

**ARCHDIOCESE OF PHILADELPHIA
CYO TRACK & FIELD
COVID-19 PRACTICE & MEET GUIDANCE**

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**ARCHDIOCESE OF PHILADELPHIA
CYO TRACK & FIELD**

INTRODUCTION

Participation in youth athletics can be beneficial to a child's mental, physical, social, and spiritual well being. The mission of CYO sports is to advance all of these benefits for the athletes in our care. Administering and participating in youth athletics is always challenging. Doing so during a global pandemic, the worst public health and economic crisis of the past century goes beyond challenging.

The CYO Track & Field Committee and the Regional CYO Track & Field coordinators have studied the guidance issued by the Archdiocese of Philadelphia, the CDC, the Commonwealth of Pennsylvania, and discussed the logistical challenges facing our regions. The safety of the athletes, spectators, and volunteers has remained paramount in all of our discussions. Ultimately, we have decided that the benefits of participation and competition for the athletes outweigh the heightened risks presented by COVID-19.

The guidance issued by the Archdiocese, as of February 18, 2021, is included on the following page. Additionally, supplemental guidance and resources have been developed by the Committee & Regional Commissioners to aid coaches, athletic directors, regional commissioners, athletes, and parents. Parents are reminded that medical, health, and safety guidance related to the pandemic are continually being updated. CYO sports may continue to adjust their guidance as appropriate.

As we move forward with this season, we ask that everyone involved make their best effort to adhere to the relevant guidance and exercise patience. We are all struggling under the weight of this pandemic. The coaches and officials on the field are volunteering at their own risk for the sake of the athletes. Only together can we make this season successful.

Thank you in advance for your trust and cooperation.



Terence M. O'Connell
Archdiocese of Philadelphia CYO
Track & Field Coordinator

**ARCHDIOCESE OF PHILADELPHIA
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COVID-19 POLICIES & PROCEDURES

- Physical contact between players is to be avoided as much as possible during practices.
- Small groups and pods are encouraged to be used as much as possible, especially with players coming from different schools.
- Track & Field programs should separate runners by grade to maintain school cohorts.
- Social distancing should be utilized as much as possible at practices.
- Baseball and Softball dugouts may be used for equipment storage, but players should distance behind the dugout when not on the field.
- All Players, Coaches, and Spectators are required to wear masks.
- Section 3 of the Updated Order Requiring Universal Face Coverings grants exceptions to those who are negatively affected or impeded by the use of a facemask. All alternatives to wearing a face covering, including the use of a face shield, should be exhausted before an athlete is exempted from wearing a mask.
- Parents should be prepared to provide documentation from a physician if exemptions are being used.
- Teams playing after another game taking place should wait for the entirety of the teams and spectators to leave and sanitize bench and stands before entering.
- Handshakes, high-fives, hugs, etc. are restricted.
- Shared equipment should be sanitized as much as possible.
- Hand washing and/or sanitizing should be utilized as much as possible.
- Screening & Contact Tracing:
 - Parents or guardians are responsible for monitoring the well-being and health of each individual who participates in any CYO activity in any capacity.
 - It is recommended that temperatures are taken before attendance at CYO activities.
 - Children should be pre-screened by parents to determine if any symptoms of illness are shown.
 - Children should be individually screened again upon entry to CYO facilities. This screen can occur with coaches, volunteers, athletic directors, building managers, etc.
 - A child should not attend any CYO activity or facility if any of the following symptoms occur: Fever, Cough, Sore Throat, Chills, Muscle Aches or Pain, Headache, Loss of Smell or Taste.
 - If anyone in the child's household is showing any of the above symptoms, it is recommended they be tested for COVID-19. If a positive test is the result, the child(ren) are required to quarantine for 14 days. (See Quarantine Calendar to determine exact quarantine lengths based on exposure, symptoms, tests, etc.)
 - If a player or team is exposed or registers a positive COVID test and it is determined other players, coaches, or spectators could be compromised, the coach and/or Athletic Director should contact trace to the best of their ability.
 - If contact tracing is not adequate, the team(s) involved will suspend operations and quarantine for the recommended length of time (See Quarantine Calendar to determine exact quarantine lengths based on exposure, symptoms, tests, etc.)
 - Schools should be notified of positive tests, possible exposure, and all applicable information where available.
 - Consult with your local health office to report positive cases and utilize their resources to facilitate contact tracing where available.

