health (MDH) guidelines and Federal OSHA standards related to COVID-19 and addresses:

- Communications and training that will be provided to coaches and players
- Prompt identification and isolation of sick persons
- Hygiene, respiratory etiquette and sanitizing agents
- Housekeeping – cleaning, disinfecting and decontamination
- Engineering and administrative controls used to achieve social distancing
- Coaching and supervision necessary to ensure effective implementation of the plan

The following general measures are designed to both protect personnel and contain the spread of COVID-19. Everyone's compliance and participation in these measures is expected. Containing the spread of this disease is essential to avoid the overtaxing of medical facilities and the associated personal tragedies that have occurred worldwide.

COVID-19 Symptoms

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties, chills, repeated shaking with chills, muscle pain, sore throat or new loss of taste or smell. In more severe cases infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Disease Transmission and Risk Factors

COVID-19 is transmissible by respiratory secretions such as saliva or mucus. Infected individuals can spread it by introducing the virus into the air, which can then be inhaled by other individuals nearby. Though less likely, COVID-19 may be transmitted by touching a surface or object that has the virus on it and then touching your mouth, nose or eyes. For these reasons, people are advised to cover their cough, wash their hands, and disinfect frequently touched surfaces to prevent transmission of the disease.

The Blue Sox will make every effort to promote and provide the necessary resources for a safe play environment. This requires players and their close contacts to hold themselves accountable to practicing the CDC's recommended guidelines for prevention and avoidance not only at practices, but also during non-practice time. These measures include practicing social distancing, washing hands, wearing the recommended PPE when in public and practicing good hygiene at home. COVID-19 is a contagious virus and our organizational safety depends on individual accountability for taking the necessary preventive measures both on and off the field to ensure the safety of everyone.

Communications and Training

This Response Plan will be communicated by email to parents and necessary training will be provided as needed. The program will also be on SCBlueSox.com to review. Coaches and Board Members are to monitor how effective the program has been implemented by notifying the COVID-19 Leadership Team as new information or questions come up. Coaches, players and families are to work through this new program together and update the training as necessary. This Response Plan has been approved by the Blue Sox Board and will be posted on SCBlueSox.com. It will be updated as necessary. The Blue Sox will utilize a variety of communication methods to keep families informed of changing requirements.

Visitor and Employee Screening

Players and families have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19.

The Blue Sox will be taking the temperature of all participants prior to their initial entrance to the field each day. Designated persons will be trained to use a thermal thermometer (non-touch) and will record only if the player's temperature is under 100.4 degrees or at/above 100.4 degrees without any fever reducing medication. The player or coach will also be asked at the time of their temperature being taken some routine questions.

This will be done for the protection of everyone involved. The actual temperature of the employee will NOT be collected; instead it will be recorded as "yes" or "no" for a fever. The answers to the survey question will only be one "yes" or "no" as well. All information collected will be treated as confidential medical records and kept separate per EEOC guidance.

The following screening questionnaire is to assess the participant's health status prior to entering the ballpark and for personnel to report when they are sick or experiencing symptoms. The screening will follow CDC recommendations and ask the following questions:

1. In the last 14 days, have you:
 - a. Been in contact with a confirmed COVID-19 patient?
 - b. Been in contact with a person who is currently being screened or under COVID-19 quarantine?
 - c. Been in contact with a person who has had a fever, new or unusual cough or an undiagnosed respiratory illness?
 - d. Cared for someone with or suspected of having COVID-19?
2. In the last 14 days have you:
 - a. Traveled internationally
 - b. Traveled domestically to a COVID-19 "hot spot"
 - c. Been in contact with someone who has travelled internationally or has been to a domestic COVID-19 "hot spot".
3. Are you currently experiencing any symptoms of illness, including the following COVID-19 symptoms without the use or aid of medication:
 - New or unusual cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.3 or higher
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell
 - Gastrointestinal symptoms (nausea / vomiting / diarrhea)
4. Are you currently waiting for results for a COVID-19 test?
5. Have you tested POSITIVE for COVID-19 within the past 14 days?
- Close contact:
 - Being within approximately 6 feet of a COVID-19 case or potential case for a prolonged (10 minutes or more) period of time; close contact can occur while caring for, living with, working with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case or potential case OR
 - Having direct contact with infectious secretions of a COVID-19 case or potential case (e.g. being coughed or sneezed on)

If the person answers yes to any of the questions above, their access to the facility is prohibited until a member of the COVID-19 Leadership Team reviews their response and contacts them to discuss their return to the field. The Blue Sox inform participants to stay home if they are sick and will intervene with those who display symptoms at practice. The Blue Sox have informed participants to stay at home when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household.

