

COURAGE KENNY REHABILITATION INSTITUTE SPORTS AND RECREATION DEPARTMENT

COVID-19 Preparedness Plan

October 2022

CKRI Sports and Recreation COVID Preparedness Plan

Our top-most concern is the safety and health of all participants, volunteers, staff, and community members we serve. Keeping everyone (participants, volunteers, staff and others) healthy is critical and important. We also believe sports and recreational activities are important to both physical and emotional wellbeing. Our COVID Preparedness Plan is designed to keep programs running while keeping the health and safety as the top priority.

We developed this plan based on guidelines from the Minnesota Department of Health, Allina Health, local and national authorities, the CDC, the MN State High School League, and sport-specific National Governing Bodies as well as collaborating with other adaptive and recreation programs around the Country. The guidelines included in this document may be adapted to meet local requirements subject to the meeting of Governmental and National Governing Bodies' guidance, community partners, and facility/space guidelines.

Please keep in mind, many of our activities may look and feel different in order for us to follow these guidelines. If you are unable to follow the guidelines outlined in this document, we ask that you participate with us virtually. Our hope is to continue to ease restrictions as conditions warrant while we continue to operate under guidance from local and national regulations as well as ensuring the safety of all. Because of this, we have also updated our Essential Eligibility Requirements.

Goal of this document:

- Understand the risks of COVID-19 and its impact on participation with CKRI Sports and Recreation programs
- Explain CKRI Sports and Recreation plans for programming
- Understand the guidelines for participation in CKRI Sports and Recreation programs
- Explain in detail what each in-person activity will entail

For your safety and the safety of our staff, volunteers and participants, we want you to be familiar with:

- CKRI Sports and Recreation COVID-19 guidelines
- COVID-19 symptoms and prevention standards
- Personal Protective Equipment (PPE) expectations
- Specific prevention standards for CKRI Sports and Recreation activities

Anyone, including participants, caregivers, family members, friends, volunteers, and staff need to understand the risks and efforts involved in COVID-19 preparation. Prior to making the decision participate in in-person activities or to travel to competitions, it is important to consider your personal and family health circumstances. You can reduce your risk by playing outdoors, avoiding crowds, eliminating social activities and most importantly, being vaccinated. Please speak with your personal physician if needed to determine if your current health conditions may put you at an increased risk for severe illness from COVID-19.

Choosing to participate is solely at the risk of the individual and not Courage Kenny Rehabilitation Institute. If in doubt, we encourage you to stay home, stay safe, and participate virtually.

Please note: any costs associated with COVID-19 testing and treatment will be the responsibility of the individual and not Courage Kenny Rehabilitation Institute. Free COVID-19 tests are available through the [Minnesota Department of Health](https://www.covidtests.gov/) at one of their community testing sites or their Test at Home program. You may also order free at-home COVID tests through <https://www.covidtests.gov/>.

COVID-19 Information

What is COVID-19? It is important to understand the illness:

- [Allina Health Covid-19 Resource Information](#)
- [Center for Disease Control and Prevention Covid-19 Resource](#)

Individuals with COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever or chills (temperature equal to or greater than 100F or 37.80C)
- Cough
- Sore throat
- Shortness of breath/difficulty breathing
- Body/muscle aches/fatigue
- Unexplained headache
- Diarrhea – greater than three loose stools in a 24-hour period
- Loss of smell or taste, or a change in taste
- Congestion/runny nose
- Nausea
- Vomiting

Know the symptoms of COVID-19, which can include the following:



Credit: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

CKRI Sports and Recreation Infection Control Protocols

Your health, the health of our staff, volunteers, and visitors is extremely important to us. CKRI Sports and Recreation COVID-19 protocols have been developed based on guidelines from Allina Health, Minnesota Department of Health, the CDC, and other sport-specific national organizations. These guidelines are changing frequently and we will continue to adjust them as needed. For your safety and the safety of others, if you are unable to follow these guidelines, you will be asked to leave and instead participate virtually (if available).

Summary of COVID-19 Prevention Standards

- A vaccine is protection against Covid-19 infection and highly recommended for participation.
- Masks are an important tool we have to stop the spread and are required to be worn while indoors while not actively playing.
- Stay home if you feel ill or have been in contact with anyone with COVID-19 symptoms or who has been told to quarantine within the last 14 days. Contact the Sports and Recreation Program Specialist regarding your absence.
- Regularly clean your hands thoroughly with soap and water or alcohol based hand sanitizer.
- Stay 6 feet away from others from outside of your household.
- People may choose to wear a face covering when not required, and teammates and others should respect and support those individual choices.

