



COVID-19 Safety Plan

Prepared for:



Prepared by:
IHP Safety

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Purpose

In late 2019 a new Coronavirus was identified and quickly spread throughout the world in several months. This new virus quickly affected many people and businesses alike, causing hospitals to become overrun with patients, governments requiring people quarantine, and businesses shutting down creating significant financial and personal hardships.

IHP Safety has developed this plan to keep people healthy and safe, and when followed will allow play to resume even in the event of an incident by following our rapid response protocols.

Our plan requires buy-in from everyone involved; parents/guardians, participants, staff spectators, and visitors. Everyone must be educated on this new Coronavirus as well as the plan and procedures put in place to minimize infection and disruption.

Everyone must know who the COVID Officer is at each location, what to do before entering and how to engage during events. People must know what types of communication will be used and understand who to contact as well as how to contact them should one experience a COVID incident.

Our plan, as laid out in this document, includes the following:

- Communication and education
- Pre-entry procedures
- Screening and testing
- Self-certification
- Proper hygiene
- Personal Protective Equipment
- Cleaning and Disinfecting
- Social Distancing
- Post incident response
- Contact Tracing
- Returning to play



What are coronaviruses?

Coronaviruses are a large group of viruses that can cause illness in humans and animals. Some coronaviruses commonly circulate in the United States and usually cause upper respiratory symptoms such as cough or runny nose, although some can cause more serious illness. The 2019 novel (new) coronavirus causes the illness coronavirus disease 2019 (COVID-19).

What is COVID-19?

Coronavirus Disease 2019 (COVID-19) is a disease that was identified in Wuhan, China, and is now being spread throughout the world.

How is COVID-19 Spread?

The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

COVID-19 seems to be spreading easily and sustainably in the community (“community spread”). Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

[Symptoms](#) of COVID-19 are fever, cough, shortness of breath, chills, repeated shaking with chills, headache, sore throat, new loss of taste or smell, muscle pain, congestion/runny nose, diarrhea, nausea or vomiting. Symptoms may appear 2-14 days after exposure.

Education and Communication

Due to the number of COVID-19 cases among the world, information and action is critical to minimize the spread of this disease. IHP Safety uses the following methods to communicate:



- Letters/ Email
- Signage
- Online Training
- Small group meetings
- Social Media
- Text Messaging
- Software Applications

Messages for all participants:

- If you are sick, do not attend the event.
- People with COVID-19 have had a wide range of reported [symptoms](#) – ranging from mild symptoms to severe illness. These include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. Symptoms may appear 2-14 days after a person is exposed to the virus that causes COVID-19.
- Some people with COVID-19 have no signs or symptoms but can still spread the virus to others.
- There is currently no vaccine to prevent COVID-19.
- The best way to prevent illness is to avoid being exposed to SARS-CoV-2, the virus that causes COVID-19.
- The virus is thought to spread mainly from person-to-person through droplets produced when a sick person coughs, sneezes, or talks, and the droplets land in the mouths, noses, or eyes of people nearby.
 - These droplets can also land on surfaces such as tables, chairs, or handrails, exposing a person if they touch the surface, then touch their nose, mouth, or eyes.
- Stay at least 6 feet (about 2 arms' lengths) from other people that are not part of your household. This is called social distancing or physical distancing.
- Use a cloth face covering or disposable face mask that covers your mouth and nose in addition to social distancing.
- Physical strength, good health, or youth does not protect you from catching the virus or prevent you from passing the virus to others.



- If you have chronic health conditions, continue seeking care for those conditions as recommended by your healthcare provider.

Pre-event items:

- Ensure controls are in place to pre-screen people before entry (IHP Health Screening software with database for site administrators).
- Ensure controls are in place to assure symptomatic people stay or are sent home.
- Ensure controls are in place to check temperatures (thermal cameras at all entry points).
- Ensure a dedicated COVID-19 Officer is identified and in place at all times during the event/ shift.
 - When needed multiple people may take on this role i.e. individual teams, building/shifts.
- Only essential people may be allowed in to participate or watch an event. Spectators are limited to 2 people per athlete.

Pre-entry Screening:

- All entrants shall complete a daily health screening before being admitted to participate or attend the event. This shall include the following:
 - Temperatures shall be taken by everyone who enters.
 - Face coverings shall be on at all times, except play. This shall include the wearing of face coverings while on the bench or performing lower intensity training.
 - Documented completion of self-certifying health screener shall be completed and displayed on your phone and/or checked by administrators of the event (in the software database).

Enforcement and Oversight:

- A site specific COVID-19 Officer shall be designated for every team and one person (at a minimum) per location (building, field, etc.)



- This person shall receive proper training on COVID-19 before given these duties of oversight and compliance. Training providers IHP recommends include:
 - <https://www.clicksafety.com/courses/detail/covid-19-return-to-work-concepts-for-employers>
 - <https://www.360training.com/course/coronavirus-awareness>
- The COVID Officer shall:
 - Enforce compliance of daily health screenings.
 - Enforce compliance with social distancing.
 - Enforce compliance with PPE.
 - Monitor cleaning and disinfecting activities and ensure they are compliant with the plan.

