

# Columbus Youth Football COVID 19 Preparedness Plan

Columbus Youth Football (CYF) is committed to providing a safe and healthy environment for all participants, volunteers, coaches, parents, and guests. To ensure we have a safe and healthy football season, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Board Members, League Presidents, volunteers, youth & parents are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 during the season and all CYF functions and activities, and that requires full cooperation among our leadership, volunteers, youth participants and customers. Only through this cooperative effort can we establish and maintain the safety and health of our youth, parents and volunteers.

League Presidents, coaches, youth, parents and Executive committee are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan.

Our volunteers, youth, & parents are our most important assets. We are serious about safety and health and keeping our youth safe this football season. Participants, parents and volunteer involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan.

Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Georgia Department of Public Health (GDPH) guidelines, federal OSHA standards related to COVID-19 and Executive Order of Governor Kemp, and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- cleaning, disinfecting, decontamination and ventilation;
- prompt identification and isolation of sick persons;
- communications and training that will be provided to LPs and personnel; and
- management and supervision necessary to ensure effective implementation of the plan.

## Screening

All youth, parents, coaches, LPs, volunteers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess the health status of all youth, coaches, and admin personnel prior to entering the facilities and fields. All are asked to report when they are sick or experiencing symptoms. All CYF personnel, coaches, LPs, etc. are required to report their daily health profile through the COVID 19 Symptom Checker. CYF participants, volunteers, coaches, parents may also use the CDC Symptom Checker for advice on when

to seek medical attention or testing if they feel they may have the disease.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list is not exhaustive of all possible symptoms. Other less common symptoms have been reported, to include gastrointestinal symptoms like nausea, vomiting, or diarrhea.

CYF has also implemented a protocol for informing CYF Admin, LPs and coaches if they have been exposed to a person with COVID-19 at their workplace, home, or other community affairs and requiring them to quarantine for the required period of time. If a coach, youth, or CYF personnel was discovered to have been exposed to a person with COVID-19, teams will be notified verbally and contacted by phone immediately and asked to remain at home for 14 Days.

In addition, a policy has been implemented to protect the privacy of youth, coach and personnel health status and health information. Should any CYF participant, personnel, coach, or known guest be officially diagnosed with COVID-19, CYF will make contact by phone and by email any and all participants who may have been exposed. In addition, a policy has been implemented to protect the privacy of youth, coach, admin, parent, etc. health status and health information. The identity of anyone being officially diagnosed with COVID-19 will be kept private **under penalty of HIPAA law.**

## Handwashing

Basic infection prevention measures are being implemented at our functions/events at all times. All are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of practice, prior to any mealtimes and after using the toilet. All youth, volunteers will be required to wash or sanitize their hands prior to or immediately upon entering the facility. Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) are at entrances and various locations in the buildings and on the fields so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.

Soap dispensers will be provided at all bathrooms throughout the facility. Parks and Rec Operations staff will check the dispensers 1-3x times per week to ensure no lapses in availability. All are asked to sanitize or wash hands after touching any shared hard or soft surface. Sanitizers will be posted at all entrances to

facilities throughout the season for participant and visitor usage. Signage will accompany sanitizer dispensers to encourage usage by all passing staff and visitors.

## **Respiratory Etiquette**

All participants and visitors are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all workers, customers and visitors. Signage will be placed on thoroughfare windows and entrances to remind all staff and customers to cover their mouths and noses while coughing and sneezing. Signs are also posted to encourage individuals on campus to avoid touching their face. All CYF personnel, volunteers, coaches will be required to wear masks. All football players will wear face coverings when not engaged in active play. Patrons will be strongly encouraged to wear masks when in buildings and in common areas.

## **Social Distancing**

Social distancing of six feet will be implemented and maintained between youth, coaches, CYF personnel, guests, officials, as appropriate and as permitted during the season. Signage in common areas will be clearly posted to reflect this policy.

During large gatherings, where social distancing is much more difficult, participants will be asked to wear protective gear/equipment.

During practices, parents will drop youth off, leave the premises or remain in their cars for the duration of practice. During the season, parents are asked to implement social distancing by bringing their lawn chairs. There will be no use of the bleachers at any fields during CYF events and activities, except for opening day & championship games. However, only a limited number of spectators may attend and in accordance to the recommended guidelines.

No locker rooms shall be utilized unless sanitized immediately before and after each use.

No unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs, etc.

