



# River Islands Youth Football & Cheer Program

## MEDIATION PLAN

### 2022 COVID-19 Safety Procedures and Guidelines

#### Important Risk Considerations

The risk of spreading COVID-19 during youth sports activities may increase because of direct physical contact such as tackling or checking, or face-to-face contact. Heavier breathing caused by play intensity, and yelling, grunting, and spitting can also release respiratory particles that contain infectious virus. Moreover, youth sports activities usually require people to be together for extended periods while putting on and removing equipment or uniforms, participating in practices or games, and sharing transportation to and from sports activities. If you play sports, you can reduce your risk by getting vaccinated when a vaccine is available. Social activities and gatherings outside of practices and games are sources of transmission among teammates. Consider limiting social interactions when case levels are high in your community. Transmission risk is higher for teams with low rates of vaccination. If

people or teams are considering traveling to other cities and counties to participate in sports, they should be aware of COVID-19 activity in that area to inform their decision. People may choose to wear a face covering even when not required, and teams and organizations should respect and support those individual choices.

#### Prevention

All Board Members, Coaches and Volunteers must be familiar with this plan and be ready to answer questions from parents. All Board Members, Coaches and Volunteers must set a good example by following this plan at all times. This involves practicing good personal hygiene and Covid mitigation best practices to prevent the spread of the virus. Board Members, Coaches and Volunteers will encourage this same behavior from all kids and parents participating in this year's 2021 season.

#### Exposure/Potential Exposure Protocol

##### GENERAL ILLNESS DEFINED AS:

Individual presents with signs of an illness Health Assessment will be conducted (using COVID-19 Illness/ Health Assessment) If affirmative, individual will be sent home and asked to contact their doctor Staff will follow up on individual status as appropriate Individual may need to provide a doctor's release prior to return

**The Riptide Covid-19 Task Force has provided the following control and preventative guidance for all players, coaches and volunteers regardless of exposure risk:**

### **If You Are Sick Stay Home!!!**

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose when you cough or sneeze. Throw the tissue away and wash your hands.
- Clean and disinfect football equipment, uniforms and any surfaces you touch.
- Avoid close contact with people who are sick.
- It is also recommended that you get vaccinated through local vaccination programs.
- Wear face coverings when you are not on the field for practice or games

### **How should I get my child back into football or cheer if they were exposed to COVID, symptomatic or COVID positive?**

General testing of athletes Testing for SARS-CoV-2 is discouraged for athletes unless they are symptomatic or have been exposed to someone infected with SARS-CoV-2.

### **Reporting Cases**

Parents need to report if their athlete or a household contact is exhibiting signs or symptoms of COVID-19 or tests positive for SARS-CoV-2, even if asymptomatic. They should follow the CDC-recommended isolation or quarantine period. When someone tests positive, they should notify organizational officials so that contact tracing and quarantining can follow (see CDC when to quarantine guidelines)

### **Return to Play**

Parents must provide a negative test result for positive Covid-19 cases when an athlete has tested positive or has been exposed to someone infected with SARS-CoV-2.