

Burgettstown Area Youth Soccer Association (BAYSA) COVID-19 Plan

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps leagues can take to reduce the risks to athletes, coaches, officials, and their families. Burgettstown Area Youth Soccer Association (BAYSA) will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as US Youth Soccer and PAWest Soccer. BAYSA realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available, in order to decrease the risk of exposure for our players, coaches, officials, and spectators.

1. Athletes, Coaches, and Referees will undergo a COVID-19 health screening prior to any practice, game, or team meeting. The purpose is to check for signs and symptoms of COVID-19.
2. Coaches and teams will promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and athletes, coaches, officials, and spectators will wear a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, wherever feasible.
5. Educate athletes, coaches, and officials on health and safety protocols.
6. Anyone who is sick or who has a temperature/fever of 100.4 degrees or higher must stay home.
7. Plan in place if a player, coach, or official gets sick.
8. Regularly communicate and monitor developments with local authorities, players, coaches, officials, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes and coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
11. Identify players, coaches, or officials who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See-CDC "People Who are at a Higher Risk for Severe Illnesses")

12. Players and coaches will not participate in pre-game or post-game handshakes, high fives, fist bumps, etc. with own team or opposing team.

13. Athletes, coaches, officials, and spectators are asked to remain in their vehicle until just prior to practice/game start, and are asked to please promptly exit the field back to their vehicles as immediately as possible following practice/game.

14. Parents of U10 and older age groups are asked to please remain in vehicle during practices as much as possible. For parents of players U6 and U8 age groups please wear a face mask and social distance as much as possible on the sidelines of your child's practices.

15. Spectators may be seated on the sidelines for games, but must wear a face mask and be socially distanced as much as possible.

Face Masks:

Players, coaches, officials, spectators, will be required to wear face coverings at all times when not actively participating in a game or practice. This includes time on sidelines and on team benches.

Concessions:

1. All volunteers working in the concession stand are required to wear a mask and gloves at all times, without exception.
2. Concessions volunteers will not handle both money and food. One worker for handling food only and one worker for handling money only.
3. Line for concessions will be socially distanced. Painted X's or other markings will be posted as reminders for those in line to remain at least six feet apart.
4. Concessions volunteers will be screened for symptoms before entering concession stand.

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider.
- Team attendance should be recorded by coaches at every practice and game.

Limitations on Gatherings: As per State and Local Guidelines

- When not directly participating in practices or contests, social distancing should be applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.

Physical Activity and Athletic Equipment:

- Players should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.

- Athletic equipment that may be used by multiple individuals (balls, pop-up goals, cones, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow.
- Players MUST bring their own water bottle. Water bottles must not be shared.

OTHER RECOMMENDATIONS:

Social Distancing during Contests/Practices/Activities:

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for players and coaches.

Spectators:

- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.
- Spectators should wear masks and be socially distant from other spectators not living in the same immediate household.
- Every consideration will be taken as to not expose players to unnecessary or potential high risk exposure.

POSITIVE CASES AND COACHES, OFFICIALS, OR ATHLETES SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix) Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19, have a fever over 100.4 degrees, or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the league immediately (coach, board member)
- It will be determined if others who may have been exposed (players, coaches, referees) need to be notified, isolated, and /or monitored for symptoms
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. (See Information in Appendix)

What to do if a player or coach becomes ill with COVID-19 symptoms during practice, game, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the player or coach can leave the event.
- If a player is showing symptoms, a parent or guardian will be contacted immediately, and arrangements will be made for the player to be picked up.
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction.

Return of player, coach, or referee to athletics following a COVID-19 diagnosis?

- Player, coach, or referee should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

EDUCATION Officials, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging).
- The content of this Return to Sport Guidelines Document.
- Any pertinent COVID-19 information released by state/local governments, US Youth Soccer and PAWest Soccer.
- Athletes should remain with their assigned groups during each workout to limit the number of people they come in contact with.
- No players are allowed in training areas without the presence of a coach.

