



# Minnesota Vortex & A's

## TCOS Training Center Covid-19 Winter Training Plan

Players, Families and Coaches must follow our protocol to ensure health & safety for all.

### **What MN Vortex / A's Softball Club is Doing to Help Keep You Safe at the TCOS Training Center**

The safety of our players, coaches and staff is of the utmost importance. The Minnesota Vortex and Minnesota A's programs are dedicated to delivering a healthy and safe way for players to improve their softball skills. We will require that all players and families do their part to assure we can work in an environment that as safe as possible for all of us.

- All players should wait for their specific time for training and should wait until the players in front of them have left the facility.
- In order to social distance as best as possible within TCOS, we will be scheduling to limit the number of players at any given time to no more than 12, we will ask staff and players to maintain a 6 foot distance between people and even further when possible.
- We ask that all parents wait outside the facility whenever possible, but when you do need to enter that you sit in designated chairs that will be sanitized between sessions. For parents catching their daughter, please bring your own bucket to sit on.
- Pitchers should use only the sanitized balls provided or are highly recommended to bring their own ball.
- We will be implementing continuous scheduled disinfection of high-touch areas throughout TCOS. Players and staff will be expected to clean and wipe down after their session.
- All persons entering TCOS will need to wear a cloth face mask, covering nose and mouth.
- Equipment disinfectant spray is readily available to use
- Hand-sanitizing supplies will be located at the entrance and exit of the facility
- If anyone participating with in our winter training including coaches, athletes, or family be diagnosed with Covid-19, they should immediately contact Mike Carter and follow proper health care procedures including quarantining. Athletes, coaches, and staff, are required to provide written clearance from their health care professional to resume activity after a Covid-19 diagnosis OR the original, dated, (order) to quarantine with the specified duration from their health care professional. .



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## TCOS Training Center Covid-19 Winter Training Plan Cont..

### **SOCIAL DISTANCING**

We are taking careful actions to facilitate social distancing. Look for extra signs throughout the facility to guide you and help us all practice social distancing. We ask that all players and staff work to maintain a 6-foot space between people.

### **TRAINING**

We work to provide our players and staff the best experience possible. This includes working to sanitize and disinfect touch points throughout training areas.

- Place personal belongings at least 6 feet apart from another player's
- For safe social distancing, avoid any physical contact with another player

### **What you can do-**

Together we can do our part to limit the spread of COVID-19, especially to those who are more vulnerable due to age, compromised immunity or pre-existing conditions.

### **PROTECT YOURSELF AND OTHERS**

While participating at any designated Minnesota Vortex or Minnesota A's facility, please follow the current CDC Guidelines about how to prevent the spread of the COVID-19 virus:

- Wash your hands vigorously and frequently
- Use the hand sanitizing stations upon arrival at the training facility
- Keep 6 feet apart from other people
- Avoid touching your face
- Masks are required
- Avoid contact with people who are sick

### **STAY HOME IF YOU ARE SICK**

Studies suggest that COVID-19 may be spread by people who are asymptomatic. But if you have a fever, a cough, shortness of breath even just "feel" a little run down, don't take a chance—stay home.