



Spring 2021

These protocols are likely to change as CDC and government requirements evolve. Also, each Club must operate with state and local government requirements. It is important to check with local authorities and obtain any permits or other authorizations before beginning activities. Clubs should be prepared to revert to adjust if health conditions warrant. All facilities should be following all DECD sector rules.

As we begin a return to play this Spring, it is important that you prepare to implement the following, minimum, return to play requirements.

Below you will find the minimum requirements that a club must certify to implement and strictly adhere to.

No Participation if Experiencing COVID-19 Symptoms

- Any coach, player, parent, referee or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending training or games.
- Coaches and players (assisted by parents/guardians) must self-assess their condition and attest when arriving at the location that they are not experiencing these symptoms. A self-assessment tool is attached which you can provide for players and coaches to assess their symptoms.
<https://www.mayoclinic.org/covid-19-self-assessment-tool>
- Any adult attendee who displays any of these symptoms will be required to leave. A minor who is displaying any of these symptoms should be safely isolated until an adult responsible for the minor can remove the minor.

Club / COVID-19 Director

- All clubs must have a COVID-19 Director. The COVID-19 Director is responsible for identifying and implementing the practices required to comply with CJSA, state, and local return to play activities requirements and is the point of contact with CJSA. ***If a club has a change in Covid Director, you must update that [information here](#)***
- Develop and implement specific written protocols for the COVID-19 prevention strategies to be used during practices and contests
- Stress the importance of information-sharing with health authorities performing contact tracing and make it clear to coaches and participant families that cooperation with contact tracing is a requirement of participation with their athletic organization
- Clubs should post reminder signage throughout facilities wherever possible to remind all players, coaches, and spectators to maintain social distancing and to wear masks.

Attendance / Tracing

- Keep detailed rosters of participants for all practices and games with appropriate contact information and make that information available to health officials upon request for the purposes of contact tracing
- League organizers *and* teams must cooperate with contact tracing efforts by state and local health officials. If league organizers and teams fail to cooperate, state or local health officials may discontinue a team or league's sports activities

Minimize physical touching between players and coaches

- Coaches shall ensure that all players and coaches avoid "high fives," handshakes, or other types of physical touching. We understand that this may be difficult as players enjoy celebrating with their teammates, but we need to be diligent at enforcing this protocol for the health and safety of our players and their families.

Coaches, players, and spectators to wear masks during training sessions and games

- Clubs should implement the use of masks during all indoor activities and should consider adopting them for all outdoor activities as well: - Mask wearing (multi-layer completely covering the nose and mouth and worn directly on the face) by all participants, including during active competition. Guidance effective 3/19

Hand Sanitizing

- Make hand sanitizer, disinfecting wipes, soap, and water, or similar disinfectant readily available during practice. Players should bring hand sanitizer for personal use.

Equipment

- Do not share equipment. Players should have their own alternate color training top or pinnie. Players should have their own ball, water bottle, towel, and hand sanitizer.
- Reduce players touching practice equipment, the handling of all training items, such as cones, flags, goals, etc. should be limited to coaches.
- Sanitize all equipment after each session, including benches and bleachers.

Tournaments

- As of **Friday, March 19, 2021** - All sports will be allowed to practice and compete, and all **sports tournaments will be allowed**, subject to Department of Public Health guidance

Game Environment - Spectators (updated 2/19/21)

- Events / games shall not exceed 25% capacity, capped at 200 spectators

Traveling out of state - longer than 24hrs

Teams that are going to attend tournaments out-of-state (which is allowed) are required to quarantine for at least 7 days with a test or 10 days without when they return. This means from sports and school. Yes this is specific to youth sport.

Quarantine Requirements

Regardless of whether a shortened quarantine period allows individuals to engage in daily activities prior to completing a full 14-day post contact period of separation, athletes, coaches, officials, and other participants should not be allowed to engage in athletic activities until at least 14 days after their quarantine period begins.

Return-to-Play after COVID-19 Infection

DPH recommends that health screening and clearance requirements for allowing athletes to begin a phased return to activities after COVID-19 infection should incorporate the American Academy of Pediatrics' (AAP) guidance for return-to-play and include specific cardiac evaluations.

If a player or coach is sent home with **symptoms**, they can return when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart (CDC Guidelines)

There is no longer a quarantining requirement if you leave the state for less than 24hrs.

[Club certification into Spring 2021](#)

[If your club was NOT active this past Summer / Fall of 2020, you must follow the 3 phase return to play as outlined below. A minimum of 2 weeks in between each phase is required. Clubs must certify into each phase via the links below.](#)

[Phase 1 Club Self Certification](#)

[Phase 2 Club Self Certification](#)

[Phase 3 Club Self Certification](#)