



Cedar Mountain Athletics

Covid-19 Plan for Summer Activities

Parents and Guardians of Cedar Mountain athletes:

Cedar Mountain has received guidance from the MSHSL, MN Department of Health, MN Department of Education, and CDC which allows our MSHSL coaches to begin working with athletes on June 15 and continue through August 7. Please read the information below and understand that these guidelines relate to Cedar Mountain programs that wish to use school facilities. It is also anticipated that this plan will be updated throughout the summer, as guidance allows.

While individual activities will look different, the following common principles will be followed:

- All participants **MUST** have this form signed by a parent/guardian prior to their first day participating. The signature acknowledges intent to follow this plan and understanding of the risks involved in participation.
- The ms/hs office doors are the only entrance/exit to be used.
 - All participants must wait to enter the building until a coach has opened the door to let you in.
 - Please arrive 5-10 minutes before your activity begins. Do not arrive late.
 - Students **MUST** leave the facility when your session ends. No loitering
- All participants will sign-in each day. This process will include a series of screening questions and students with symptoms will be sent home.
 - Students must wear a mask or face covering while entering and exiting the building. During programming, masks are encouraged at coach discretion, depending on the activity.
- Participants should come dressed in clean clothes each day as no locker rooms will be available.
- Participants should bring their own water bottles with water as fountains won't be available.
- Pods/Groups of a maximum of 10 will be created (25 outside). This includes coaches.
 - Pods must stay consistent throughout the summer (example= participants cannot switch pods from day to day or week to week).
 - A maximum of 2 pods are allowed on a football field and 1 pod is allowed on a court.
- Social distancing of at least 6 feet is required at all times.
 - If the size of a pod does not allow for this, the pod size must be reduced.
- Sanitizing wipes and hand sanitizer will be available and breaks will be provided to properly sanitize.
- Contact Jeremy Robinson at jrobinson@cedarmt.org with questions.

Sign below to acknowledge you and your child have read the above rules and agree to follow.

Child's Name

Parent/Guardian Signature

Date