Requirements for CYO Programs/Regions:

- Spectators are required to wear masks at all times.
- One (1) spectator per athlete is permitted to attend practices and competitions so as to limit crowds.
- Social distancing is required where possible for all spectators.
- Spectators and teams must be on opposite sidelines where possible.
- Any practices or competitions that are rained out will be cancelled.
Practices will not be permitted to move to indoor facilities in the event of rain.
- Competition pods are encouraged where possible. Pods of 3-4 teams competing during the regular season schedule will limit exposure among teams in larger regions

**ARCHDIOCESE OF PHILADELPHIA
CYO TRACK & FIELD**

SUPPLEMENTAL HEALTH & SAFETY GUIDANCE - PRACTICE

REMINDER - All participants at practice need to wear masks at all times unless they have been granted a documented, medical exemption by a licensed physician.

It is recommended that parents not stay spectators for practice or physically distance (i.e. stay in cars). Only coaches and athletes should be on the track and the infield during practice.

CHECKING IN TO PRACTICE -

- 1.) Pre-Screening - Pre-Screening is the responsibility of the parents. A list of common pre-screening questions is attached (CDC facility version). ***WHEN IN DOUBT, PLEASE, STAY HOME!***
- 2.) Temperature Checks - It is recommended that coaches ensure that all athletes have their temperature checked upon arrival. Handheld, laser thermometers should be purchased by every team.
- 3.) Attendance - Attendance should be taken for every practice. Tip - It is recommended that coaches have a checklist for every practice & meet, with a line for the current date and every athletes' name. Coaches can then check off who attends each day and scan a copy or retain paper copies for contact tracing.
- 4.) Podding - To reduce the chances of the virus spreading across grades in larger teams, athletes should be separate into pods by their current grade whenever possible.

RUNNING, JUMPING, & THROWING PRACTICE -

- 1.) Athletes should attempt to physically distance (6'+) at all times they are not actively engaged in physical activity, including during warm up stretches. Partner stretching is discouraged. Consider advising athletes to invest in stretching ropes or bands if this is a part of your teams' routine.
- 2.) Batons & Shots should be sanitized frequently.
- 3.) Consider using rolling starts (5 - 15m run ins) to help physically distance different grades / age groups that are performing the same intervals or workouts.
- 4.) Multiple teams - separate, use different parts of the track

RUNNING, JUMPING, & THROWING PRACTICE - (Continued)

- 4.) If you have multiple coaches and large age groups, consider assigning coaches to particular age group for the season to reduce transmission vectors, rather than assigning specialties (sprints, distance, jumps, throws). When using a specialty coach, physically distance as much as possible.

AFTER PRACTICE -

- 1.) Retain your attendance sheets for contact tracing purposes!
- 2.) Encourage everyone to go home, drink their chocolate milk, eat their peanut butter, and take showers, just like we always do!

DO YOU HAVE?

- 1.) Thermometer
- 2.) Wipes
- 3.) Sanitizer
- 4.) Extra child & adult sizes masks
- 5.) Clipboard, pens, & check-in list

**ARCHDIOCESE OF PHILADELPHIA
CYO TRACK & FIELD
SUPPLEMENTAL HEALTH & SAFETY GUIDANCE - MEETS**

REMINDER - All participants at practice need to wear masks at all times unless they have been granted a documented medical exemption by a licensed physician.

Due to facility capacity considerations and a desire to maintain physical distance, the CYO Track & Field Committee is requiring that Regions restrict spectators to 1 spectator *per family*. REMINDER - Officials do not count as spectators.

CHECKING IN TO MEETS -

- 1.) Pre-Screening - Pre-Screening is the responsibility of the parents. A list of common pre-screening questions is attached (CDC facility version). ***WHEN IN DOUBT, PLEASE, STAY HOME!***

- 2.) Temperature Checks - It is recommended that all athletes, spectators, and officials should all have their temperatures checked upon arrival. It is recommended that regions develop a "checked-in" designation, such as a different colored plastic wristband or different sticker for each weekly competition.

Regions can delegate responsibility for temperature checks to teams or they can designate a group of officials to perform the task.

- 3 Attendance - Attendance should be taken for every athlete and spectator in attendance at meets. Spectators should record their name and phone number for contact tracing.

- 4 Podding / Designated Space - To reduce the chances of the virus spreading across teams, region commissioners are encouraged to designate areas for teams and mingling among teams is discouraged.

WARM-UPS

- 1.) Athletes should attempt to physically distance (6'+) at all times they are not actively engaged in physical activity, including during warm up stretches. Partner stretching is discouraged. Consider advising athletes to invest in stretching ropes or bands if this is a part of your teams' routine.

