



## JCSA COVID-19 PREPARATION, PREVENTION & PROTOCOLS

The health and safety of our players, coaches, and their families is of the utmost concern, and JCSA is committed to protecting everyone's health and safety first. As the CDC's protocols and those of the NJ State Department of Health have evolved, so have JCSA's. Below is JCSA's COVID-19 policy and rules for implementation during all JCSA travel, recreation, and girls' program practices & games:

### I. No sharing, Bring your own – Equipment, Water, etc.

All players and coaches should continue to bring their own water and drinks to practice and games. Players are not permitted to share food, beverages, water bottles, towels, or any other equipment or materials that is involved in direct bodily contact.

### II. Physical Distancing & Shared Facilities

All spectators, with exception of coaches, JCSA administrators or volunteers, and referees, are to remain behind the fence surrounding the field. When using shared facilities at Caven Point, e.g. restrooms; please reduce crowding and use proper social distancing around entrances, exits, and other high-traffic areas of the facility. Limit occupancy in the restrooms to avoid over-crowding.

### III. Education

Coaches and trainers will be educated on COVID-19 health and safety protocols including:

1. The importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19;
2. How to address a situation in which an athlete tests positive for COVID-19 (see **"Positive Test Protocols"** below);

### IV. Positive Test Protocols

**Player or Coach tests positive & is asymptomatic (no symptoms):**

- Player/Coach must immediately stay away from all JCSA activities (practices, training, and games) for **five days** after receiving a positive test result. Day 0 starts on the day they receive a positive test result.
- The team can continue to practice, but the coach or player must follow the [CDC's guidance](#) on isolation and unmasking.

**Player or Coach tests positive & is symptomatic:**

- Player/Coach must immediately stay away from all JCSA activities (practices, training, and games) and must isolate for **10 days** after symptoms first appeared; day 0 begins the first day of symptom onset.

- The team can continue to practice, but the coach or player must follow the [CDC's guidance](#) on isolation and unmasking.

**Parent/family member or other close contact test positive with symptoms**

- Please use the CDC's exposure calculator to determine [What to Do If You Were Exposed to COVID-19 | CDC](#)

For any questions, coaches should contact the JCSA Return-to-Play Committee, consisting of the following board members, Meg Jones-Monteiro, Derek Warner and David Stapley.

**V. Disputes**

In the case of any dispute or failure of any player or parent to follow the guidelines described in this document:

1. Warning player twice that if they do not follow the rules, they will be excluded from all JCSA activities.
2. Contact the player's parents if present at the field, or stop the session and phone the parents if they are not present, ask them to come and pick up the player.
3. In the case of parental disputes, we will advise the parent that these are rules that JCSA has been mandated to operate under, and that they can contact our board president to discuss further.
4. In no event shall an activity be allowed to continue with a player or parent present who is not abiding by these rules.