

Mounds View/Irondale/Roseville Rams Adapted Athletics

Guidance and Procedures

- Self Screening Prior to attending Rams Activities: (if you have any of these symptoms, do not attend activities. Stay away from other people, and contact your health care provider)
 - Fever or feeling feverish, chills, a new cough, shortness of breath, a new sore throat, new muscle aches, new headache, new loss of smell or taste)
- Contact Tracing:
 - Coaches will take attendance at the beginning of activities.
 - All attendees will be contacted via email in the event of a positive test or exposure.
- Pods/Groups may not exceed 25 persons/group.
- Team huddles may not take place prior to play unless student-athletes and coaches are wearing masks.
- Leave the field/court as soon as reasonably possible upon the conclusion of practice.
- Wash your hands thoroughly or use a hand sanitizer after coming off the field/court.
- Do not use the locker room or changing area. Shower at home.
- No social activity should take place. No congregation after playing.
- Face Coverings/Masks Required:
 - Indoor: Student-Athletes and Coaches must wear face masks at all times when participating in team indoor activities.
 - Outdoor: Coaches/Support Persons must wear masks when conversing with student-athletes and when social distancing is not possible.
 - Student-Athletes must wear masks when social distancing is not possible.

Recommendations and Considerations:

- Masks are required for Parents, Spectators, Student-Athletes and Coaches before and after practices/activities.
- Equipment Required:

- All Student-Athletes must bring their own, clearly labeled water bottle. (Water bottles will not be shared and drinking fountains will not be utilized.)
- All Student-Athletes/Coaches/Support Staff/Parents must supply their own face masks.
- Pinnies should not be shared among student-athletes and need to be washed in between uses.
- Soccer balls should be sanitized before and/or after each practice, whether self-provided or brought by the coach.
- Students should bring appropriate attire for outdoor weather conditions (ie. sweatshirt)

Recommendations and Considerations:

- Clean frequently touched objects and areas.
- Student-athletes' bags shall be placed 6 feet apart.
- Goalies are recommended to use hand sanitizer to moisten their gloves (instead of saliva).
- Site Set-Up
 - Chairs, bleachers, and benches may not be utilized.
 - Cones, 6 feet apart, with names, will be used for student's with bags/clothes/water bottles/masks/equipment/etc...
 - Spectators/bystanders will have a designated standing/seating area and are required to social distance while in attendance. (If indoors, mask wearing is required.) {Not currently allowed by State Guidelines}
- Please visit: <https://www.health.state.mn.us/> for more information regarding Rams activity protocols.