



Buenaventura Football Association

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2020/2021

Conditioning Guidelines

Purpose: The purpose of this document is to promote the health of youth athletes, coaches and staff by providing recommendations for a safe return to sport and physical activity. Given the changing environment, recommendations and guidelines may change at any time. This document was updated

June 22, 2020

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I. Social Distancing

- a. Social distancing should be encouraged at all times when not actively engaged in sport (six feet at a minimum).
- b. When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
- c. Student athletes should sit every other seat on a bench. They should consciously stand six feet apart when not participating in a drill or activity that requires closer contact.
- d. Examine all spaces at your facility to help encourage six feet of social distancing. Helpful reminders like taping off six-foot increments on bleachers or in concession stand and restroom lines would be valuable. Sanitization
- e. All equipment should be cleaned between each individual use.
- f. When possible, athletes should not share gear and instead use their own personal equipment.
- g. Each athlete should have his/her own personal defined hydration container that is never to be shared.
- h. Hand sanitizer should be made available throughout the facility for use before, during, and after workouts and competitions.
- i. Restrooms should be sanitized more frequently by appointed staff.

II. Personal Protective Equipment

- a. All participants, coaches, parents, and any others who may be present should be strongly encouraged to use masks when in any indoor spaces. Players should be encouraged to wear mask when not engaged in a drill or activity.
- b. Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary). The CDC website has complete references for mask specifications and maintenance. The garment should cover both the nose and mouth and allow for continued unlabored breathing.

- c. While we understand it may be difficult to wear a mask when actively participating in a sport, the percentage of time without the mask should be limited to the active participation time.
- d. At all times, all coaches, staff, and observers should be encouraged to be masked 100% of the time when indoors, and masks should be strongly considered when outdoors and in close proximity.
- e. Wearing gloves has not been shown to decrease transmission of the virus. Recommendation is for frequent handwashing and avoidance of touching the face.

III. Acclimatization Phases

- a. As many athletes are deconditioned from the quarantine period, the NCAA suggests a six-week acclimatization period in preparation for any season. This should occur in a phased and staggered manner to help prevent the potential spread of illness by the asymptomatic carrier.

1. Phase One:

Opposed to collegiate sports, youth sports participants are generally from the same community and are presumed to have appropriately socially distanced by nature of the government mandates. Therefore, there is not a required need for a 14-day isolation period built into the timeline. However, in the course of phase one a COVID-19 education module to educate students, parents, coaches, and staff about disease symptoms, spread, and prevention should be encouraged. The CDC and state department of health have numerous online resources that are simple and free to access.

2. Phase Two:

Two weeks of individual team practices or group practices of a maximum of 25 individuals total, including coaches. Ideally these groups would be 10 participants or less; however, we understand the organization of most youth sports teams does not realistically allow for that structure.

3. Phase Three:

If community disease load is on a downward trend and there were no confirmed cases of COVID-19 on the team during phase two, teams may progress to game/competition settings with no more than 50 total participants, including coaches, taking part at any one time (a tournament may have more than 50 athletes, but no more than 50 people should be on the same playing surface simultaneously).

IV. Practice

- a.** When possible, a daily no-touch temperature should be obtained for each athlete and coach. If $>99.5^{\circ}$ F, that individual should be removed from the group and their parent or guardian notified of the documented fever.
- b.** All participants should stay at home if they are ill or not feeling well.
- c.** Limit practice groups to only essential personnel. Discourage parents from staying on site if the practice space does not allow for appropriate social distancing. This would be especially important when in an indoor venue.
- d.** Restrict pre-/post-practice free play amongst the group. All activities should have constant adult supervision to assure appropriate social distancing and PPE guidelines are being followed.

V. Illness Protocol

- a. Should an individual athlete become ill during any of the above periods, they should be immediately removed from the group, masked if not already, and isolated in their individual space. Their parent or guardian should be immediately notified.
- b. Testing for COVID-19 should be done if medical provider prescribes.
- c. If testing is positive, contact tracing should be initiated.
 - 1. This tracing will identify those individuals who would have been within six feet of the sick athlete for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.
 - 2. To learn more about contact tracing, visit the California Department of Health or CDC websites:

CA Department of Health <https://www.cdph.ca.gov/>

Centers for Disease Control and Prevention <https://www.cdc.gov/>

- d. Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual so cannot be relied on for return to play.
- e. The athlete with the positive COVID-19 test may return 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath, AND at least 10 days have passed since symptoms first appeared according to CDC guidelines. Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Students who test positive for COVID-19 should provide a written release for return to activity from their medical provider before allowing continued participation.