- 2.) Athletes and teams should make every attempt to maintain physical distance from other athletes & teams not considered to be part of their "pod"

EVENT CHECK-IN

- 1.) To reduce the number of athletes on the field, it is recommended that Region's pre-publish event time schedules & consider advance registration, especially for running events.
- 2.) Athletes should remain grouped together in their team pods and spaced physically distance as much as possible during event check-in (clerking). Regions should use as much of the track or field as possible, including staggering athletes in lanes.
- 3.) Athletes with mask exemptions should be placed in lane 1 for races run entirely in lanes & distance events using the scratch line to reduce exposure to/from other athletes. Athletes with mask exemptions should keep masks on until race commands are given.

COMPETITION - RACING & FIELD EVENTS

- 1.) Shot Put - wipe down shots and encourage athletes/teams to bring their own.
- 2.) Jumps - Maintain distance among competitors while waiting their turn. Consider breaking competition during practice meets into team pods and having all the jumpers from one team go in a single flight so as to help maintain the pods.
- 3.) Relays - teams should bring enough batons so they don't need to be shared among age groups (mark them with athletic tape). Athletes should sanitize their hands before participating in the relay.

AFTER RACING -

- 1.) It is recommended that Regions designate a dedicated recovery area for athletes, where they can recover at maximum physical distance from each other without masks on, if needed. This area should be near the finish line.

AWARDS -

- 1.) Medals and ribbons should be collated throughout the meet by team and given to the team to distribute off-site. Awards should not be given out from press box or snack bars where groups of athletes and parents

AFTER MEETS -

- 1.) Retain your attendance sheets for contact tracing purposes!
- 2.) Encourage everyone to go home, drink their chocolate milk, eat their peanut butter, and take showers, just like we always do!

DO YOU HAVE?

- | | | |
|-------------------------------|-----|----------------------------------|
| 1.) Thermometer | 4.) | Extra child & adult sizes masks |
| 2.) Wipes | 5.) | Clipboard, pens, & check-in list |
| 3.) Sanitizer - spray bottles | | |

**ARCHDIOCESE OF PHILADELPHIA
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SUPPLEMENTAL HEALTH & SAFETY GUIDANCE
CONTACT TRACING**

As a volunteer organization, there is no central resource in CYO to provide contact tracing support. Responsibility for contact tracing will fall on the coaches, athletic directors, and parents during the CYO Track & Field season.

Generally, the CYO Track & Field Committee's recommendation is that all individuals involved exercise appropriate caution and follow established protocols. Extensive resource on contact tracing can be found at the CDC's website - please click on the link below:

[CDC CONTACT TRACING](#)

Attached as appendix A is a quarantine calendar from the City of Philadelphia department of public health.

All coaches, officials, and parents are reminded to treat an individual's health information with respect and privacy. Individuals who do test positive or who develop symptoms are encouraged to reach out proactively to their team's coach and assist in providing appropriate contact tracing information.

Team should quarantine pods as necessary and appropriate after contact tracing.

Calculating Isolation and Quarantine Period

If I Tested Positive for COVID-19, how long should I isolate?

You should stay in isolation if you tested positive for COVID-19. Isolation means stay in a separate room from others, use a separate bathroom, avoid contact with other household members and pets, and do not share personal items, including utensils, cups, and towels. You can end isolation at least 10 days AFTER you first had symptoms (or tested positive) AND it's been at least 24 hours fever free without fever-reducing medication, not severely immunocompromised, and symptoms have improved.

It is not recommended nor required to have proof of a negative test to discontinue isolation. Even if the individual tests negative on repeat testing, isolation may not be discontinued early.

IF YOU HAVE SYMPTOMS*

At least 10 days after you first had symptoms

Fever-free for 24 hours or more without fever reducing agent

Symptoms have improved

IF YOU DO NOT HAVE SYMPTOMS**

At least 10 days after your test date

Example: Jane develops cough and fever on December 1. Her symptoms have improved, and she does not have a weakened immune system. She should remain in isolation through December 11. Jane leaves isolation on December 12th.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Symptom Start** DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 DAY 6	8 DAY 7	9 DAY 8	10 DAY 9	11 DAY 10	12 Leave Isolation
13	14	15	16	17	18	19
20	21	22	23	24	25	26

■ Symptom start/Exposure to COVID-19
■ Isolation period
■ Leave isolation/quarantine

APPENDIX A

Calculating Isolation and Quarantine Period

If I was exposed to someone with COVID-19 and I DO NOT have symptoms, how long should I quarantine?

