

BETHEL UNIVERSITY: CROSS-COUNTRY
COVID-19 Policies and Procedures

Finalized June 24, 2020

Bethel University wishes to provide a **CROSS-COUNTRY** (herein after the “Camp”) for interested 8-18 year olds.

Before arriving at Bethel:

- All players should take their own temperature or have it taken by a parent before coming to Camp at Bethel. If the player’s temperature is 100.4 degrees or higher, the player should stay home.
- If a member of the player’s household has tested positive for COVID-19, the player must adhere to the required household quarantine protocols and not attend practice during the quarantine period.
- **Players and parent/guardian will be screened prior to entering campus/Ona Orth and must be able to answer “No” to the following questions:**
 - Have you had a fever in the last 24 hours?**
 - Have you been in contact with someone believed or confirmed to have COVID in the last week?**
 - Have you had any symptoms yourself in the last 24 hours?****If the answer is yes to any of these questions, stay home.**
- Each player should plan to bring his own water/sports drink. A communal water fountain at Bethel will not be permitted to be used.
- Players must arrive at the facility fully dressed for **CROSS-COUNTRY** workouts. The only changing of clothes taking place at the field should be a change of shoes into/out of appropriate shoes.

During Camp/at the facility:

- Players’ personal equipment will be spaced out 6 feet apart or more at the facility.
- All players and coaches are to practice 6 feet of social distancing at all times before, during and after participation in CROSS-COUNTRY activities while at the facility.
- All equipment **MUST** be supplied by the player.
- Hand sanitizer will be readily available at each of the facilities for player and coach use. Players are also encouraged to bring their own hand sanitizer.
- Players and coaches may wear masks at their own discretion.
- No handshakes, high fives, or physical contact of any kind are allowed between players or coaches.
- Neither parents nor other spectators are allowed in attendance at the Camp.

After Camp has concluded:

- At the conclusion of the Camp, players must not congregate either at the facility or in the parking lot, and should not linger in the parking lot unless awaiting a parent pick-up.
- Players and coaches should wash hands thoroughly for 20 seconds or more immediately upon returning home from the facility, if not before, and avoid touching their face.
- Clothes should be laundered after all workouts.

Communications Plan:

In the event that a member of the **CROSS-COUNTRY** Camp staff or a player tests positive for COVID-19, the following communication plan shall be implemented:

Should a participant test positive for COVID-19, Bethel will send a communication to participants and parents within any group connected with the participant who has tested positive. This communication will note the date that Bethel was made aware of the player's positive test, and advise other participants in that group that they are to refer to and follow MN Department of Health ("MDH") guidelines regarding a possible exposure to COVID-19. Bethel will also contact the MDH, who will advise on any return to participation for the participant who has tested positive.

Should a **CROSS-COUNTRY** Camp staff member test positive for COVID-19, all participants with whom that staff member has had interaction with in the previous 7 days, as well as their parents, will be notified. This communication will note the date that Bethel was made aware of the staff member's positive test, and advise contacted participants that they are to refer to and follow MDH guidelines regarding a possible exposure to COVID-19. Bethel will also contact the MDH, who will advise on any return to participation for the staff member who has tested positive. Bethel understands there is a potential for immediate changes to procedures and the use of Bethel facilities; up to and including immediate suspension of the Camp program.

All CDC (<https://www.cdc.gov/>) and MN Department of Health (<https://www.health.state.mn.us/diseases/coronavirus/index.html>) policies, procedures and guidelines must be followed at all times. These policies, procedures and guidelines are updated frequently so please review to the CDC's and MDH's websites for the most up to date information.