

JULY 7, 2020



# Colonial Youth Football League

## **COLONIAL YOUTH FOOTBALL LEAGUE**

RETURN TO SPORT COVID-19 HEALTH & SAFETY PLAN

<https://www.leaguelineup.com/welcome.asp?url=cyfl>

## **COLONIAL YOUTH FOOTBALL LEAGUE**

### **RETURN TO SPORTS COVID-19 HEALTH & SAFETY PLAN**

The following plan is a result of collaboration among sports medicine professionals of the Lehigh Valley Health Network in conjunction with guidelines set forth by the Center for Disease Control (CDC), Pennsylvania Interscholastic Athletic Association (PIAA), and the Pennsylvania Governor's Office.

**GOAL:** Provide the Colonial Youth Football League organizations with a plan for the resocialization of sport regarding off-season training, in-season practice, and competition beginning no earlier than Monday, July 27, 2020, keeping in mind the health and safety of our student-athletes, coaches, parents/caregivers, and spectators.

**DISCLAIMER:** Engaging in sports activities with and against other individuals, in any capacity during this time, holds an inherent risk of a person becoming infected and potentially infecting other individuals, such as their household members. Please consider this risk when allowing your child to participate in organized sports. Although the Colonial Youth Football League will implement procedures to reduce the risk and prevent the spread, the risk still exists.

#### **GUIDING PRINCIPLES:**

- The information regarding SARS-CoV-2, the virus causing the COVID-19 illness, is changing rapidly nationally and in our community. These recommendations will be reviewed and updated based on new scientific information and local information including COVID-19 testing capacity and state and local health department recommendations.
- Key strategies currently used should continue including frequent and effective hand hygiene, social distancing as possible, disinfecting high-touch areas, and avoiding touching the face.
- This plan is subject to change based on Federal, State, or Local governing agency guidance.
- Mr. Erik Schneider, the Colonial Youth Football League President will serve as the League Primary Point of Contact for all athletic activity questions regarding COVID-19. Mr. Schneider can be contacted at [erikpenn2003@yahoo.com](mailto:erikpenn2003@yahoo.com) or 1.267.885.3249.
  - Mr. Jason Hartranft, the Colonial Youth Football League Vice President, will serve as the Secondary Point of Contact for all athletic activity questions regarding COVID-19.
    - [jasonhartranft@nazpallet.com](mailto:jasonhartranft@nazpallet.com) or 484.602.0800

#### **GENERAL REQUIREMENTS IN ALL PHASES:**

- Student-athletes, coaches, officials, referees, and event staff **MUST** always maintain appropriate social distancing possible including in the field of play,

locker rooms, sidelines, and workout areas. Congregating during down times is discouraged.

- Student-athletes, coaches, officials, referees, and event staff MUST undergo a daily healthcare screening prior to starting any activity (off season training/workout, practice, scrimmage, or game).
  - The “Colonial Youth Football League Team & Event Personnel Screening Form” MUST be completed and signed by the individual attending the sports activity or their parent prior to arriving on campus. The completed form MUST be turned into the Coach or Team Helper upon arrival.
    - The coach or team helper will keep a daily file of completed forms.
    - ALL participants (coaches, student-athletes, etc.) must complete and submit the screening form.
    - The screening form will be available for download on the Colonial Youth Football League website and the teams will be provided with blank forms for distribution.
    - This process will be in effect until such time students physically return to school for the 2020-2021 school year.
- All coaches MUST review the CDC’s “Consideration for Youth Sports” and Governor Wolf’s “Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public”. Coaches MUST submit the “Confirmation of Review” Form to their program director or coordinator prior to beginning any training / workout / practice/ etc.
  - Coaches will provide each family with an electronic copy of the documents and host a virtual meeting to review the documents with their team prior to the first scheduled in-person training / workout/ practice.
- All student-athletes and their parents/caregivers will be provided a copy of the CDC’s “Consideration for Youth Sports” for review.
- When feasible, activities should be spaced out to limit the number of individuals arriving and departing at the same time.
- Hand hygiene is essential. Frequent and effective hand hygiene will be promoted and required. Ample hand sanitizer (60% ethanol or 70% isopropanol) must be made available in the absence of the availability of soap / water.
  - Student-athletes are encouraged to carry ample hand sanitizer in their gym bags.
- Unnecessary individuals should NOT be present (i.e. managers, non-participating student-athletes, etc.)
- Spectators, Media, and Parents are NOT permitted at off-season workouts or in-season practices.
  - Parents/Caregivers should remain in their vehicles
  - Congregating in parking lots, on field, or in facilities is NOT permitted.
- Whenever feasible, a drop off-line for student-athletes is encouraged to limit exposure.