CKRI Sports and Recreation COVID-19 Specific Guidelines	
Vaccines	<ul style="list-style-type: none"> The Minnesota Department of Health, the Center for Disease Control, and Allina Health strongly recommend vaccination for COVID-19 for all of those age 5 and older. The best prevention measure is to get vaccinated. All CKRI employees, volunteers, contracted staff, and clinical students are required to have received the COVID-19 vaccine with limited exceptions for medical and religious reasons.
Masking	<ul style="list-style-type: none"> All staff, volunteers, and participants are encouraged but not required to wear a face mask indoors, especially when not actively playing. When at Courage Kenny Rehabilitation Institute or Allina Health Facilities, masks are required in all common areas of the facility (locker rooms, hallways, the bench, or in similar situations). Masking is required for staff and volunteers at large indoor events (100+ people in attendance) or when vaccination status is unknown. Must follow guidelines of facility or location where activities are taking place, even if more restrictive than Allina Health guidance. Large events of 100+ individuals will follow additional CKRI guidance. A droplet mask is preferred and will be given if needed. CKRI Sports and Recreation does allow for exceptions to masking for medical and sensory reasons. Ask the Sports and Recreation Specialist for more information.
Screening	<ul style="list-style-type: none"> All staff, participants, volunteers, and visitors will be screened for symptoms and exposure prior to participation. No one with COVID-19 related symptoms will be allowed on the premises. No one that has had close contact with anyone that has tested positive for COVID-19 within the past 14 days will be allowed on the premises. An attendance record will be kept of all participants, volunteers, and staff at each practice/program to allow for contact tracing and notification purposes.
General Preventive Actions	<ul style="list-style-type: none"> All staff, participants, volunteers, and visitors at CKRI Sports and Recreation programs are encouraged to maintain physical distancing (6ft+) where appropriate and when not playing (e.g. on the bench, in the dugout, or in locker rooms or similar situations). This is especially important when activities are indoors. Promote regular handwashing and/or use of hand sanitizer. Follow current CKRI Sports and Recreation guidelines and guidelines from venue/facility or host organization will be priority for participation.
Equipment	<ul style="list-style-type: none"> Sharing of equipment will be minimized. Equipment will be cleaned and disinfected frequently. Participants will be instructed to thoroughly disinfect all of their personal equipment and take it home. You MUST have your own water bottle and towels, etc, and not share them with others.
Travel	<ul style="list-style-type: none"> CKRI Sports and Recreation will inform participants, volunteers, and staff of the <u>MDH recommendations</u> for general prevention and how to protect yourself while traveling. CKRI Sports and Recreation encourages all unvaccinated individuals planning to travel out of state to get tested 48-72 hours prior to traveling to a game or competition. Fully vaccinated individuals will be encouraged to be tested if they are experiencing symptoms.
Positive cases and exposures	<ul style="list-style-type: none"> People that have COVID-19 are not allowed to participate in any activities until all three of these things are true: <ul style="list-style-type: none"> It has been at least 10 days since they first felt sick or tested positive (if asymptomatic); and, They feel better. Their cough, shortness of breath or other symptoms are better; and, They have been fever-free for 24 hours without the use of fever-reducing medication. If you test positive, please notify your Sports and Recreation Program Specialist immediately. CKRI Sports and Recreation staff will conduct contract tracing to determine any close contacts.

	<p>Individuals that are considered close contacts will be notified about the exposure and will be given guidance on next steps.</p> <ul style="list-style-type: none"> • CKRI Sports and Recreation will require a quarantine period for those identified as a close contact of a COVID positive case AND who do not qualify for an exemption from quarantine due to vaccine status or a previous COVID infection within the last 90 days. If you have been vaccinated or have had a confirmed COVID infection in the past 90 days, you do not need to quarantine and can continue participation. Testing is encouraged 3-5 days after the exposure.
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Activity Specific Protocols

Below are additional protocols for CKRI Sports and Recreation activities. Specific details for additional programs taking place later in the year will be added as necessary. Following current CKRI Sports and Recreation guidelines and guidelines from venue or facility will be priority for participation.

Group Fitness Classes (Yoga, Martial Arts)

- Follow CKRI Sports and Recreation masking protocols (page 3).
- Maintain at least 6 feet between participants.
- Participants are instructed to thoroughly disinfect all of their personal fitness equipment and take it home.

Team Sports – (Power Soccer, Lacrosse, Softball, Rugby, Basketball and Tennis)

- Follow CKRI Sports and Recreation masking protocols (page 3).
- Encourage physical distancing while not actively playing (on the sidelines, team huddles, etc) and where appropriate

Alpine Ski and Snowboard and Nordic Ski

- Follow CKRI Sports and Recreation masking protocols (page 3).
- Masks are encouraged but not mandatory to be worn at all times for participants, volunteers, staff and visitors when indoors (chalet or storage room).
- There will be an indoor check-in for both participants and volunteers with the site coordinator and/or registration volunteer.
- All sites are allowing people indoors to warm up, use restroom facilities and to eat.
- The ski areas are following the recommended MDH, WHD (Wisconsin Health Department), and National Ski Area Association recommendations.

