

## JDL COVID 19 Policies / Procedure and EAP

### Covid Precautions

(Based on NATA Recommendations and CDC Recommendations for youth sports)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition. **(THIS IS JDL)**
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

### Symptom Checking

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

People with these symptoms may have COVID-19:

- 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
- Covid 19 fingers / toes (use picture)

If athletes are sick parents have been asked to keep their athlete home.

Coaches and referees that are not fully vaccinated will wear masks during periods of practice where 6 feet of separation is not possible or if the coach has to loudly project his voice. Fully vaccinated=2 weeks after vaccine administration completed.

- Spraying all equipment at the end of the practice w/ disinfectant that kills COVID 19.
- No Water Cow or shared water bottles  
(athletes not allowed to come to practice without their own water)

Teach and reinforce hand sanitizing before and after practice

Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow and then sanitize hands

Discussion will be had with parents who have children with increased risk of complications from COVID, which includes asthma, diabetes, and obesity.

All athletes will have parents or guardian sign waiver about the risk of COVID-19 and youth football.

**If a coach or athlete is positive:**

They can not come back until he has met the following criteria

- 10 days from onset of symptoms and the most recent 24 hrs being fever free and with improving symptoms

**If a coach or athlete is positive but asymptomatic:**

They can not come back until he has met the following criteria

- 10 days from positive test as long as they remain asymptomatic. If symptoms begin to occur, it is 10 days from onset of symptoms and the most recent 24 hrs being fever free and with improving symptoms.

**If an athlete or coach presents with a fever or other symptoms at practice or a game:**

They must immediately leave practice and not return until either of the two criteria is met:

- 10 days from initiation of symptoms and the most recent 24 hours being fever free and with improving symptoms
- a physician rules out that the symptoms are from COVID 19 and is cleared to return to football and provides supporting documentation from the physician.

Any athlete or coach that tests positive or has symptoms of COVID 19 must immediately notify the director of coaching Scott Haak.

**If a coach or athlete is exposed**

If an athlete has had high exposure to someone testing positive for covid-19 (15 min within 6 feet without PPE), the player must either self quarantine for 14 days or other current CDC options.

Fully vaccinated player/coach will not be considered Close contact if remain asymptomatic.

**STATEMENT ON RISK OF COVID-19 DURING HIGH SCHOOL SPORTS**

National Federation of State High School Associations (NFHS)

Sports Medicine Advisory Committee (SMAC)

1. COVID-19 rates of participants in any given sport are directly proportional to prevailing community disease rates.
2. The great majority of sports-related spread of COVID-19 does not appear to occur during sports participation, but from social contact. Maximizing efforts to prevent this type of spread remains paramount. Social distancing, mask use, staying home while ill and proper hygiene must continue to be emphasized in the locker room, on the sidelines, and while traveling, dining and interacting in the community.