

COURAGE KENNY REHABILITATION INSTITUTE SPORTS AND RECREATION DEPARTMENT

Phased Return to Play Plan

COVID-19

March 2021

CKRI Sports and Recreation COVID Preparedness Plan

Resuming in-person activities

Courage Kenny Sports and Recreation is excited for the new year and the ability to offer a combination of both in-person activities (where we can physically distance) and virtual activities. 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.

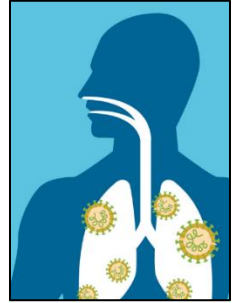
Choosing to participate is solely at the risk of the individual and not Courage Kenny Rehabilitation Institute. If in doubt, we encourage you to stay home, stay safe, and participate virtually.

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 100°F or 37.8°C)
- 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 absence.
- 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 if needed.
- 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.

(Updated March 2021 to reflect Return to Play Protocols)

General Preventive Actions	<ul style="list-style-type: none">• Reservations for participation and volunteering must be made in advance. Walk-ins will not be accepted.• All staff, participants, volunteers, and visitors will be screened for symptoms prior to participation.• No one with COVID-19 related symptoms will be allowed on the premises.• No one that has contact with anyone with COVID-19 related symptoms within the past 14 days will be allowed on the premises.• Spectators are limited to 1 person per household based on facility; however, this does not prevent a parent, guardian, or support person from being present if necessary due to a participant's age, disability, or medical condition.• Parents and caregivers are encouraged to drop off and pick up only.• Masks must be worn at all times.• Everyone must follow physical distancing (6 foot) guidelines.• All participants will be required to maintain a 6 to 12 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.• We will minimize contact and sharing of equipment.• Frequent sanitization of equipment and hands – before, after and during use.• Staff will be the first ones to the program site to secure and clean the area.• Arrive ready to play, leave ASAP - "Get In, Be ACTIVE, Get Out"• Do not congregate with others in parking lots, lobbies, or traditional waiting areas.• Follow all signage instructions.• No spitting.• No clearing of nasal passages except into a disposable tissue that is to be hygienically disposed of immediately.• Take care of all bathroom needs before arriving at any program site.
Equipment	<ul style="list-style-type: none">• 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).• No sharing of program equipment, tools, strapping, towels, etc.• Participants in wheelchairs should disinfect wheelchair wheels upon arrival and departure of program. Wipes will be provided.• Ensure all equipment is wiped or sprayed with disinfectant.• If you do your own adjustment to your equipment only use your own tools and clean them before and after use.

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| | <ul style="list-style-type: none">• If possible, do your equipment maintenance at home. |
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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 moderate 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 2021

Below are additional protocols for activities starting in 2021. Specific details for additional programs taking place later in the year will be added as necessary.

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.

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

- Staff will mark off individual participant areas 6 feet apart using tape or chalk when applicable.
- All practices activities will maintain 6' of physical distancing as much as possible.
- All players will use their own marked equipment, and minimize sharing of equipment.
- Sports involving multiple teams will have staggered start times, no players or volunteers will be allowed to participate on multiple teams.
- 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. A sound system is available if needed

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.

Swimming

- Mask must be worn at all times, with the exception of when you are in the pool. Mask must be worn once you have exited the pool. CKRI Sports & Rec will provide additional mask if needed.
- Locker rooms are unavailable. Swimmers must come ready with their swimsuit on.
- Each swimmer will be assigned to 1 lane. Swimmers will be in every other lane.
- Maximum of 5 swimmers will be allowed in each session.
- Dryland warm-ups on deck will be done at least 6 ft. apart.
- Parent or caregivers will not be allowed on the pool deck area. Parents or caregivers must drop off and pick up their swimmer at the designated area by the pool.

Alpine Ski and Snowboard and Nordic Ski

Alpine Ski & Snowboard and Nordic Skiing programs are cancelled for the 2021 season. We are unable to follow the physically distancing guidelines.

Rock Climbing

This activity is currently not being offered it does not follow the physically distanced guidelines.

Scuba

This activity is currently not being offered because it does not follow the physically distanced guidelines.

Curling

Facilities are currently closed.

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.
- 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.
- Targets will be retrieved by staff member at the end of session.

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 6 foot physical distancing at all times.
- Staff and volunteers will provide verbal instruction from at least 6 feet away. A sound system is available if needed.
- Take breaks only in places where you can maintain 6 foot distancing from others.

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 6 foot physical distancing at all times.
- Staff and volunteers will provide verbal instruction from at least 6 feet away. A sound system is available if needed.
- Take breaks only in places where you can maintain 6 foot distancing.

1:1 Outdoors (Snowshoe, Hike)

- Staff will choose program sites that are generally low use/low traffic to limit exposure and maintain physical distancing.
- Trail passes will be the responsibility of the Participant (where applicable)
- Avoid going indoors whenever possible (if Trailhead is available, maintain 12 ft spacing and wear masks if indoors)
- Rental equipment (if needed) fees and rentals will be the responsibility of the Participant
- Participants must be able to transfer themselves into equipment (sit ski) or put on their own equipment; or have a parent or PCA available to do so

- Staff and Participant will wear masks and eye protection for the duration of the program
- Staff and volunteers will provide verbal instruction from at least 6 feet away. A sound system is available if needed.
- No physical contact between Staff and Participant for the duration of the program
- No equipment will be shared between Staff and Participants
- Take breaks only in places where you can maintain 6 foot distancing
- Physical distancing should be maintained on the trail. Pass with care. Coordinate passing on the trails to maintain 6 foot physical distancing at all times.

Golf

- Limit use of the club houses (bathroom only)
- Lesson and Tee Times will be staggered at least 10 minutes apart to limit gathering.
- Partitions will be used on carts if available (available at Eagle Lake, Braemar)
- CKRI will provide hand sanitizer on each cart.
- All shared equipment will be wiped down before and after use.
- All volunteers, staff and participants will wear a droplet mask and eye protection (provided by CKRI)
- CKRI staff will assist individuals that need moderate and above hands-on assistance.
- At certain locations, holes will be "blocked" to limit reaching down to pick up.
- As much as possible, same pairings of volunteers and participants each week to limit exposure.
- 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.
- Staff, volunteer or participant support person will assist in putting the ball on a tee as needed.

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.

Courage Kenny Riders (Horseback Riding)

- The Courage Kenny Riders plan is for a program re-opening beginning with independent riders who can maintain physical distancing rules during lessons, wash hands following CDC guidelines, wear a mask at all times, and require minimal assistance from volunteers and staff.
- Time between lessons will be extended to 30 minutes to allow for safe distancing between outgoing and incoming riders and to allow time for disinfecting of equipment.
- All equipment used in the lessons will be disinfected between lessons, including bareback pads, reins (if applicable), and all/any equipment used for lesson activities. All equipment will be sanitized before being returned to storage at the end of the night.
- 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 ensure social distancing between riding teams.

- Riders will be exited from the arena and dismounted one at a time to ensure physical distancing.
- Concessions will not be offered at lessons this year.
- Participants and volunteers should bring their own water and place it in the designated areas.

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:

- | | | |
|---|-----------------------------------|--|
| <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