Participants who have been confirmed to have COVID-19 are to report their diagnosis to their coach. Upon notice of a confirmed case of a participant, or close contact of a participant, the Blue Sox have implemented a plan for identifying and informing participants if they have been exposed to a person with a confirmed COVID-19 case at their practice. If potential exposure is confirmed, the participant with a confirmed positive and potentially exposed participant(s) will be discretely informed and required to quarantine for the 14 days. The privacy of the participant's status and health information will be kept confidential.

Classifying Participant Exposure to COVID-19

Baseball is considered a Moderate risk sport, with precautions moving it to Lower Risk depending on the need to interact with others within 6 feet, sharing of equipment, and sanitation.

By practicing proper hygiene, sanitation, and social distancing the risk to most Blue Sox participants is categorized as Lower Risk.

Handwashing, Hygiene and PPE

Basic infection prevention measures are being implemented at our field locations at all times. Participants are instructed to rub their hands for at least 20 seconds with hand sanitizer frequently throughout practice, especially between each drill, and at the beginning and end of each practice. Each field will have hand sanitizer dispensers that can be used.

Hand sanitizer and disinfecting spray will be available. Common areas, such as dugouts, will be sanitized before and after each practice. Players will be separated in extended dugouts by 6 feet. Sharing of equipment such as helmets, gloves, water bottles, and bats will not be allowed.

Players will be expected to show up at the ballpark in full game ready gear. This includes cleats. Players will also be encouraged to shower and wash clothing after practice.

Facemasks may be worn, but are not required.

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Respiratory Etiquette: Cover your Cough or Sneeze

Participants and visitors are instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and sanitize their hands immediately afterward.

Housekeeping

Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of dugouts and baseballs.

Players should refrain from using other player's equipment, including bats, helmets gloves, etc.

Participants will not be allowed to use any type of seeds, sunflower or otherwise.

Social Distancing

To prevent transmission of the virus through the air through saliva or mucus, the CDC recommends maintaining a distance of 6 feet from another person. By maintaining a proper "social distance" of 6 feet from others, we will prevent transfer of the virus when someone coughs, sneezes or speaks. Social distancing has been implemented in the ballpark locations through the following engineering and administrative controls:

- Teams will be limited to 5 players and 1 coach.
- There will be no benches in the dugouts.
- Players will be spaced 6 feet apart along the fence line. Players bring a lawn chair to sit if they would like.
- Parents are encouraged to drop their players off and pick them up when practice is done. If you would like to stay, please remain in or near your vehicle. All the fields we will be using will have ample parking near the field.
- Parents and coaches will encourage players to social distance while participating on the field.
- Parents are discouraged from gathering in groups.
- Ribbons will be tied on the fence line where players are to sit and set their gear, every 6 feet.

Field Control Measure

In the event a player intentionally violates the social distancing guidelines, the said player will be given one warning. If the said player does not comply, or commits a similar offense at the same practice, parents will be notified and the player will be immediately removed from the field. The player will be ineligible to return to a Blue Sox practice for 4 consecutive practices.

If upon returning to the field after the suspension, a similar offense is committed, the said player will be removed from the field, parents informed, and will be suspended for the rest of the season. No refund will be given for lost time due to disciplinary issues.

Leadership Team Contacts

For more information, or if you have any questions, concerns or feedback on these procedures, please contact one of the following:

- Dan Heiser, President, twinsfanz@yahoo.com, 612-242-7717
- John Telega, Vice President, john.telega@isd742.org, 320-492-7282

Summary

Through leadership and participation at all levels of the organization, the Blue Sox have excelled at protecting our people on the field. Safety is a core value of our organization. We have rarely been presented with a safety and health challenge as significant as the one we now face, however based on our past accomplishments we are confident in our ability to get through this together.

We really can't stress enough the need to follow these guidelines and the guidelines imposed by our officials to allow all of us to continue to remain safe, healthy and to keep our ballparks open. We really appreciate everyone's patience and positive attitude as we continue to develop and plan for what might be next.