Player, Participant, and Spectator Health and Safety Protocols:

- No one shall participate or enter if they cannot pass the daily health screening.
- If one is sick or has been around someone that tested positive recently, they are not to enter or participate.
- Each person and/or household shall certify that they:
 - Have no signs of fever measured above 100.3 degrees
 - No cough or shortness of breath
 - No body aches
 - Fatigue
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- Participants shall wear a face covering at all times, except while on the ice. This shall include wearing face coverings on the sidelines and when performing lower intensity training.
- Participants shall not share equipment.
- Participants shall not share water bottles. Each player shall have their name clearly labeled on the side of the water bottle.



- Maintain at least 6 feet between yourself and your teammates, other competitors, and officials while actively participating when possible.
- Avoid high fives, handshakes, and celebrations.
- As play resumes players should take their time to re-acclimate to the strenuous sport before playing at full speed.
- If you begin to feel unwell during the activity (practice or game), notify your coach right away.
- Minimize spitting as much as possible, and cough/sneeze into a tissue.
 - Always wash your hands, at least with hand sanitizer, immediately afterwards.

Personal Hygiene:

- Hot water stations will be provided with soap and water that are easily accessible and displaying COVID-19 hand washing instructions.
- Cleaning and disinfecting of all high touch surfaces shall be conducted a minimum of twice per day.
- All athletic equipment shall be disinfected after each practice or game.
- Bathrooms shall be limited to 50% capacity and either have doors propped open or foot door pulls installed.
- Trash receptacles shall not be overflowing at any time and must be emptied at the appropriate frequency.
- No handshaking or group celebrations shall be allowed

Cleaning and Disinfecting:

- Cleaning and Disinfecting are very important to help prevent the spread of disease, particularly SARS-CoV-2.
- Cleaning and disinfecting common touch objects, such as doorknobs, handles, railings, tables, etc. can help prevent the spread of COVID-19.
- A dedicated staff shall be responsible to clean throughout the day.
- They shall have the following supplies:
 - Waterproof gloves that protect you from exposure to the virus and chemicals



- Safety goggles
- Soap and/or detergent, warm water, clean towels, and plastic trash bags
- Disinfectant
 - Bleach solution
 - Other EPA approved disinfectants
- Spray bottle and/or other applications to disinfect hard and soft surfaces

Social Distancing:

- All spectators shall remain 6' apart at all times, except when spectators live in the same household.
- Participants shall be exempt from this requirement during play, provided they wear a face covering.
- Restrooms are limited to 50% capacity
- Locker rooms shall be closed - participants will need to come prepared to play and only put on equipment in the facility without using locker rooms
- Coaches shall maintain and encourage social distancing as often as possible, including during stretching and team meetings
- All entrants to the event shall maintain social distancing upon arrival and use only designated entry points
- Both entry and exit points shall be separate locations to limit dual travel from individuals

Personal Protective Equipment:

- Players shall wear face coverings at all times, including on the sidelines, except while on the ice participating in the game
- All participants, spectators and visitors shall wear face covering at all times
- Personnel conducting disinfecting and/or general cleaning shall also wear safety glasses/ goggles and gloves
- Face coverings shall be worn properly at all times, including covering both nose and mouth



Communication and Training:

- All players, participants, and spectators will receive training on this compliance program
- Additional training can be found here:
 - <https://www.clicksafety.com/courses/detail/covid-19-return-to-work-concepts-for-employers>
 - <https://www.360training.com/course/coronavirus-awareness>
- COVID-19 signage will be properly displayed throughout the facility, including outside before entry gates
- Signage shall be installed appropriately for proper communication:
 - Entry doors
 - Bathrooms
 - Social distancing markings in stands and other relevant locations

Incident Response:

- All COVID Incidents shall be reported to the COVID officer immediately
- Incidents may include:
 - Symptoms develop during play
 - Participant learns of a COVID case (either symptomatic or positive test) during play
 - Spectator develops symptoms while at facility
- When an incident is flagged the COVID officer begins to contact trace and notify others:
 - Remove the individual from the facility
 - Recommend the individual get tested and/or seek medical advice
 - Identify where this person was located
 - Block off area until it can be properly disinfected
 - Identify who this person was in close contact with (within 6' for 15 minutes or more)
 - Remove all individuals identified as Group 1 (see definitions below for Groups) to the person with the incident



- Notify all participants that were at the facility the previous 72 hours of incident

Contact Tracing:

