



COVID-19 HEALTH & SAFETY PLAN

This document serves as a guide that we will use to keep the health and safety of our athletes as our priority. As this pandemic evolves and guidance/orders are enacted/changed, the new policies/rules/guidance will trump our plan. This includes information from the State of Pennsylvania and the Center for Disease Control.

PHASE 1:

Virtual Training - Stay at Home Order

- ⇒ Individual training sessions in own home using own equipment
- ⇒ Coaching would only occur virtually
- ⇒ No athletes work or train together unless they are living in same home
- ⇒ Focus on individual development and skills

PHASE 2:

Socially Distanced Training

- 1. Stay at Home Orders Are Relaxed, but Group Activities are Limited to 25 or Fewer People**
 - ⇒ Public indoor facilities are closed, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines.
- 2. Quadrant Style Practices**
 - ⇒ Fields will be broken up into quadrants
 - ⇒ 10-15 player max per Quadrant
 - ⇒ Players cannot leave Quadrant until coaches issue a rotation
 - ⇒ Players will not contact each other in the quadrant and will be instructed to stay 6 feet apart in all drills - drills will be skill-and/or conditioning based
 - ⇒ Coaches will pre-screen all athletes prior to practice. This record should be kept on file for 21 days. Pre-screening includes temp checks and questions.
 - ⇒ Spectators will not be encouraged during this phase - if spectators are present, they must maintain social distancing protocols
 - ⇒ Players should arrive 15min before practice and not earlier, they must leave directly after
 - ⇒ Mixing of groups will be avoided
 - ⇒ Take shower and wash all clothing after each practice
 - ⇒ Sanitize any surfaces – bleachers, chairs, etc. – after each practice
 - ⇒ Bring water bottle clearly marked with name.
 - ⇒ Bring towel clearly marked with name.
 - ⇒ Participant brings own snacks, if necessary.
 - ⇒ Participants' gear to be kept in separate areas from other participants
 - ⇒ Wash hands before attending; avoid touching eyes nose mouth.
 - ⇒ Players will be asked to come dressed and spread out their water bottles/hand sanitizer 6 feet apart
 - ⇒ Coaches will follow social distancing guidelines, which include but are not limited to,
 - staying 6 feet apart from players and others, wearing masks when necessary and using verbal cues
 - ⇒ No Huddles

- ⇒ Clean balls, tackling dummies and all other equipment after each practice

PHASE 3:

1. Practice

- ⇒ Mitigating efforts are still observed, group sizes are increased to 250 or more
- ⇒ Coaches will pre-screen all athletes prior to practice. This record should be kept on file for 21 days. Pre-screening includes temp checks and questions.

2. Practices with contact:

- ⇒ Limit the number of teams at each practice and number of players per field.
- ⇒ Encourage “open space” between fields
- ⇒ Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks, personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
- ⇒ Mixing of groups will be discouraged - Please refrain from gathering in the parking lot or open spaces near the field. Stay with the assigned group/team.
- ⇒ Athletes must bring their own, well-marked water bottles
- ⇒ Huddles will be discouraged
- ⇒ Clean balls, tackling dummies and all other equipment after each practice

PHASE 4:

Return to Normal

- ⇒ Return to Normal Large and Small Group Training Sessions
- ⇒ Mixing of Teams and Players Can Occur Normally

CDC RECOMMENDATIONS

ADVISE SICK INDIVIDUALS OF HOME ISOLATION CRITERIA

- Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC’s criteria to discontinue home isolation.

ISOLATE AND TRANSPORT THOSE WHO ARE SICK

- Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
- Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well and follow CDC guidance for community-related exposureⁱ (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.

- Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.

CLEAN AND DISINFECT

- Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage to cleaning external icon and disinfection productsⁱⁱ, including storing them securely away from children.

NOTIFY HEALTH OFFICIALS AND CLOSE CONTACTS

- In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) external icon and other applicable laws and regulations.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

****Those with a high-risk for severe illness defer activity until Stage 3**

INSTRUCTIONS FOR COVID-19 DISCLOSURE, ACKNOWLEDGMENT & WAIVER

This form is to be completed by all youth athletes and all coaches, volunteers and league officials attending league events, as the “Participant”.

1. Parent signature is required for all youth athletes. Witness signatures are required. Anyone may witness the participant and parent signatures.
2. Form is to be filled out for first camp session, for first practice, and at start of competition. Retain the originals with the Participant Agreement.
3. If the first question is answered “yes”, the date of confirmation or exposure is filled out next.
4. If date of exposure is within 14 days, participant is excluded.
5. A participant excluded because of exposure may return after the 14-day period and must fill out another form.
6. If any of the symptoms are checked, participant is excluded.
7. A participant excluded from camp may return 14 days after they are symptom free.
8. If temperature is not cleared, participant is excluded.
9. A participant excluded for temperature may return 14 days after their temperature returns to normal.
10. Under “Duty to Inform” – all three boxes must be checked.
11. If participant has tested positive for COVID-19, they may not return without medical clearance.

ⁱ <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

ⁱⁱ <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>