

Lakeshore Youth Athletics Association (LYAA)

COVID-19 Mitigation Plan / Spring 2021

To mitigate the risk of spreading the COVID-19 virus, LYAA will enforce the following:

- The following Executive Orders issued by Governor Roy Cooper:
 - Face coverings are required in public when it is not possible to maintain social distancing from non-household members. This requirement applies to any public place or business – indoor or outdoor.
 - Mass gathering limit remains at 25 indoors and 50 outdoors.
- All coaches/teams will have hand sanitizer and disinfectant spray at all practices and/or games.
- Coaches/players/volunteers must practice social distancing by staying at least six (6) feet away from each other.
- **Masks must be worn at all times by all coaches, players, and spectators.** THIS IS A REQUIREMENT OF IREDELL COUNTY TO HAVE USE OF COUNTY AND SCHOOL FIELDS. NOT WEARING A FACE COVERING PUTS THE ENTIRE SEASON AT RISK FOR EVERYONE.
- All coaches and players will accept and sign the updated **General Release of Liability Agreement** which releases the organization of any and all liability related to:
 - Risk of injury or illness while participating in activities involved in and/or through the organization.
 - Risk of having direct or indirect contact with individuals who have been exposed to and/or diagnosed with one or more viruses and/or communicable diseases, including, but not limited to, COVID-19, MRSA, influenza, or other medical conditions.

At practices and games, we will not allow the following:

- Handshakes or high-fives.
- Sharing of any personal equipment, such as gloves, water bottles, or masks.
- Frequent and/or prolonged player-to-player and/or coach-to-player contact.
- Coaches are not permitted to instruct the players by touch before, during or after practices.
- No parents are allowed on the field or court during practices or games.

The following recommendations will be communicated to the coaches, volunteers, parents, and players:

- Anyone attending an event with a temperature of 100.4 or above should not attend practices or games.
- If the player is out of school because of exposure, they should not attend practices or games.
- On arrival coaches should sanitize their hands and equipment that they are transporting with them.
- On arrival players should sanitize their hands and personal equipment.
- Any shared equipment should be sanitized before and after practice/games.
- It is recommended that players wear gloves during play if applicable (for example, when playing baseball, softball, football).
- Limited player-to-player, coach-to-player, official-to-player and/or official-to-coach contact.
- Coaches, officials, and others should modify communication and avoid up close face-to-face communication.
- Spectators should sit in the designated spectator sections six (6) feet from each other and from players, coaches, or other volunteers. It is strongly encouraged for spectators to bring their own chairs (when feasible) and remain 6 feet from anyone that isn't in their household.
- After practice/games, go directly to your vehicle.
- If you arrive early, remain in your vehicle until the team has arrived.

Reporting of Symptoms or Exposure

If a coach, volunteer, parent, or player is experiencing COVID symptoms or knowingly has been exposed to someone with COVID, they must report this immediately to the coach and to the organization's president or executive director.

If COVID symptoms occur that could include fever, chills, shortness of breath/difficulty breathing, new cough or new loss of taste or smell and the player has been at a practice or game within the past 48 hours of the symptom's onset they must:

- Remain at home for 10 days since first symptoms appeared, have no fever for 24 hours (without the use of fever reducing medicine) and symptom improvement, including coughing and shortness of breath if confirmed positive COVID-19 or the individual has not been tested.
- Remain at home until they have received a negative PCR/molecular test, have no fever for 24 hours (without the use of fever reducing medicine), and they have felt well for 24 hours if negative rapid antigen test.
- Remain at home until no fever for 24 hours (without the use of fever reducing medicine) and they have felt well for 24 hours if negative PCR/molecular COVID-19 test.

The organization will notify all attendees of an event as soon as possible if they have been identified as a close contact (closer than 6 feet for a minimum of 15 minutes) to the individual who has tested positive.

If the individual has been in close contact to someone who has tested positive for COVID-19, the individual should:

- Remain at home for 14 days since exposure
- Remain at home 10 days if no symptoms have been reported during the quarantine period
- Remain at home 7 days if no symptoms have been reported and the individual has received results of a negative antigen or PCR/molecular test on a test taken no earlier than day 5 of quarantine.

The Iredell County Health Department can be contacted for specific guidance related to public health isolation and quarantine procedures.

Revision History After Original Approval

Date	Revision
Feb 23, 2021	Version 1.0
Feb 25, 2021	Version 2.0 – updated after review from Jane Hinson the Director of Iredell County Department of Health and Human Services (ICDHHS).