



EMERGENCY COMMAND CENTER

P.O. Box 590

Eagle Butte, South Dakota 57625

Phone: (605) 964-3637

Email: dnelson@crstepd.org

GUIDANCE FOR ATHLETICS DURING THE COVID-19 PUBLIC HEALTH EMERGENCY

4/6/2021

The Cheyenne River Sioux Tribe (CRST) recognizes that being physically active is important to promote mental and physical health and well-being during the COVID-19 public health emergency. The Tribe supports our Relatives using appropriate precautions during sporting events and open gyms or practices to prevent transmission of this virus. Because COVID-19 is highly infectious during close contact, CRST has issued the following guidance to prevent the spread of COVID-19 while being physically active.

GUIDANCE

1. PRECAUTIONS

- a. Screen participants for temperature, COVID-19 symptoms, and exposure to COVID-19 case. Participants with a fever, symptoms of COVID-19, or exposure to COVID-19 should not be allowed to participate until cleared by a medical professional. Keep a record of all individuals participating.
- b. When feasible, make small participant groups that stay the same to reduce intermixing of people. Keep individuals from the same tiwahe/household together as much as possible.
- c. When feasible, exercise outdoors or in well-ventilated areas; when indoors, open windows and doors, and/or use fans to promote airflow.
- d. Shirts and shoes should be worn at all times.
- e. Promote social distancing (6 feet between individuals) as much as possible on and off the court or field.
- f. Educate contestants about covering coughs and sneezes with a tissue or their elbow. Discourage spitting.
- g. Provide hand sanitizer (60-95% alcohol), and washing stations for all attendees.
- h. Disinfect surfaces and frequently touched items between use of each individual.
- i. Replace used sporting equipment (ex. balls, bats, clubs, etc.) during breaks as often as possible with clean equipment.
- j. Equipment with exposed foam should be covered or removed.
- k. Encourage participants to wash workout clothing as soon as possible, if washing delays are expected, bag and seal workout clothing until it can be washed.
- l. Use individual water bottles and avoid use of water fountains.
- m. Avoid shared towels, clothing, pennies/shirts, shoes, and equipment.
- n. Avoid physical activity in groups if the above standards are not feasible.
- o. Exercising individually or with members of your tiwahe (ex. running, walking, yoga, golf, strength training) is encouraged and can be done without limitations.

2. SPECTATORS

- a. Use a school issued activity pass system to support contact tracing efforts in the event that a positive case is identified, and to limit the number of spectators according to the current COVID-19 conditions for both teams.
- b. School activity passes shall follow the school's COVID-19 reopening plan, provided:
 - i. Spectators attending outdoor activities shall follow social distancing and masking protocols.
 - ii. Spectators attending indoor activities shall follow social distancing and masking protocols, the indoor space shall be ventilated to outdoor air to the greatest extent possible, and the number of spectators shall be limited so that a minimum distance of 6 feet between household groups will be maintained.
- c. Game or event attendance records should be maintained for up to 14 days.
- d. Avoid having easily accessible areas that would allow volunteers, spectators, or participants to congregate.
- e. Spectators must comply with the mandates of CRST Executive Order 2.7 regarding face coverings.
- f. Post signs with clear guidance such as this poster from CDC.
https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/youth-sports-covid-banner-print_6x3.pdf

3. VACCINES

Now that COVID-19 vaccines are widely available, schools should consider requiring spectators to show a COVID-19 vaccine card in order to be admitted to indoor sporting events. Schools should also provide education on the efficacy, safety, and availability of COVID-19 vaccines to players (age 16 and older), coaches, and referees.

4. TRAVEL

There are currently no restrictions on travel on or off of the Cheyenne River Reservation, but schools should ensure that athletes and school staff and coaches follow all CDC precautions including masking and social distancing protocols while at athletic events off of the Reservation.

04/06/2021

DATE



Chairman Harold C. Frazier

RESOURCES

CDC. Checklist for Coaches. Available at <https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/checklist-for-coaches-covid19.pdf>

CDC. Considerations for Youth Sports. Available at <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

CDC. Gatherings and Community Events. Available at <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>