## **For all Columbus Youth Football Participants (Admin, LPs, Coaches, Youth, Officials, Volunteers)**

- Health screening and temperature checks before conditioning, practice, and games. All will be asked not to attend practice or sent home at any sign of illness.
- Training in proper decontamination, hand washing, and safety communication protocols
- Required to wear masks, sanitizer, and/or gloves. Masks and gloves are provided by Columbus Youth Football. Gloves and masks are mandatory for all health coaches.
- To follow social distancing practices when applicable.

When possible keep 6 ft. of physical space between yourself and others at all times. This distancing for all should occur both inside buildings, on fields, and other CYF functions/events.

- Stay home if you are feeling sick
- Stay home if a family member or someone in your Household is sick. Wash hands often with soap and water for at least 20 seconds; if soap and water not readily available, use a hand sanitizer containing at least 60% alcohol.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Cough/sneeze into your elbow.
- Clean and disinfect used equipment and your workstations between each use.
- Avoid using other participants, & volunteers' phones, or other sports tools or equipment when possible.
- Surfaces such as doorknobs, counters, poles, and other items that are high touch should be regularly cleaned and sanitized.
- Clean and disinfect bathrooms regularly, particularly high-touch surfaces, and ensure they have handwashing supplies.

## **CYF Business Specific Communication and Signage**

What WE are doing to keep you and your child safe:

- CYF volunteers are required to submit body temperature readings and submit to a health check screening before starting each registration, practice and game.
- We have multiple hand sanitizer stations that are clearly marked and near common entrance and exit areas. There are one-way entrance and exits as applicable.
- CYF & Parks and Rec will ensure that all bathrooms, doors, and other common areas are being disinfected often.
- Locker rooms are being disinfected after each use. We are scheduling 10-15 mins between each game/practice times. Practices will be no more than 1.5 hrs., and no more than 3-4 contacts per week.

## **Guidelines for Athletes and Coaches:**

No spectators are allowed at practices - players and coaches only

Please wait in car until 15 minutes prior to practice time – no early admission

All CYF guests and staff will be temperature checked upon entry. Anyone with a temperature above 100.4 degrees will be sent home. Do not leave the parking lot until your child has been cleared.

Masks are required except during active play, or documented health restrictions.

For games, no spectators are allowed on the field. Spectators must wear a mask or stay socially distanced while inside the buildings. During games, spectators must wear a mask or remain socially distanced. Youth and coaches cannot enter the fields until verification time and must exit immediately following the game. Home team will be required to sanitize and disinfects both sides.

### **\*Protective Equipment**

In order to prevent the spread of COVID-19 Columbus Youth Football administration, parents, cheerleaders and coaches will be required to wear masks during the entire registration and football season. CYF volunteers, personnel and coaches will wear masks at all times.

### **\*Sports Equipment**

CYF volunteers and personnel will be responsible for ensuring that all football and cheer equipment is sanitized and disinfected properly daily after use and/or as often as needed with the approved sanitation and disinfectant. While the task of maintaining the safety of all involved rests upon us all, each league will designate at least 1-2 persons per team, in addition to the Coaches Coordinator to ensure this practice is routine and completed without fail.

All CYF youth must bring their own personal items. No sharing of personal items to include, but not limited to water bottles, towels, water hoses, coolers, gloves, mouthpieces, helmets, masks. All water bottles must be labeled.

Parents will be responsible for sanitizing and ensuring the uniforms and helmets of their child are sanitized and cleaned daily. Parents will be responsible for ensuring youth have masks, and/or sports face shields to decrease exposure to COVID-19 during the season.

### **\*Concession stands**

Some concession stands will be available for service during the season. All foods will be stored properly in accordance to the CDC and be available pre-packaged. Gloves and proper food handling & sanitation will be adhered.

All CYF volunteers are required to acknowledge they have been issued this preparedness plan. Instructions will be communicated to customers and visitors about: how drop-off, pick-up, service delivery will be conducted to ensure social distancing is implemented; required hygiene practices; and recommendations that parents and guardians use face masks when dropping off, picking up, accepting youth.

All will be advised not to enter CYF functions, or facilities if they are experiencing symptoms or have contracted COVID-19. This will be communicated to the public by a clearly visible policy on our website and signage at all entrance points of the parks and facilities. League Presidents or their designee are to monitor how effective the program has been implemented by monitoring all entrances during common entry/exit times at each field. League Presidents are to work through this new guideline and expectations together and update as necessary. This COVID-19 Preparedness Plan has been certified by

CYF Board of Directors and was posted on the website and emailed to all parents, and volunteers and to the CYF electronic documents on August 1, 2020. It will be updated as necessary.