Bowling

- Follow CKRI Sports and Recreation masking protocols (page 3).

Cycling

- Follow CKRI Sports and Recreation masking protocols (page 3).
- Participants, volunteers, and visitors must provide their own helmet.
- Physical distancing is encouraged. Pass with care.

Curling

- Follow CKRI Sports and Recreation masking protocols (page 3).

Golf

- Follow CKRI Sports and Recreation masking protocols (page 3).

Courage Kenny Riders (Horseback Riding)

- Follow CKRI Sports and Recreation masking protocols (page 3).
- Time between lessons allow for safe distancing between outgoing and incoming riders and to allow time for disinfecting of equipment.
- All equipment will be sanitized before being returned to storage.
- Riders are strongly encouraged to purchase their own riding helmet to minimize contact and sharing of equipment (Available at Fleet Farm, \$30-40). Bike helmets are NOT allowed as an alternative.
- “Waiting stations” will be assigned to each rider and their volunteers before lessons to encourage physical distancing between riding teams.
- Riders will be exited from the arena and dismounted one at a time to encourage physical distancing.
- Participants and volunteers should bring their own water and place it in the designated areas.

Kayaking

- Follow CKRI Sports and Recreation masking protocols (page 3).
- Recognize that some activities, such as rescues, wet exits, and roll instruction, require close contact and could possibly place participants at higher risk of exposure.

Rock Climbing

- Follow CKRI Sports and Recreation masking protocols (page 3).
- As much as possible, same pairings of volunteers and participants each week to limit exposure. This group will be considered a “pod.”

Scuba

- Mask must be worn at all times, with the exception of being in the water/pool. Mask must be worn once you have exited the pool. CKRI Sports & Rec will provide additional mask if needed.
- Follow CKRI Sports and Recreation masking protocols (page 3).
- Equipment will be cleaned and disinfected frequently.

Swimming

- Follow CKRI Sports and Recreation masking protocols (page 3).
- Masks are encouraged but not mandatory to be worn at entering and exiting the pool area for participants, volunteers, and staff.
- Locker rooms are available, if needed. Swimmers encouraged to come ready with their swimsuit on.
- Dryland warm-ups on deck will be done at least 6 ft. apart.

Track and Field

- Follow CKRI Sports and Recreation masking protocols (page 3).

Water Skiing

- Follow CKRI Sports and Recreation masking protocols (page 3).

Essential Eligibility Criteria for Athlete Participation

CKRI Sports and Recreation programs are open to all individuals who can satisfy the following:

1. Willing and able to participate in COVID-19 symptoms and exposure screening prior to participation.
2. Show no signs or symptoms of COVID-19 and have no reason to believe they have been exposed.
3. Willing and able to follow all regulations as required by state regulation and Allina Health Protocols.
4. Able to maintain appropriate (6 feet) physical distancing from all other people (except a companion accompanying the participant) when appropriate.
5. Manage personal care and hygiene independently or with the assistance of a companion accompanying the participant.
6. Willing and able to wear all required safety and personal protective equipment including helmets, shoes, gloves, personal floatation devices, harnesses, face mask (when appropriate), etc.
7. Follow instructions and effectively communicate independently or with the assistance of a companion accompanying the participant, particularly during times of distress, injury, illness, or emergency.
8. Get in, on, off, out, or otherwise access equipment and facilities independently or with moderate assistance.
9. Able to negotiate appropriate terrain and operate any equipment (bikes, boats, etc.) independently or with assistance of a companion.
10. Able to get to and from program locations independently or with the assistance of a companion accompanying the participant.
11. Accepts all potential risks associated with participation in Courage Kenny Sports and Recreation programs, including but not limited to the increased risk of exposure to COVID-19, and signs a release/waiver acknowledging that.
12. Able to provide their own food, water bottle, and other consumable needs.

In the interest of safety, Courage Kenny Sports and Recreation department reserves the right to make final decisions on the appropriate equipment and protocols for each participant.

Patient/Visitor Access Screening**Welcome to Allina Health**

For your safety and for those around you, we are asking coronavirus (COVID-19) screening questions of everyone prior to entering the facility.

Do you have a scheduled appointment or have you spoken to a provider or triage nurse before coming in?

☐ Yes ☐ No

Have you experienced any of the following new symptoms in the past 72 hours:

- | | | |
|---|-----------------------------------|--|
| <input type="checkbox"/> Fever ≥ 100.0 or 37.8 C degrees | <input type="checkbox"/> Cough | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Loss of taste or smell | <input type="checkbox"/> Headache | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Muscle aches | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Chills |
| <input type="checkbox"/> Congestion/Runny nose | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Nausea/Vomiting |

In the past 14 days has anyone in your household tested positive for COVID-19 or have you been told to self-quarantine due to exposure to someone with COVID-19?

☐ Yes ☐ No