

BCYFL COVID – 19 GUIDELINES

The BCYFL has developed the following guidelines for a safe return to football and the 2020 season. The BCYFL plan will follow the recommended guidelines set forth by the CDC, Commonwealth of Pennsylvania, Pennsylvania Interscholastic Athletic Association, local school districts and municipalities.

The BCYFL has put these guidelines in place to give our children the football experience in the safest manner possible during these unprecedented times. The BCYFL may/will change these guidelines as warranted if the CDC, Commonwealth of Pennsylvania, Pennsylvania Interscholastic Athletic Association, local school districts and municipalities change their guidelines.

Be advised that it is goal and hope of the BCYFL to have a 2020 season but will, at no time, put the health and well being of our players, cheerleaders, coaches, volunteers and spectators at risk.

INTRODUCTION

The COVID-19 pandemic has presented all youth football leagues with countless challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps leagues can take to reduce the risks to players, cheerleaders, coaches, and their families.

MANDATES

The following is mandatory for all BCYFL organizations during the COVID-19 pandemic:

1. Each organization must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
2. Travel increases your chances of getting and spreading Covid-19. Staying home is the best way to protect yourself and others from Covid-19. If the player, cheerleader or Coach travels outside of Pennsylvania for vacation, they must quarantine for 14 days prior to participating or attending a BCYFL event (practice or game). Travel outside of

PA is defined as overnighting in a location that the state of Pennsylvania has defined as a hotspot at <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx> and any travel outside the USA.

3. Promote healthy hygiene practices to limit the spread of COVID-19 including:

- a. Hand washing (20 seconds with warm water and soap)
- b. Players and cheerleaders should wear a face covering (masks or face shields) when feasible. (Face coverings will not be required for athletes while practicing or competing.)
- c. Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
- d. Use hand sanitizer.
4. Comprehensive cleaning and disinfection at all facilities.
5. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, when feasible.
6. Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
7. Educate players, cheerleaders and coaches on health and safety protocols.
8. Establish protocols to ensure staggered pick up and drop off for practice and events and ensure that players and cheerleaders are not congregating while awaiting pick up.
9. Require that anyone who is sick to stay home.
10. Follow the plan for any player, cheerleader or coach who gets sick.
11. Regularly communicate and monitor developments with local authorities, coaches, and families regarding cases, exposures, and updates to policies and procedures.
12. Players, cheerleaders and coaches MUST provide their own water bottle for hydration. Water bottles must not be shared. Disposable cups will not be provided.
13. Personal protective equipment (PPE) will be used as needed and situations warrant or determined by local/state governments. These items include gloves, face masks, and eye protection
14. Identify players, cheerleaders and coaches who may be at a higher risk of severe illness from COVID-19 due underlying medical conditions such as:

- Age 65 or older
- Lung disease, moderate-severe asthma
- Serious heart conditions
- May be immunocompromised
- Obesity
- Diabetes
- Kidney or liver disease

GREEN PHASE REGULATIONS

Pre-Workout Screening:

- All players, cheerleaders and coaches will be screened for signs/symptoms of COVID-19 prior to any practice or game.
 - Screenings will include a temperature check and questioning for COVID-19 symptoms. These responses should be recorded and stored to provide a record.
 - Attendance should be recorded for contact tracing reasons.
 - If any player, cheerleader or coach show symptoms, has a temperature of 100.4 degrees or higher, or is sick, they must be sent home.
 - Any individual with suspected positive COVID-19 symptoms should not be allowed to take part in workouts.
- Coaches will need to contact parents/guardians for immediate pick-up for any player or cheerleader that is exhibiting any Covid-19 symptoms.
 - Parents should contact their primary care provider or other appropriate health-care professional for guidance.

Limitations on Gatherings:

- Players, cheerleaders and coaches must maintain appropriate social distancing at all times possible. During down time, players, cheerleaders and coaches should not congregate.
- Gatherings shall not exceed 50% of the total occupancy permitted by law for the facility or no more than 250 total individuals (whichever is less), including all coaches and staff.
- Sports-related activities are limited to student-athletes, coaches, officials, and staff only. Spectators will be permitted contingent on the local school district rules and regulations.
- The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities and common areas to mitigate any communicable disease.
- Facilities should be cleaned prior to arrival and following practices and games, with high touch areas cleaned more often.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.

