



*Central Valley Li'l Warriors*

*P.O Box 95, Monaca, PA 15061*

## **Health and Safety Plan Summary: Central Valley Li'l Warriors**

**Anticipated Launch Date: July 1, 2020**

The Central Valley Li'l Warriors Health and Safety Plan represents our current thoughts and intended actions during the 2020 football and cheer season.

It is our hope to allow the youth of Central Valley School district the opportunity to safely participate in our football and cheer program for 2020. This plan is a starting point. We have every intention of revising it as we learn more and receive additional guidance and recommendations from the State of Pennsylvania, The Department of Education, the CDC and the Central Valley School District.

The information contained in this health and safety plan are based on current Pennsylvania guidance and CDC recommendations as it relates to youth sports. We will also follow all Central Valley School District guidelines.

### **Facilities Cleaning, Sanitizing and Disinfecting**

<b>Requirements</b>	<b>Procedures</b>
<b>Disinfect all surfaces and equipment before each use.</b>	<ul style="list-style-type: none"><li>• CDC approved disinfectants will be used to clean all commonly touched surfaces and items before each practice or game. During practices and games, the same surfaces and items will be cleaned at least every 2 hours.</li><li>• Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.</li><li>• The concession stand will not be operated during the 2020 season.</li></ul>

## Social Distancing and Other Safety Protocols

Requirements	Procedures
<b>Maintain social distancing between players and coaches with possible</b>	<ul style="list-style-type: none"><li>• Coaches and athletes must maintain proper social distance when possible, including in the field of play, sidelines, benches, and workout areas. During down time, athletes and coaches should not congregate.</li><li>• Markers will be used on the field to maintain appropriate space between players and cheerleaders. Teams and squads will be grouped into pods when possible to limit interaction.</li><li>• 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.</li><li>• 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 (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.</li><li>• Parent pick up and drop off times for practice and games will be staggered in 15 minute intervals to allow for less people moving on to or off the grounds.</li><li>• The Central Valley Li'l Warriors field will be set up to provide a separate entrance point and exit point.</li><li>• No fans or parents will be permitted on site for games unless given approval by the State of Pennsylvania and the Central Valley School District.</li><li>• The CVLW organization will deter parents from car pooling when possible to eliminate additional interaction between the athletes.</li><li>• The coaches and the CVLW organization will enforce a no visitors policy during practice that includes parents and other visitors.</li></ul>

	<ul style="list-style-type: none"> <li>• Virtual team meetings will be held whenever possible.</li> </ul>
<p><b>Hygiene Protocols</b></p>	<ul style="list-style-type: none"> <li>• Each player and cheerleader will be required to bring hand sanitizer which will be used during practices and games when instructed by the coaches. If they do not have hand sanitizer it will be provided to them by the organization.</li> <li>• There will be no eating during practice or games.</li> <li>• Team water coolers for sharing through disposable cups are not allowed. Each player and cheerleader must provide their own water bottle that is clearly marked with their name.</li> <li>• Athletes will be educated on proper hand washing and sanitizing.</li> <li>• Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.</li> </ul>
<p><b>Information Sharing regarding COVID 19</b></p>	<ul style="list-style-type: none"> <li>• The Central Valley Lil Warriors will provide signage around the field regarding protective measures and how to stop the spread of COVID 19.</li> <li>• Central Valley Lil Warriors will designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches will be provided the person's contact information.</li> <li>• Education on COVID 19 symptoms and proper hand washing must be communicated to the organization and proper signage in place.</li> <li>• Coaches should create a back-up staffing plan which should include cross-training staff and coaches and training all coaches and officials on safety protocols.</li> </ul>
<p><b>Face Mask Policy</b></p>	<ul style="list-style-type: none"> <li>• All coaches, staff members and board members will always be encouraged to wear a face mask.</li> <li>• Athletes will be encouraged to wear a face mask when not participating in aerobic activity.</li> </ul>

**Documentation of Health Status**

- All players, cheerleaders, coaches and staff members will complete a health survey prior to being allowed to participate in practice or games. The health survey results will be turned in to the pandemic officer each day.
- Attendance will be taken before each game or practice and attendance sheets will be submitted to the pandemic officer each day.
- All players, cheerleader, coaches and staff members will have a temperature check completed and logged by the team mom before participating in practice or games. Temperatures must be below 100.4. If a player or coach is above 100.4, they must be sent home. A parent or guardian must be notified immediately and is encouraged to notify their primary care doctor immediately. They will be allowed to return to practice or games once a note is provided from their doctor.
- The temperature check log will be turned in to the pandemic officer each day.
- If a person in the organization has had close contact for longer than 15 minutes with someone who test positive for COVID 19 that person will be required to report that exposure to the Central Valley Li'l Warriors and self-quarantine for 14 days.
- If a person in the organization is diagnosed with COVID 19 they will not be permitted back to practices or games until they are cleared by a doctor and that note is provided to the Central Valley Lil Warriors board.
- If a player or coach on a team tests positive for COVID-19 that team will forfeit all practices and games for a 14 day period.
- If a player or coach on a team tests positive all children/siblings participating in other levels in the organization will be required to quarantine for 14 days.
- Any player or coach experiencing symptoms of COVID 19 should notify their coach and refrain from attending practice

	<p>and games.</p> <ul style="list-style-type: none"> <li>• Parents and coaches will assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.</li> <li>• Visiting teams will be required to provide a roster of players, cheerleader and coaches in attendance before each game. They will provide to the CVLW a completed health survey and temperature check of all players, cheerleaders and coaches before each game.</li> <li>• Any player or coach who travels to a hot spot as labeled by the State of Pennsylvania will not be permitted to return to games for practice until 14 days after they have arrived home.</li> </ul>
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## Parent and Athlete Responsibility

Requirements	Procedures
<p><b>Follow all guidelines set by CVLW</b></p>	<ul style="list-style-type: none"> <li>• Athlete must submit to health screening before each practice or game.</li> <li>• Athlete must submit to a temperature check before each practice or game.</li> <li>• Any symptoms of COVID 19 must be reported immediately to the coaching staff.</li> <li>• Any contact with someone positive for COVID 19 must be reported immediately to the coaching staff.</li> <li>• Parents must be familiar with the health and safety plan.</li> <li>• A waiver must be on file with the CVLW before participation can begin.</li> <li>• Athletes will be encouraged to wear a mask when not participating in aerobic activity.</li> <li>• Use of hand sanitizer or hand washing will be required during practice and games.</li> <li>• Athletes will be required to bring their own hand sanitizer to each practice or game.</li> <li>• Athletes are required to bring their own water bottle labeled with their name to</li> </ul>

	<p>each practice or game.</p> <ul style="list-style-type: none"><li>• Parents are required to wash practice and game day attire after each use and sanitizer all personal equipment before the next practice or game.</li></ul>
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