- Regardless of symptoms, you should stay in quarantine if you were exposed (within 6 feet for 15 minutes or more in a 24-hour period) to a person who tested positive for COVID-19.
- Watch for symptoms such as fever, cough, shortness of breath, new loss of taste or smell, and stay away from others as much as possible.
- Stay home for 10 days after your last contact with someone who has COVID-19.
- Quarantine may be shortened to 7 days if you test negative for COVID-19. The test should be done no more than 48 hours before you plan to leave quarantine.

- Symptom start/Exposure to COVID-19
- Quarantine period
- Leave isolation/quarantine
- Continue to Monitor

Example WITHOUT testing for COVID-19: Jose was last exposed on December 1 to his friend who had COVID-19. Jose has had NO symptoms and did NOT get testing for COVID-19. He should remain in quarantine through December 11. He may leave quarantine on December 12. Jose should continue to monitor symptoms closely through December 15.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 DAY 6	8 DAY 7	9 DAY 8	10 DAY 9	11 DAY 10	12 DAY 11 Leave Quarantine, Monitor Symptoms
13 DAY 12	14 DAY 13	15 DAY 14				

Example WITH testing for COVID-19: Jose was last exposed on December 1 to his friend who had COVID-19. Jose has had NO symptoms. Jose got tested for COVID-19 on December 6 (Day 5). He learned test results were negative. Jose's quarantine may end after 7 days. He may leave quarantine on December 9th.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 Tested for COVID-19 DAY 6	8 DAY 7	9 DAY 8 May Leave Quarantine if Negative Test Within Last 48 Hours	10 DAY 9	11 DAY 10	12 DAY 11
13 DAY 12	14 DAY 13	15 DAY 14				

APPENDIX A

Calculating Isolation and Quarantine Period

If I was exposed to someone with COVID-19 and I DO HAVE SYMPTOMS, how long should I quarantine?

- Regardless of symptoms, you should stay in quarantine if you were exposed (within 6 feet for 15 minutes or more in a 24-hour period) to a person who tested positive for COVID-19.
- If you have symptoms, the recommended quarantine period is at least 14 days.
- If you have symptoms, you should seek testing for COVID-19.
- If you test positive, you should begin self-isolation. Please see recommendations on page 1.
- If you have a COVID-like illness and do not get tested, you are presumed to have COVID-19 and should begin self-isolation. Please see recommendations on page 1.

NOTE: A COVID-like illness is:		
At least ONE of these symptoms	OR	At least TWO of these symptoms
new or persistent cough shortness of breath new loss of sense of smell new loss of sense of taste		fever chills muscle pain headache sore throat nausea/vomiting diarrhea fatigue congestion/ runny nose

You can look up more information about community testing sites at www.phila.gov/testing.

Example: Jade was exposed on December 1 to a co-worker with COVID-19. Jade started to experience fever and fatigue on December 7. Jade sought testing for COVID-19 on December 7. She learned that the result was positive. Because Jade now knows she has COVID-19, she should self-isolate for 10 days after her symptoms started. Jade should self-isolate through December 17. She may leave isolation on December 18.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 Tested positive for Covid-19 DAY 0	8 DAY 1	9 DAY 2	10 DAY 3	11 DAY 4	12 DAY 5
13 DAY 6	14 DAY 7	15 DAY 8	16 DAY 9	17 DAY 10	18 Leave Isolation	19
20	21	22	23	24	25	26

- Symptom start/Exposure to COVID-19
- Isolation period
- Leave isolation/quarantine

APPENDIX A

Calculating Isolation and Quarantine Period

What if I cannot separate from someone with COVID-19?

If you cannot avoid close contact with someone with COVID-19 (such as providing personal care or sharing a room), you should separate away from others while the person with COVID-19 completes isolation.

- You should quarantine an additional 10 days after the person with COVID-19 completes isolation
- Quarantine may be shortened to 7 days if you test negative for COVID-19. The test should be done no more than 48 hours before you plan to leave quarantine.

- Symptom start/Exposure to COVID-19
- Isolation period
- Quarantine period
- Leave isolation/quarantine
- Continue to Monitor

Example: Breanna is a child who tested positive for COVID-19. She developed symptoms on December 1. Her father Marcus is the only one who can care for her. Breanna and Marcus are staying away from others. Breanna should complete a 10-day period of self-isolation. Marcus sought testing for COVID-19 on December 16, which was negative. Marcus's last day of quarantine was December 18.

