

SYA CORONAVIRUS 2021

Dated: 03-09-2021

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SYA 6 STEP PLAN FOR “RETURN TO PLAY” GUIDELINES

This is a working document and will be changed as needed.

Southwestern Youth Association, Inc (also known as SYA) has been operating since 1973. We are a non-profit organization directed by an all-volunteer Board of Directors. In the 40+ years of existence, we have not seen anything like the current Coronavirus pandemic. Our participants, volunteers, officials and parents’ safety and health are at the top of our list of priorities. This pandemic challenges us all to be good teammates, neighbors, friends and acquaintances. It is paramount that all parents, participants, coaches, board members and volunteers in general, are aware of and follow the SYA guidelines to ensure everyone’s safety during this new normal.

We have established this set of guidelines to assist our players, families and volunteers in returning to this new normal in the safest way possible. We also are providing educational materials, contact information and other pertinent documents to help each of you navigate with us.

We have outlined a 6-step process that each of our sports will adhere to. There may be more specific issues that each of our sport may adopt pertinent to their governing bodies requirements. Similar to our own By Laws, the SYA 6 Step Approach for Returning to Play must be adhered to by all SYA members. The first 3 are provided as educational and the second 3 are specific. All guidance is being provided from resources at USOPC and CDC as well as other officials knowledgeable about pandemics.

STEP 1 – PREVENTION

INFECTION PREVENTION RECOMMENDATIONS

- Stay more than 10 feet away from other people
- Avoid touching your face, frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren’t soiled
- Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing
- Frequently clean commonly touched surfaces (i.e.: doorknobs, keyboards) with antiseptic cleanser

- Wear a facemask when you are outside of your home and stay home if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath
- Stay home if you are sick and call your healthcare provider for further recommendations

STEP 2 – SIGNS AND SYMPTOMS

- Common symptoms
- Fever (> 99.6)
- Cough, Shortness of breath
- Less Common Symptoms
- Sore throat
- Congestion, headache, chills, muscle and joint pain
- Nausea or vomiting, diarrhea
- Loss of sense of smell

STEP 3 – SELF MONITORING

- Twice daily, check for the following signs or symptoms of respiratory infection:
- Fever (> 99.6), Cough Shortness of breath
- Other symptoms to pay attention to include:
- Sore throat Congestion Headache Muscle and Joint Pain Chills
- Nausea or Vomiting Diarrhea
- Loss of Sense of Smell

If you develop any of the above symptoms, please DO NOT PARTICIPATE IN ACTIVITIES AND DO contact your healthcare provider to discuss how to proceed

STEP 4 – DAILY SELF SCREENING

Parents / guardians / volunteers / staff are required to complete this self-check prior to attending any activities provided by SYA. The self-check is required to be performed via a TeamSnap account. You must register with TeamSnap via your coach or Commissioner. This is being requested to ensure that you are free from COVID-19 symptoms and pose limited risk to others as well as assisting with slowing the spread of the virus. The following questions are asked.

- Are you currently experiencing a fever (100.4 or higher) or have a sense of a fever?
- Do you have a new cough that cannot be attributed to another health condition?
- Do you have shortness of breath that cannot be attributed to another health condition?
- Do you have new chills that cannot be attributed to another health condition?
- Do you have a new sore throat that cannot be attributed to another health condition?
- Do you have muscle aches that cannot be attributed to another health condition or activity?
- Within the past 14 days, have you been in close physical contact (6 feet or closer for a cumulative total of 15 minutes) with anyone who is known to have tested positive for COVID-19 or who has symptoms consistent with COVID-19?

If you have answered YES to any of these questions you should stay at home and do not participate in any SYA activities. Please notify your SYA administrator and you consult your primary doctor.

STEP 5 – PREPARING FOR PLAY

FOR PARENTS

- Face masks are to be used by all parents who are within 10' of a participant
- Practice Social Distancing – 10' while at any activities
- No parents on the field – parents must maintain social distancing
- Carpooling pooling is discouraged
- Ensure child is properly prepared for play to include individual snacks and water
- Wash your hands and face before coming to field

FOR PARTICIPANTS AND COACHES

- Recommend each Commissioner identify a COVID 19 (Hygiene) Manager volunteer to assist with coordination of guidelines and other health related items
- Wash your face and hands with soap and water before coming to the field
- Each person is to bring your personal hand sanitizer, water and snack
- Coaches to maintain 10' of physical distance by all instructors, participants and spectators
- No more than 50 people on any field
- Verify that all participants are “prepared to play” (have water, snack, their own equipment, etc)
- Face masks are to be worn by all Coaches (participants have option) who are within 10' of others
- All equipment (such as cones, goals, etc) should only be used/moved by coaches
- All coaches must adhere to 10' social distancing rules
- No spitting
- No “high fives”
- No hand shakes
- Frequent use of sanitizers
- No sharing of equipment
- Reduce body contact to a minimum
- No “huddling” of players and/or “huddling” with coaches
- Any high contact areas must be disinfected every two hours
- Establish designated areas for players when breaks are given to ensure social distancing
- Ensure sensitivity to players concerns is used as the leader of the team – they are looking to you for fun and ensuring their safety

STEP 6 – AFTER ACTIVITIES ARE DONE

- Coaches should inquire with all participants about how they feel
- Wipe down any/all surfaces that have been used, including cones, equipment, etc.
- Disinfect any left behind items and notify your team how to recover it
- These steps will help ensure that the next team to use field is “Prepared to Play”

REFERENCES AND EDUCATIONAL MATERIALS

Center for Disease Control (CDC) - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

United States Olympic and Paralympic Committee (USOPC) - <https://www.teamusa.org/about-the-usopc>

FX CO Health Department - <https://www.fairfaxcounty.gov/health/fairfax-county-health-department>

Virginia Governor Office website - <https://www.governor.virginia.gov/>

**** THIS SECTION RESERVED FOR ADDITIONAL SPORT SPECIFIC GUIDELINES ****