- The Pennsylvania Governor's Office currently prohibits spectators, parents, media, etc. from attending competitions in the Green Phase.

### **YELLOW PHASE REQUIREMENTS:**

- ALL aforementioned "General Requirements for All Phases" still apply.
- ALL normal CYFL Out of Season and In Season Rules and Regulations still apply.
- Off-season training sessions can begin on campus limited to no more than twenty-five (25) individuals, including coaches per field.
- Outdoor sessions, whenever feasible, is strongly encouraged.
- Sessions should focus on strength, conditioning, agility, and technique/strategy repetitions against "air". Student-athletes are NOT permitted to compete against each-other and contact drills are prohibited in the YELLOW phase.
- All participants, including coaches must be socially distanced at 6 feet apart.
- A cloth mask must be worn for all INDOOR workouts by all participants, including coaches. This includes workouts in the gymnasium, weight room, wrestling room, etc. A cloth mask is also required by all individuals accessing the athletic training room, locker room, field house, bathroom, etc.
- A cloth mask is also required by all coaches and staff members during pre-season practice sessions on the field of play when social distancing of 6 feet or more cannot be maintained. A cloth mask is also required by all coaches, staff, and players on the sideline while not participating in a play or drill when social distancing of 6 feet or more cannot be maintained.
- Locker rooms and bathrooms will remain closed during the YELLOW phase unless there is an extenuating circumstance and will prior approval.
  - Student-athletes and coaches should report to the facility in proper gear and immediately return home to shower at the end of the session.
- When scheduling facilities, time must be provided to clean the facility after use and prior to the next group coming in.

### **GREEN PHASE REQUIREMENTS:**

- ALL aforementioned "General Requirements for All Phases" still apply.
- ALL normal PIAA Out of Season and In Season Rules and Regulations still apply.
- Off-season training sessions can continue on-campus, limited to the lesser of no more than two hundred fifty (250) individuals or 50% of the facility's maximum capacity, including coaches per field / court.
- Limited Contact Drills when necessary are permitted.
  - For example, utilize a bag or sled to teach a tackling drill. Bag and sled can be wiped down between reps.
  - If contact is required, limit drill reps to minimize contact.
- Student-athletes are permitted to compete against each other as necessary.

- Teams are permitted to scrimmage.
- Competitions are permitted.
- Social Distancing is still encouraged whenever feasible.
- A cloth mask is required by all individuals accessing the athletic training room, locker room, field house, bathroom, and weight room. A cloth mask is also required by all coaches and staff members during pre-season practice sessions on the field of play when social distancing of 6 feet or more cannot be maintained. A cloth mask is also required by all coaches, staff, and players on the sideline while not participating in a play or drill when social distancing of 6 feet or more cannot be maintained.
- Locker rooms and bathrooms will be open and social distancing is still encouraged whenever possible.
- When scheduling facilities, time must be provided to clean the facility after use and prior to the next group coming in.

#### **SCREENING:**

- The “Colonial Youth Football Team & Event Personnel Screening Form” will include the following questions:
  - Today or in the past 24 hours have you had any of the following symptoms:
    - Fever?
      - Temperature greater than 100.4 under the age of 18.
      - Temperature greater than 100 over the age of 18.
      - Student-athletes and coaches will need to take their temperature, at home, prior to coming to campus
    - New or worsening cough?
    - Shortness of breath or trouble breathing?
    - Sore throat that is different from your seasonal allergies?
    - New loss of smell or taste or both?
    - Diarrhea or vomiting?
    - Do you have a household member or close contact who has been diagnosed with COVID-19 in the past 2 weeks?
- If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student-athlete’s parents are not present, escort the student-athlete to a designated isolation room or an area away from others. The need to immediately put a mask on.
  - Parents should be notified that they need to schedule a virtual COVID-19 screening visit with LVHN, St. Luke’s, or any other qualified provider.
  - The student-athlete is not eligible to return until they present documentation signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19.

