



Varina Athletic Association – Our Commitment to Our Community

VAA commits that all staff and volunteers will adhere to the following prescribed protocols before, during, and after any and all VAA activities in order to help prevent the spread of COVID-19. Where National or Local safety authority issues requirements different from the below, VAA will follow whichever requirement is strictest.

Before beginning workouts, practices, or games all Coaches, Team Moms, Staff and Participants will be screened for the following:

- Have you or anyone in your immediate household been in direct contact with anyone who tested positive for COVID-19 in the past 14 days?
- Is your temperature before or at arrival confirmed to be less than 99.5° F /37.5° C?
- Do you have any COVID-19 related symptoms such as but not limited to cough, fever, headache?

Phase 1 and 2

Pre-Season workout and Season Practice Screening: *Phase 1 and 2*

- All coaches, staff, and participants should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each participant should be recorded and stored so that there is a record of everyone present in case a participant develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings: *Phase 1 Pre-season workouts*

- No more than 50 individuals (Coaches and athletes combined) may gather outdoors for pre-season workouts.
- Sign in required and documented
- Workouts should be conducted in “pods” of athletes with the same 5-10 athletes always working out together.
- There must be a minimum distance of 6 feet between each individual at all times.
- Appropriate social distancing will need to be maintained on sidelines and benches during practices.
- Coaches and/or staff will wear masks whenever it is necessary to be within 6 feet of athletes
- Athletes may wear masks so long as it does not impair their ability to breath properly during exercise.
- Hand sanitizer should be plentiful at all events.

Physical Activity and Athletic Equipment: *Phase 1 and 2*

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between athletes.
- Athletes should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- A football player should not participate in team drills with a single ball that will be handed off or passed to more than one teammate.
- Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.

Hydration: *Phase 1 and 2*

- All athletes shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water fountains, etc.) should not be utilized.

Phase 2 – Season Practices

Limitations on Gatherings: *Phase 2 Season Practices*

- Up to 45 participants and coaches may gather on *individual* fields.
 - Only Coaches, Athletes, and Team Moms are allowed on the field.
- Attendance must be documented for all participants at every practice.
- Workouts should be conducted in “pods” of athletes with the same 10-15 athletes always working out together.
- There must be a minimum distance of 6 feet between each individual at all times.
- Appropriate social distancing will need to be maintained on sidelines and benches during practices.
- Coaches and/or staff will wear masks whenever it is necessary to be within 6 feet of athletes
- Athletes may wear masks so long as it does not impair their ability to breath properly during exercise.

Hand sanitizer should be plentiful at all events.

Phase 3

Practice/Scrimmage/Game Screening:

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A record should be kept of all Coaches, Staff, Officials, Athletes and Volunteers present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Limitations on Gatherings:

- Participants on fields shall be limited to no more than 50 individuals on each side of the field.
- Attendance must be documented for all participants at every practice, scrimmage, and/or game.
- Only Coaches, Team Moms, Officials and Rostered Athletes are allowed on the field or in practice areas.
- When not directly participating in practices or scrimmages or games, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.
- Tape, paint, or other markers will be used as a guide for all participants including athletes, coaches, staff, officials and spectators.

OTHER CONSIDERATIONS

- Wide availability of hand sanitizer at scrimmages, games, and/or practices. Athletes, Coaches, Staff, and Officials should clean hands frequently.
- Wiping down ball and equipment frequently.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- Officials and sideline volunteers should be given option to wear face coverings (may use artificial noisemaker in place of whistle).

CONTINUE TO PRACTICE GOOD HYGIENE

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face
- Sneeze or cough into a tissue or the inside of your elbow
- Disinfect frequently used items and surfaces as much as possible
- Strongly consider using face coverings while in public
- **PEOPLE WHO FEEL SICK SHOULD STAY HOME**

Staff Name: _____ Date: _____

Staff Position: _____ Staff Signature: _____