COURAGE KENNY REHABILITATION INSTITUTE
SPORTS AND RECREATION DEPARTMENT

Phased Return to Play Plan
COVID-19
August 2020
CKRI Sports and Recreation COVID Preparedness Plan

Resuming in-person activities

 Courage Kenny Sports and Recreation is excited to begin the next phase of its Return to Play, beginning in late August 2020. Our top-most concern is the safety and health of all participants, volunteers, staff, and community members we serve.

We developed this plan based on guidelines from the Minnesota Department of Health, Allina Health, local and national authorities, the CDC 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 at this time.

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 in Phases
- Explain in detail what each Phase and in-person activity will entail

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

- COVID-19 background
- 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. BEFORE making the decision to return to in person activities, it is important to consider your personal and family health circumstances. The Minnesota Department of Health and CDC recommend anyone who is in a high risk category to not participate in organized sports or activities at this time. 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.
COVID-19 Background and Information

What is COVID-19?

- A new strain of coronavirus was first identified in Wuhan, China.
- It has the potential to cause severe illness and pneumonia in some people.
- The Center for Disease Control and Prevention (CDC) is still learning how it spreads and the severity of illness.
- This is a rapidly developing and changing situation.

How does COVID-19 spread?

- The virus may spread from person-to-person and possibly from contaminated objects and surfaces.
- When a person sick with COVID-19 coughs or sneezes they can release droplets that contain the virus.
- These droplets can land in the mouths or noses of people who are nearby and be inhaled into the lungs.
- These droplets may also land on objects and surfaces within six feet of the sick individual.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

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

COVID-19 Prevention Standards

- Regularly clean your hands thoroughly with soap and water or alcohol based hand sanitizer.
- 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 program coordinator regarding your absences.
- Cover coughs and sneezes.
- Regularly disinfect frequently touched surfaces and objects.
- Wear droplet mask and other appropriate personal protective equipment (PPE) at all times while participating.

Anyone who has high-risk considerations due to underlying health issues or age are encouraged to attend virtual programs only.
Personal Protective Equipment expectations

All staff, participants, volunteers, and visitors at CKRI Sports and Recreation programs must continuously wear a face mask while on premises to protect one another from COVID-19.

- Staff and volunteers in contact with participants will wear a droplet (medical grade) mask and eye protection.
- All participants and visitors are required to wear a mask while at CKRI Sports and Recreation programs.
- Participants, staff, volunteers, and visitors will be given a droplet mask.
- Staff and volunteers will be given eye protection.

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.

<table>
<thead>
<tr>
<th>General Preventive Actions</th>
<th>Equipment</th>
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<tbody>
<tr>
<td>• Reservations for participation and volunteering must be made in advance. Walk-ins will not be accepted.</td>
<td>• You MUST have your own water bottle and towels, etc, and not share them with others. Water bottles should be filled at home (or a safe source)</td>
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<td>• All staff, participants, volunteers, and visitors will be screened for symptoms prior to participation.</td>
<td>• No sharing of program equipment, tools, strapping, towels, etc.</td>
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<td>• No one with COVID-19 related symptoms will be allowed on the premises.</td>
<td>• Participants in wheelchairs should disinfect wheelchair wheels upon arrival and departure of program.</td>
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<td>• No one that has contact with anyone with COVID-19 related symptoms within the past 14 days will be allowed on the premises.</td>
<td>• Ensure all equipment is wiped or sprayed with disinfectant.</td>
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<td>• Masks will be provided and required to be worn.</td>
<td>• If you do your own adjustment to your equipment only use your own tools and clean them before and after use.</td>
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<td>• Everyone must follow physical distancing (6 foot) guidelines.</td>
<td>• If possible, do your equipment maintenance at home.</td>
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<td>• All participants will be required to maintain a 6 foot separation from anyone other than their companions during programs. Limited direct contact from staff or volunteers may be necessary at times and in emergency situations.</td>
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<tr>
<td>• We will minimize contact and sharing of equipment.</td>
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<td>• Frequent sanitization of equipment and hands – before, after and during use.</td>
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<td>• Staff will be the first ones to the program site to secure and clean the area.</td>
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<td>• Arrive ready to play, leave ASAP - &quot;Get In, Be ACTIVE, Get Out&quot;</td>
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<td>• Do not congregate with others in parking lots, lobbies, or traditional waiting areas.</td>
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<td>• Follow all signage instructions.</td>
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<td>• No spitting.</td>
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<td>• No clearing of nasal passages except into a disposable tissue that is to be hygienically disposed of immediately.</td>
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<td>• Take care of all bathroom needs before arriving at any program site.</td>
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(Updated August 2020 to reflect Return to Play Protocols)
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 wear face masks, and other Personal Protective Equipment as required by state regulation and Allina Health Protocols.
2. Breathe independently (i.e. not require medical devices to sustain breathing)
3. Manage personal care and hygiene independently or with the assistance of a companion accompanying the participant.
4. Willing and able to wear all required safety and personal protective equipment including face mask, helmets, shoes, gloves, personal floatation devices, harnesses, etc.
5. 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.
6. Get in, on, off, out, or otherwise access equipment and facilities independently or with minimal assistance.
7. Able to negotiate appropriate terrain and operate any equipment (bikes, boats, etc.) independently or with minimal assistance.
8. Able to get to and from program locations independently or with the assistance of a companion accompanying the participant.
9. Willing and able to participate in COVID-19 symptoms and exposure screening prior to participation.
10. Show no signs or symptoms of COVID-19 and have no reason to believe they have been exposed.
11. Able to maintain appropriate (6 feet) physical distancing from all other people (except a companion accompanying the participant)
12. 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.
13. 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.
Activity Specific Protocols for Fall 2020