- Contact tracing focuses on close contacts while a positive patient was infectious.
- In an effort to maintain the health and safety of others, we need to conduct an investigation as soon as possible. The following items shall be reviewed:
 - When were the first symptoms experienced?
 - If no symptoms, when did the individual take their positive test?
 - Does the individual know when they were exposed?
 - Who was in close contact with a Level 0 person?
- The infectious period begins 48 hours before the patient's symptoms began.
- If the person with COVID-19 never developed symptoms, the infectious period begins the 48 hours before the positive test was collected.
- A person is considered a close contact if they have been within 6 feet of the patient for at least 15 minutes.
- It is important to report any COVID-19 incident immediately to allow for proper contact tracing in order to minimize spread.
- IHP suggests the following occur post incident:
 - Identify anyone in close contact with Level 0 (positive case)
 - Anyone in close proximity will be considered Level 1 and as such, be informed they were in close contact with a confirmed positive person and they should quarantine for 14 days since exposure and seek medical advice.
 - Anyone that was in the general area or at the event shall be notified as well, and shall monitor themselves for symptoms of COVID-19. If any symptoms develop they are asked to notify the event COVID-19 Officer who will now repeat the investigation (process as the new person as a Level 0)
 - IHP uses software to collect health check data upon entry to an event. In the event of a COVID incident, we are able to use our software to deliver a broadcast to all households and individuals via text and email regarding the incident.



- Note - always keep the identity of the individual private.

Return to Play/ Participate:

- Persons having a COVID Incident (positive test and/ or quarantine from close contact) can return after the following:
 - Cleared to return and come out of quarantine by medical professional or department of health; or
 - 10 days since symptoms first appeared **and**
 - 24 hours with no fever without the use of fever-reducing medications **and**
 - Other symptoms of COVID-19 are improving

Innovative Human Performance





Daily Health Screener sign - complete before entry:

You must complete a health screening before entering the building.
You will be asked the following questions:

- Have you knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive through a diagnostic test for COVID-19 or who has or had symptoms of COVID-19?
- Have you tested positive through a diagnostic test for COVID-19 in the past 14 days?
- Have you experienced any symptoms of COVID-19, including a temperature of greater than 100.0 degrees F, in the past 14 days?
- Have you traveled internationally or from a state with widespread community transmission of COVID-19 per the New York State Travel Advisory in the past 14 days?

- The information being collected will only be used for contact tracing.
- If you have a smart phone, scan the QR code to answer the questions.
- If you do not have a smart phone, proceed to the window to complete the screening.



**Thermal Temperature Detection
Devide- w/Face Masks Compliance**



Can be programed to provide mask compliance so the door doesn't open without the employee putting a mask on. Can be used to avoid violations/citations.



WFS74



WFS75



WFS76

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COVID
CORONAVIRUS
DISEASE 19

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



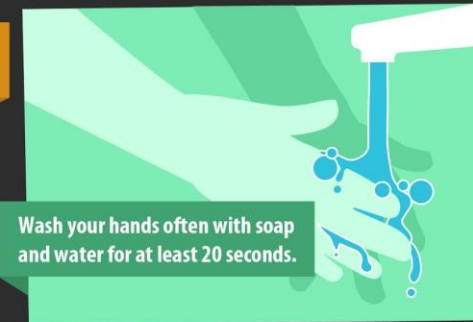
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

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CHECKLIST FOR COACHES

Protect Players from COVID-19

- Send a welcome email or call parents and/or players. Inform them about **actions that the sports program will take to protect players**. Remind them to stay home if sick or if they have been around someone who is sick.
- Be a role model. **Wear a cloth face cover** and encourage parents, fans, officials, and sports staff to wear one during practices and games.
- Provide **hand sanitizer with at least 60% alcohol** to players before and after practice/game, or encourage them to wash their hands with soap and water.
- Educate players about **covering coughs and sneezes** with a tissue or their elbow. Discourage spitting.
- Remind players about **social distancing** and identify markers (signage or tape on floor, if applicable). Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.
- Check with your sports administrator to make sure they are following **cleaning and disinfection** recommendations.
 - Cleaning and disinfecting frequently touched surfaces on field, court, or play surface (e.g. drinking fountains) at least daily or between use.
 - Cleaning and disinfecting shared equipment



Lower Risk  Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



CS17099-R 05/28/2020

cdc.gov/coronavirus

KEEP YOUTH ATHLETES SAFE

Reduce the Spread of COVID-19 in Youth Sports

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs



Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use

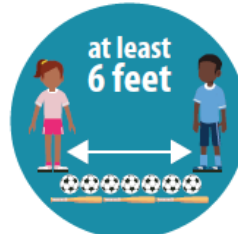


Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community)

Identify small groups and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure



Implement plans to **space out spectators by 6 feet** at games or competitions. Limit nonessential visitors, spectators, and volunteers.

Lower Risk



Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



CS17099-C 06/01/2020

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



References and Resources:

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- [Wisconsin School Sports WIAAWI.org](http://WisconsinSchoolSports.org)
- Training:
 - <https://www.clicksafety.com/courses/detail/covid-19-return-to-work-concepts-for-employers>
 - [OSHA Campus online covid training](#)

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