**Esko Cross Country COVID-19/Health Safety**

Due to COVID-19, Esko Coaches will continuously monitor the health of all student/athletes attending practices and meets, including staff and volunteers based on the Minnesota Department of Health and Centers of Disease Control and Prevention guidance. ***Please note these guidelines are subject to change at any time based on any new guidance from MDH, CDC, MSHSL, or the NFHS.***

Esko Cross Country will adhere to the guidelines below:

**Daily Health Screening**

* Student/athletes, staff, and volunteers will have their temperatures taken with a forehead thermometer to check for fever.
  + *Any person with temperature reading of 100.4 F or higher will not be able to participate in any practice or meet and will be asked to go home and contact his/her medical provider.*
* Student/athletes, staff, and volunteers will be monitored daily for respiratory symptoms by being asked the following questions before being allowed to participate in any practice or meet:
  + Do you have a sore throat?
  + Are you short of breath?
  + Do you have a cough?
  + Have you been exposed to a person with a confirmed, active case of COVID-19?
  + *Any person who answer yes to any of these questions will be sent home and asked to contact his/her medical provider.*
* Esko Coaching Staff will send home or deny the participation of student/athletes, staff, or volunteers with any other symptoms of illness.

**Masks**

* Student/athletes will be required to wear a face mask when entering the testing station and during the health screening.
* Student/athletes must keep their mask on until practice/meet begins and put their mask back on immediately after practice/meet ends or at any time a six foot distance between is unable to be maintained.
* Coaches or volunteers will be required to wear a mask at all times.
* Student/athletes, staff, and volunteers are required to supply and bring their own masks daily. A homemade cloth mask is sufficient.   
    
  Use the [CDC face mask guide](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html) to learn how to properly use a face mask and make your own cloth mask.

**Cleaning & Disinfecting**

* Any equipment used during practices or meets will be disinfected after practice sessions.
* Student/athletes sanitize their hands before and after practice. Hand sanitizer will be provided by the district, but student/athletes may bring their own as well if they choose.
* **The sharing of food, water and equipment is not allowed.** If sharing has to occur, equipment will be cleansed and disinfected between each use.
* Coaches or volunteers will be responsible for moving, cleansing, and disinfecting all equipment associated with practices or meets. Student/athletes may not help cleanse or disinfect. View the Minnesota Department of Health [COVID-19 Cleaning and Disinfecting Guidance](https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html) for schools and child care programs.

**Other Health & Safety Procedures**

* During practices or meets, staff and volunteers must create consistent pods with a **maximum of 25 people** per pod (coaches and volunteers must be included in the total number).
* This means keeping pods of student/athletes, coaches, and volunteers together throughout the entirety of practice or meet - no mixing pods/student/athletes.
* All practices will be held outdoors.
* Parents/guardians are not allowed to attend practices held on Esko Public Schools campus.
* Student/athletes will be required to bring a water bottle daily.
* **Student/athletes should be dressed and ready to play prior to any practice or meet. *Locker rooms will not be available.***
* It is highly recommended students bring all other necessary items in a gym bag or backpack to keep personal belongings organized. Bags will be placed six feet apart.

**If a Student/Athlete, Coach or Volunteer Becomes Ill on Site**

When a student/athlete, coach or volunteer develops any symptoms of illness consistent with COVID-19 (i.e. new onset or worsening cough OR shortness of breath OR at least two of the following symptoms: fever of 100.4 F, chills muscle ache, headache, sore throat, loss of taste or smell) in a practice or meet setting:

* Coaches or volunteers will isolate the person in a separate space while they wait to be picked up or until they are able to leave the practice/meet on their own. Coaches and volunteers will ensure that they have hygiene supplies available, including a cloth mask, facial tissues, and alcohol-based hand rub.
* Coaches or volunteers who are monitoring the participant or staff member with symptoms will practice social distancing when possible.
* The space used for isolation after the ill person leaves will be thoroughly cleaned and disinfected prior to reopening the space.
* All high-touch surfaces, focusing on areas where the person is known to have been and items they may have touched (i.e. benches, shared equipment, etc.) will be thoroughly disinfected.
* Coaches and volunteers will wear gloves when cleaning/disinfecting and wash their hands after removing the gloves.

**Confirmed Case of COVID-19**

* If there is a confirmed case of COVID-19 from a student/athlete, coach or volunteer, in certain cases, we will be notified from the Minnesota Department of Health and will follow state instructions on how to proceed.
* If anyone informs a coach or volunteer of a confirmed case (lab or clinical), they must also notify Chad Stospkof (contact listed below).

Visit the [CDC Website](https://www.cdc.gov/coronavirus/2019-ncov/index.html) for more information.

**IMPORTANT NOTICE:** The privacy of student/athletes and families is critical during this time. In accordance with HIPAA (Health Insurance Portability and Accountability Act), names and information of those that have been identified as positive or those that went home sick are not to be shared (staff, volunteer, or participant). We cannot disclose or assume the health conditions of student/athletes, staff, volunteers, or families to anyone.

**Social Distancing**

* Coaches and volunteers will work with student/athletes in no more than a 23:2  (no more than twenty-five total people per pod) participant to staff ratio to help maintain proper social distancing.
* Student/athletes will be assigned a pod, and they will not mingle with other pods.
* Adhere to facility or field specific guidelines for COVID-19.

**Drop Off & Pick up**

* Parents should not enter the practice area when dropping off and picking up their child.

**For Questions or Concerns, Please Contact:**

* **Jerimy Hallsten / Head Coach | 218-393-1651 /** [**eskocrosscountry@esko.k12.mn.us**](mailto:eskocrosscountry@esko.k12.mn.us)
* **Gary Beaudot / Assistant Coach | 218-878-0859 /** [**gbeaudot@esko.k12.mn.us**](mailto:gbeaudot@esko.k12.mn.us)
* **Chad Stoskopf / Athletic Director | 218-879-1909 /** [**cstoskopf@esko.k12.mn.us**](mailto:cstoskopf@esko.k12.mn.us)