



Revised December 11th, 2020

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LTYA Sport Guidelines Effective Immediately

Field Use by Reservation Only

Teams & Participating Families must adhere to the following:

Parents Please Note: Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.

To all parents and guardians there are enhanced risks of participants being in direct contact with anyone age 65 or older for 14 days after participating in a sport event or practice.

1. Parents should actively screen their children before each LTYA activity by asking them specific questions (children are often not forthcoming about minor symptoms and subjective symptoms are not observable without asking). Questions should be: "Do you have a sore throat, headache, chills, body aches, diarrhea, loss of taste or smell?" Parents should observe for rash or fever. If the answer is yes to any of those questions it is essential that the child NOT attend practice and be evaluated by a medical professional before returning to play.

2. Any player who fits the following descriptions should NOT attend any LTYA activity/facility:

- A player coming from a household where a family member has tested positive or exhibits the above symptoms.
- A player that has been exposed to someone who has tested positive.
- A player is being tested or has been tested and is awaiting results.
- A player that has been quarantined from school until they meet the LTYA Return to Play criteria in 22 below.

3. Each player should have their own bottle of hand sanitizer in their sports bag. They should apply it at the beginning of each activity at breaks and immediately following the activity. Group bottles of hand sanitizer encourage the touching of the same surface (the pump handle). Individual hand sanitizers should not be shared between players.

4. Teams may only practice/play at their designated time and field/gym

5. If using stations for a practice/activity, each player group may rotate to various stations and the specific group of players should stay the same for the duration of the practice. Each group should maintain social distancing guidelines during the entire practice, including but not limited to when a player is in line at a station.

6. While the Texas Governor has approved the return to full game play, where possible coaches should minimize practicing of any activity/skill/drill that risks contact between 2 or more players. Close body contact is discouraged from the medical experts until further observation of the current preliminary guidelines for limited interactions can be observed for their effects.

7. Player equipment should be lined up and down the designated sideline a minimum of 6 feet apart and/or spaced 6 apart while on the bench in a gym.

8. Whenever possible, one Parent per player and no siblings at the fields/gym during practice and no more than 3 people from any one household for games please. Individuals should avoid being in a group larger than 10 individuals. Within these groups, individuals should, to the extent possible, minimize in-person contact with others not in the individual's household. Minimizing in-person contact includes maintaining 6 feet of separation from individuals. When maintaining 6 feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, washing or sanitizing hands frequently, and avoiding sharing utensils or other common objects. Spectators 10 and older are required to wear a face mask even when outside and even while social distancing.

9. Teams should remain in the parking lot until their practice/warm up time starts and should leave the premise as soon as the practice/game/activity ends. Any pre or post practice/game discussions should be done in a socially distance manner consistent with the 6 foot social distancing guidelines.

10. No Team Snacks.

11. Coaches, and spectators age 10 and older must wear masks. If you are unwilling to wear a mask or cannot due to a medical condition then you must stay off the field and watch from your car or just outside your car.

12. At no time should coaches, players, parents, or officials high five, shake hands or make any type of unnecessary bodily contact with one another.

13. Parents must instruct their players prior to each practice to cover their nose and mouth if they need to cough or sneeze at practice.

14. Water bottles should be kept inside the players sport bag separated by at least 6 feet on the sidelines. The tops of the water bottles should be clearly labeled with the child's name to avoid accidental drinking from the wrong bottle and sanitizer should be used before touching the water bottle. (Hands may gather viral droplets during practice and transfer to their water bottle which is touched to their mouths, so using the hand sanitizer before touching their water bottle minimizes the transfer of germs to their mouths).

15. Where appropriate, each player must bring their own ball to every practice and only use their ball for the entire practice. (Basketball, Soccer etc.)

16. Players should not share their personal equipment.

17. If at any time a Coach doesn't feel comfortable continuing practice/game/activity for any reason whatsoever, they should stop and discontinue practice/game/activity.

18. If at any time a Parent doesn't feel comfortable with their player participating in the practice/game/activity for any reason whatsoever, they should remove their child from the practice/game/activity.

19. It is the Parent's responsibility to ensure these Guidelines are followed for their player and family and accept full responsibility for the well-being of themselves, their child, their family and guests.

20. It is everyone's responsibility to make sure these overall Guidelines are followed .

21. If these Guidelines are not being followed, you should remove your child from play, advise the coach of the concerns and email the concerns to scott@tylas.net

22. Players, Coaches and Staff may return to play/work based on the following:

- A) In the case of a player, coach or staff member being diagnosed with COVID-19, the individual may return to play/work when all three of the following criteria are met:
 - i) at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - ii) and the individual has improvement in symptoms (e.g., cough, shortness of breath);
 - iii) and at least 10 days have passed since symptoms first appeared.
- B) Players, coaches or staff members coming from a household where a family member has tested positive may return to play after day 10 from;
 - i) last exposure to a symptomatic family member;
 - ii) or initial exposure to an asymptomatic family member;
 - iii) and provided such person does not experience any symptoms themselves.
- C) Players, coaches or staff members that have had direct social contact with a Covid positive person may return to play;
 - i) After day 10 days from exposure provided they do not display any symptoms
 - ii) After day 7 after receiving a negative test result (test must occur on day 5 or later)

- iii) LTYA accepts any medically administered Covid test

If anyone is unsure if they have been exposed to someone that is or may be Covid positive, they should follow the protocols in C above at a minimum.

Here is the CDC definition of close contact for the coronavirus disease:

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

** Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes). Data are limited, making it difficult to precisely define "close contact;" however, 15 cumulative minutes of exposure at a distance of 6 feet or less can be used as an operational definition for contact investigation. Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding), if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors). Because the general public has not received training on proper selection and use of respiratory PPE, such as an N95, the determination of close contact should generally be made irrespective of whether the contact was wearing respiratory PPE. At this time, differential determination of close contact for those using fabric face coverings is not recommended.*

Parents should of course follow the same protocols above with regard to attending any LTYA activity.

23. LTYA will make every effort to sanitize it's shared team equipment (if there is any) after each player use and after each LTYA sanctioned activity with a CDC approved sanitizer.

24.. Parents and Participants Acknowledge that this a very fluid situation and these requirements may be modified over time in concert with local, county and state guidance as well as Centers for Disease Control (CDC) guidelines. Parents agree to adjust to any updated guidance as communicated to them by their Team Coach of LTYA representative.

25. The spitting, eating or other use of seeds, gum or other similar products is not allowed by anyone at the facility.

26. If using a tent, only family members should be allowed under the tent. Social distancing still applies for more than 2 adults under the tent closer than 6ft. It is the responsibility of the parent to monitor this.

27. If you or someone in your household have been in a large gathering of any type where the Governors Protocols and Social Distancing was not being followed, please monitor yourself and your children and consider the community before attending any LTYA activity. Please stay home if in doubt.