Please Note: If Marcus had NO symptoms and did NOT get testing for COVID-19, Marcus would have completed a 10-day quarantine after Breanna's isolation period.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 DAY 0 Symptom Start Marcus stays home with Breanna	2 DAY 1 	3 DAY 2 	4 DAY 3 	5 DAY 4
6 DAY 5 	7 DAY 6 	8 DAY 7 	9 DAY 8 	10 DAY 9 	11 DAY 10 	12 Breanna Leaves Isolation Marcus continues quarantining DAY 1
13 DAY 2	14 DAY 3	15 DAY 4	16 DAY 5	17 Tested for COVID-19 DAY 6	18 DAY 7	19 Marcus May Leave Quarantine if Negative Test Within Last 48 Hours
20 DAY 9	21 DAY 10	22 DAY 11	23 DAY 12	24 DAY 13	25 DAY 14	26

TODAY'S DATE: _____

APPENDIX B

CDC FACILITIES COVID-19 SCREENING

Accessible version available at <https://www.cdc.gov/screening/>

PLEASE READ EACH QUESTION CAREFULLY	PLEASE CIRCLE THE ANSWER THAT APPLIES TO YOU	
<p>Have you experienced any of the following symptoms in the past 48 hours:</p> <ul style="list-style-type: none"> • 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 	YES	NO
<p>Within the past 14 days, have you been in close physical contact (6 feet or closer for a cumulative total of 15 minutes) with:</p> <ul style="list-style-type: none"> • Anyone who is known to have laboratory-confirmed COVID-19? <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Anyone who has any symptoms consistent with COVID-19? 	YES	NO
<p>Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?</p>	YES	NO
<p>Are you currently waiting on the results of a COVID-19 test?</p>	YES	NO
<p>Did you answer NO to ALL QUESTIONS?</p>	<p>Access to CDC facilities APPROVED. Please show this to security at the facility entrance. Thank you for helping us protect you and others during this time.</p>	
<p>Did you answer YES to ANY QUESTION?</p>	<p>Access to CDC facilities NOT APPROVED. Please see Page 2 for further instructions. Thank you for helping us protect you and others during this time.</p>	



[cdc.gov/screening](https://www.cdc.gov/screening)



[cdc.gov/screening/further-instructions.html](https://www.cdc.gov/screening/further-instructions.html)

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APPENDIX B

THE SCREENING YOU COMPLETED INDICATES THAT YOU MAY BE AT INCREASED RISK FOR COVID-19

IF YOU ARE NOT FEELING WELL, WE HOPE THAT YOU FEEL BETTER SOON!

Here are instructions for what to do next

1

If you are not already at home, please avoid contact with others and go straight home immediately.

2

Call your primary care provider* for further instructions, including information about COVID-19 testing.

3

Contact your supervisor (if you are an employee) or your contracting company (if you are a contractor) to discuss options for telework and/or leave.

Before going to a healthcare facility, please call and let them know that you may have an increased risk for COVID-19.

In case of a life-threatening medical emergency, dial 911 immediately!

RETURNING TO THE WORKPLACE



If you have had symptoms consistent with COVID-19 or have tested positive for COVID-19, DO NOT physically return to work until you get a medical evaluation and are approved to return to a work setting by your primary care provider*. Please call your supervisor to discuss when to return to work. Read more about when it is safe to be around others at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>.



If you have a chronic medical condition that causes COVID-19-like symptoms and you need to access a CDC facility within the next few days, please call CDC's Occupational Health Clinic at 404-639-3385 to determine whether you can safely be granted access to a CDC facility.



If you have been in close contact with someone with COVID-19 you should stay home and self-quarantine for 14 days before returning to work. Read more about when you should be in isolation or quarantine at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>.



If you are currently isolating or quarantining because of concerns about COVID-19 OR you have a COVID-19 test pending, please contact your primary care provider* for guidance on when you can return to work.

- If you have an urgent need to come to campus while waiting for a test result, call CDC's Occupational Health Clinic at 404-639-3385.
- If you have an urgent need to end your quarantine period early, please ask your CIO Management Officer to send an email request to eocevent106@cdc.gov and eocho@cdc.gov.

If you have additional questions about when you can return to work, please email OSSAM@cdc.gov. For information about COVID-19 and basic instructions to prevent the spread of disease, visit CDC's COVID-19 website at <https://www.cdc.gov/covid19>.

*If you are assigned to the COVID-19, Ebola, or Polio responses, or work in a lab, call CDC's Occupational Health Clinic at 404-639-3385 instead of your primary care provider for next steps. DO NOT physically go to a CDC Occupational Health Clinic location.