



COVID-19 Safety Procedures & Preparedness Plan

The health and well-being of our athletes and coaches is our top priority. In order to minimize the risk of COVID-19 entering our program and spreading amongst our community, we will only allow coaches and athletes in the gym for practice. Players must not arrive for practices more than 10 minutes before the start time and keep social distancing when waiting in common areas. For games we will follow the tournament guidelines in regards to number of spectators allowed.

Until further notice, masks must be worn at all times. Players and coaches must do a symptom self-check before attending practice/games and confirm temperature is less than 100.4 degrees F and they aren't exhibiting any symptoms such as cough, shortness of breath, or loss of taste or smell.

- Individuals must wash hands or use sanitizer before and after practice and avoid touching your face.
- Practice social distancing as often as possible when waiting to participate on the sidelines or bench and refrain from high fives and huddles
- Bring own labeled water bottles as drinking fountains can only be used for filling bottles
- Coaches and players will be assigned to a court with less than 25 players

Should anyone participating in the program, player or coach, be diagnosed with COVID-19 or be required to quarantine by their school due to exposure, they should immediately contact MN Swish Director Andrew Dahl 651-592-6099 and follow proper healthcare protocols as laid out by their health care provider.

The MN Swish and facilities used for practices have put in preventative measures and enhanced cleaning protocols of shared areas/equipment to reduce the likelihood of spreading COVID-19 at MN Swish events, however we cannot guarantee that you or your child(ren) will not become infected with COVID-19 by participating.