



June 15th, 2020

Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about how RVJ will resume operations under the current COVID-19 pandemic. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume youth sports while following CDC considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Intensifying cleaning and disinfection within our facilities and premises by cleaning and disinfecting frequently touched surfaces in the facilities, on the court, and play surface at least daily or between use as feasible, and by cleaning and disinfecting shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants. All equipment will be cleaned before and after each lesson, practice, or game. There will be a 30 minute wait time after cleaning of equipment.
- Reducing physical closeness or contact between players when possible by allowing players to focus on building individual skills, keeping children in small groups, staggering arrival and departure times, putting signs and tape on floors to ensure that coaches and players stay 6 feet apart including during water breaks, and discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs. Practices will be kept to a maximum of 12 players outdoors and maximum of 6 players indoor. Coaches will wear face masks at all times.
- Instituting the following health screening procedures prior to practices or events:
 - Athletes
 - No temperature over 100.4 before practice (taken by staff member)
 - No symptoms such as new sore throat, new cough, new muscle pain, new loss of taste or smell, new chill, or new headache that are not explained by another illness. If an athlete has COVID 19 symptoms or has come in contact with a person that has these symptoms they must stay home and contact the club director.
 - We will need a liability waiver each time a player comes into the facility that the parent signs.



- Coaches
 - No temperature over 100.4 before practice (taken by club director)
 - No symptoms such as new sore throat, new cough, new muscle pain, new loss of taste or smell, new chill, or new headache that are not explained by another illness. If an coach has COVID 19 symptoms or has come in contact with a person that has these symptoms they must stay home and contact the club director.
- Postponing club travel outside of our community for the near future. We will continue to evaluate when it is safe to return to regional and national competition.
- Promoting healthy hygiene practices such as encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow. We will institute the following policies for athletes and coaches:
 - All athletes and coaches shall wash hands upon entrance of the facility (indoor) and use hand sanitizer for outdoor facilities.
 - Hand sanitizers and disinfection wipes will be available to athletes for water breaks.
- Requesting that parents limit entrance into our facilities unless absolutely necessary. When entering, please wear a cloth face covering. As a reminder, cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.
- Instituting the following policies regarding personal travel of players and immediate family members:
 - Any player or coach that travels outside of the Southwest Virginia area shall first read and adhere to the CDC Guidelines for travel (found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>) including, but not limited to, the use of face masks and social distancing. Upon return from travel, you must do the following:
 - Notify the club director if you traveled out of the country, or by cruise ship or river boat. Any person who does so will not be allowed to return to club activities for 14 days in addition to certifying that they have been symptom free.
 - Notify the club director if you traveled to a locality with a high incidence of COVID 19 transmission. This will be defined as a locality with a case rate greater than 1,500 per 100,000 as documented on the CDC's website (found here: <https://www.cdc.gov/covid-data-tracker/index.html#county-map>). Any person who does so will not be allowed to return to club activities for 7 days in addition to certifying that they have been symptom free.
 - This travel policy is subject to change and any new CDC guidelines that are more restrictive than those herein shall govern.



Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — must not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

In the event that a player, coach, or family member tests positive for COVID-19, the club will follow CDC guidance for reporting and eventual safe return to activities. At a minimum, this will include a 14 day quarantine of affected persons and doctor clearance. If you have a specific question about this plan or COVID-19, please contact me for more information. You can also find more information about COVID-19 at www.cdc.gov.

We look forward to seeing you. Now, let's play!

Thank you and stay healthy,
Nicole Taylor
River Valley Juniors