Physical Activity

- Coaches must review and consider the CDC guidance to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- Personal items should not be shared. This includes clothing, towels, and pinnies.
- If equipment must be shared, all equipment should be properly disinfected often during practice and events, as deemed necessary.
- Hand Sanitizer should be used periodically, as resources allow.

Hydration:

- All players, cheerleaders, coaches, and officials must bring their own water and drinks to team activities.

- Team water coolers for sharing through disposable cups are not allowed.
- Fixed water fountains should not be used.

POSITIVE CASES AND PLAYERS, CHEERLEADERS OR COACHES SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19?

- Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe.
- Symptoms may include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore Throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

What to do if you or your child are sick?

- If you, or your child, are sick or think you, or your child, are infected with the COVID-19 virus, **STAY AT HOME**.
 - It is essential that you take steps to help prevent the disease from spreading to people in your home or community.
 - If you think you, or your child, have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify your organization immediately.
- It will be determined if others who may have been exposed (players, cheerleaders, coaches) need to be notified, isolated, and/or monitored for symptoms.
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and DOH.
- The specific team of the player/cheerleader/coach/parent that tested positive will be quarantined for 14 days. No coaches, players/cheerleaders will be permitted to participate or attend BCYFL events (practice or game).
- If the player/cheerleader/coach/parent has a sibling/child participating on another team within that organization, that team must be quarantined for 14 days and will not be permitted to participate or attend a BCYFL event (practice or game).
- The team's opponent from the prior week will be notified of the positive test and asked to monitor and report any symptoms experienced by players/cheerleaders/coaches/parents. That

team must quarantine for 14 days and will not be permitted to participate or attend a BCYFL event (practice or game).

What to do if a player, cheerleader or coach become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Make every effort to isolate the ill individual from others, until they can leave the event.
- If it is a player or cheerleader, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual, or parent /guardian in the case of a player or cheerleader, will be asked to contact their physician or appropriate healthcare professional for direction.
- The facility where the sick individual was present will need to be disinfected immediately.

Return of student or staff to athletics following a COVID-19 diagnosis?

- Player, cheerleader or coach must provide written medical clearance from their medical doctor or CRNP
- Return to athletics can begin once the individual is determined by a medical doctor or CRNP to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

Education:

- Players, Cheerleaders, Coaches and Parents, will be educated on the following:
 - COVID-19 signs and symptoms
 - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, etc.)
 - Any pertinent COVID-19 information released by the CDC, Commonwealth of Pennsylvania, PIAA and local municipalities.

GAME DAY PROTOCOLS

- Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities. Establish protocols to ensure staggered pick up and drop off to ensure congregation or crowding does not occur. Pickups and drop offs should remain outside of field or stadium.
- Follow all Green Phase Pre-Workout Screening Guidelines for game day participants, players/cheerleaders/coaches officials/stick holders/ball cleaners, etc.
- Recommended that all spectators be administered same guidelines if possible
- Limit cash transactions to the extent possible; find alternative ways to charge admission and pay for concessions. Wear gloves if money transactions are necessary. Money handlers must not be food handlers.
- Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked.
- Adults should wear face coverings (masks or face shields) at all times.
- Parents/Guardians or spectators should not enter the field of play or bench areas.

- If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Each individual game or practice at a complex must adhere to the gathering occupancy limits (250 in green), and the facility, as a whole, may not exceed 50% of total occupancy otherwise permitted by law.
- Concession stands or other food must adhere to the [Guidance for Businesses in the Restaurant Industry](#).
- <https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>.
- Hand sanitizers made available for staff and public at concession stands. Disinfect registers before and after each shift. Service counters and other high touch areas disinfected frequently; minimum every 2 hours.
- Restrooms shut down and sanitized every 4 hours, or every 4 games
- Signage encourages hand washing, healthy practices, and rule adjustments. Staff empowered to enforce.
- Game ball(s) are disinfected before and after every game.
- Additional benches and chairs may be required for substitutes to require social distancing.
- 2 spectators per person recommended/allowed. **Vulnerable populations should stay home.**

All game day procedures assume every organizations is located in a green phase area and school districts/recreation facilities will allow outside groups and spectators the use of their facility.