- If an individual receives a positive COVID-19 diagnosis:
  - Notify the Coach, Team Helper, and Program Director immediately.
    - Program Director will notify all affiliated contacts deemed necessary to know immediately.
    - Immediate notification will ensure the timely and efficient contact tracing necessary to stop the spread of the disease.
- If an individual not wearing a mask is confirmed to have COVID-19, the following MUST occur:
  - All persons who have been in the presence of the diagnosed individual up to 48 hours before they started showing symptoms will be excluded from participation for fourteen (14) days.
    - If participating vs. another program, the Program Director will make immediate contact with the opposing program's Director to notify them of the case for contact tracing purposes.
    - Exception to this fourteen (14) day exclusion could be made if all participants can be confirmed as practicing social distancing throughout the entire time exposed AND if the diagnosed individual was properly wearing a suitable mask.
      - These exceptions will only be made by our Program Directors in direct consultation with a LVHN, St. Luke's, or any other qualified provider and with the approval of the Program Director upon review of the professional medical staff opinion after consultation with the League President.
- Returning to Sport Post COVID-19 Diagnosis with No or Only Mild Symptoms (not hospitalized).
  - The rationale behind the following guidelines is based on the myocardial injury, cardiac dysfunction, and arrhythmias that have been in association with COVID- 19.
  - Individuals must meet all the following criteria to return to sport:
    - At least 14 days have passed since symptoms first appeared. During this time the athlete/coach should not participate in any exercise while monitoring clinical worsening of symptoms.
    - Symptoms have resolved, no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath)
    - The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP, PA).
      - Given the potential for COVID-19 to affect the heart, providers should utilize current sport pre-participation screening evaluations with a low threshold to obtain additional work-up (i.e. high sensitivity troponin, ECG, Echo) or referral to cardiology if concerned.

- Medical providers should take into consideration the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.
- After returning, the athlete/coach should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms. This individualized process should be generated as a joint decision between the medical provider, coach and an athletic trainer.
- If symptoms worsen or new symptoms occur during gradual return of play such as, but not limited to, chest pain, chest tightness, palpitations, lightheadedness, pre- syncope or syncope the athlete/coach should be evaluated by a medical provider.

## COLONIAL YOUTH FOOTBALL LEAGUE

### TEAM & EVENT PERSONNEL COVID-19 SCREENING FORM

Today or in the past 24 hours have you had any of the following symptoms:

SYMPTOM	YES	NO
Fever? <ul style="list-style-type: none"><li>• Temperature greater than 100.4 under age of 18</li><li>• Temperature greater than 100.0 over age of 18</li></ul>		
New or Worsening Cough?		
Shortness of Breath or Trouble Breathing?		
Sore Throat (that is different from your seasonal allergies)?		
New Loss of Smell or Taste or Both?		
Diarrhea or Vomiting?		
Do you have a household member or close contact who has been diagnosed with COVID-19 in the past 2 weeks?		

If you answered yes to any of the above:

- Inform your Coach, Team Mom, or Program Director IMMEDIATELY.
- Stay Home / Go Home IMMEDIATELY.
- Student-Athletes, have your parent / caregiver reach out to LVHN, St. Luke's, or any other qualified provider to receive an evaluation.
- Coaches & Staff, go to LVHN, St. Luke's or any other qualified provider to receive an evaluation.
- You will NOT be allowed to return until you have been screened and results are shared with the Program Director for approval to return.

Participant's signature below designates that this self-screening was conducted prior to reporting to campus and the information provided is true and factual to the best of participant's knowledge.

\_\_\_\_\_  
Participant/Parent/Guardian Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant/Parent/Guardian Signature  
Approved

\_\_\_\_\_  
Coach/Team Helper/Director Signature



**COLONIAL YOUTH FOOTBALL LEAGUE**  
**COACH CONFIRMATION OF REVIEW FORM**

I, \_\_\_\_\_, have reviewed, understand, and agree to comply and reinforce with my team to the best of my ability, the guidelines, recommendations, and requirements detailed in the “Colonial Youth Football League Return to Sport Plan”, the CDC’s “Consideration for Youth Sports” document, and the Pennsylvania Governor’s “Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public” document.

I also agree to conduct a virtual meeting with my student-athletes and their parents to review the mentioned guidelines, recommendations, and requirements prior to engaging in any in-person activity.

\*\*This document must be signed, submitted, and approved by the Individual Program Director prior to beginning any athletic program as of August 10, 2020 until further notice.

\*\*A detailed schedule (dates, time frames, facility, etc.), including a list of general activities you will conduct during each session, must also be submitted to the Program Director for approval at least five (5) days prior to beginning any program.

\_\_\_\_\_  
Coach’s Printed Name

\_\_\_\_\_  
Coach’s Signature

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Date Approved