

COVID-19 Policies

06/29/2021



The Minnesota Interscholastic Cycling League (MICL) is committed to providing a safe and healthy environment for all of our coaches, student-athletes, spectators and volunteers (referred to as participants). To ensure we have a safe and healthy environment, MICL has developed the following COVID-19 Plan in response to the COVID-19 pandemic. All participants are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 at our practices, trainings, and events. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our communities.

The COVID-19 Plan is administered by the MICL, who maintains the overall authority and responsibility for the plan. However, participants are equally responsible for supporting, implementing, complying with, and providing recommendations to further improve all aspects of plan. The MICL's staff and participants have our full support in enforcing the provisions of this plan.

The MICL's COVID-19 Plan follows the industry guidance developed by the Centers for Disease Control and Prevention (CDC), the Minnesota Department of Health; and Minnesota's relevant and current executive orders.

Screening

All participants must perform and pass a daily screening prior to attending a MICL activity using the [CDC Symptoms of COVID-19](#). If an individual has any of the symptoms outlined, or has been exposed to an individual with COVID-19 and is not fully vaccinated, they must follow the steps outlined by the [Minnesota Quarantine Guidance for COVID-19](#) and notify their head coach. The head coach should notify the league director (joshua@minnesotamt.org). No participant shall attend any MICL activities until they no longer exhibit any of the [CDC Symptoms of COVID-19](#) and have met the [Minnesota Quarantine Guidance for COVID-19](#) (if applicable.)

If a participant develops symptoms in the course of a league event, a coach will immediately instruct the participant to mask up and the coach will isolate the participant, notify the league director, and ensure the participant goes directly home.

Attendance

Coaches are responsible for taking attendance every team activity and race. Attendance records must be made available upon request by MICL for the duration of the season.

Spectators

Attendance to events by spectators is allowed if they have passed the CDC Screening prior to their arrival. If a spectator develops symptoms in the course of a league event, they should leave immediately and get tested for COVID-19. If a positive result occurs, they must contact the league director (joshua@minnesotamt.org).

Social Distancing

A minimum distance of 6' should be maintained between all participants whenever possible. If social distancing of 6' cannot be maintained, participants should [wear a mask and follow CDC guidelines](#) unless fully vaccinated.

- Unvaccinated racers should wear a face mask in the staging area until 1 minute prior to race start.
- All coaches, student-athletes, and spectators should carry a face mask and hand sanitizer.
- There should be no communal equipment, hydration or nutrition.
- If equipment must be shared, it should be sanitized prior to and following use. Any person using the equipment should wash or sanitize their hands prior to and following the equipment use.

Notification

The MICL has implemented a policy for informing participants if they have been exposed to a person with COVID-19 at a MICL activity. If an exposure has been identified, the head coach of the team (for a practice) or the MICL league director (for an event) will call and/or email the participants impacted.

Any person exposed should follow the CDC Quarantine Guidelines.

The identities of those involved will remain confidential, except as required by law.