Below are additional protocols for activities starting in Fall 2020. Specific details for additional programs taking place later in the year will be added as necessary.

Archery

- Instructors will only set out, handle, or put away general archery equipment such as: modular targets, curtain, bow-holder stands(s).
- Equipment will be spaced apart to ensure distancing guidelines
- Only one person at a time may shoot at each target.
- Targets will be retrieved after each person shoots.
- Participants will retrieve their own arrows independently or with the help of their companion/staff.
- One volunteer/staff will call out commands on “the shooting line” for participants to follow.

Cycling

- Participants, volunteers, and visitors must provide their own helmet.
- All equipment and bikes will be sanitized before and after use.
- Participants may check out equipment for independent use from CKRI via the equipment loan form
- Physical distancing should be maintained on the trail. Pass with care. Coordinate passing on the bike trails to maintain 10 foot physical distancing at all times.
- Staff and volunteers will provide verbal instruction from at least 10 feet away. A sound system is available if needed.
- Take breaks only in places where you can maintain 10 foot distancing.

Strolling with Courage

- Staff will choose program sites that are generally low use/low traffic to limit exposure and maintain physical distancing.
- Physical distancing should be maintained on the trail. Pass with care. Coordinate passing on the trails to maintain 10 foot physical distancing at all times.
- Staff and volunteers will provide verbal instruction from at least 10 feet away. A sound system is available if needed.
- Take breaks only in places where you can maintain 10 foot distancing.

Golf

- Staff will select the least busy section of the golf driving range to limit exposure and maintain physical distancing.
- Participants using an adapted golf cart must be able to independently transfer themselves, or have staff or volunteers assist them with as minimal physical contact as possible.
- No sharing of equipment. Participants and volunteers must bring their own golf equipment (clubs, etc).
- All equipment will be sanitized before and after use.
- Staff and volunteers will provide verbal instruction from at least 10 feet away. A sound system is available if needed.
- Staff, volunteer or participant support person will assist in putting the ball on a tee as needed.
- Participants will be instructed to thoroughly disinfect all of their personal golf equipment and take it home.
Group Fitness Classes (Yoga, HIIT workouts, Martial Arts)

- Staff will mark off individual participant areas 12 feet apart using tape or chalk. Participants must stay in this area for the duration of the program.
- Staff and volunteers will only be providing verbal instructor from at least 10 feet away. A sound system is available if needed.
- Participants will be instructed to thoroughly disinfect all of their personal fitness equipment and take it home.

Kayaking

- Staff will properly distance equipment at the landing to ensure social distancing rules are followed.
- Maintain social distancing of at least 6 feet whenever possible.
- Consider the impact of wind when outside and, when practical, avoid being downwind of other participants.
- Participants should bring their own equipment whenever possible, including life jackets, paddles, boats, flotation bags, and helmets. If not possible, event organizers should ensure that equipment is assigned to a single person for the duration of the event and cleaned properly before use by anyone else.
- 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.

Team Sports – Individual drill-based practices only (Power Soccer, Lacrosse, Softball, Rugby)

- Staff will mark off individual participant areas 12 feet apart using tape or chalk. Participants must stay in this area for the duration of the program.
- Team meetings including explanation of drills should be limited or explained virtually prior to the actual practice.
- Drills that cannot be explained sufficiently verbally will be demonstrated from a safe physical distance by the staff or volunteer coach.
- Staff and volunteers will provide verbal instructor from at least 10 feet away. A sound system is available if needed.
- Participants will be instructed to thoroughly disinfect all of their personal equipment and take it home.
- Participants in wheelchairs should disinfect wheelchair wheels upon arrival and again upon leaving program.
Infection prevention

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:

☐ Fever ≥100.0 or 37.8 C degrees  ☐ Cough  ☐ Shortness of breath
☐ Loss of taste or smell  ☐ Headache  ☐ Sore throat
☐ Muscle aches  ☐ Diarrhea  ☐ Chills
☐ Congestion/Runny nose  ☐ Fatigue  ☐ 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