



## **Santa Barbara Friday Night Lights COVID-19 RESPONSE PLAN**

Protecting the health and safety of our staff, coaches, players, parents/guardians, and their families (together, "Participants") is foremost during this pandemic. To prevent the spread of COVID-19 and protect the safety of our Participants, we are taking steps to ensure that locations where we hold mini-camps, practices, games, scrimmages, and/or Skills, Drill, and Conditioning (together, "Events") comply with a very strict set of protocols and hygiene practices in accordance with the Centers for Disease Control and Prevention (CDC), World Health Organization, Cal/OSHA, and Local Health Officer's Orders and Recommendations.

As the COVID-19 pandemic evolves on an almost daily basis, we are closely monitoring new developments and adapting our practices. Anyone with questions about this plan or COVID-19 should direct inquiries to the FNL Commissioner, Ted Pallad, [santabarbarafnl@gmail.com](mailto:santabarbarafnl@gmail.com) who is responsible for implementing this plan.

### **What Is the Coronavirus?**

As the novel coronavirus, known as COVID-19, has spread globally and in the United States, we are following the developments closely. Please take time to read the FAQs provided as we continue to monitor this situation and encourage you to only gather information from credible and verified sources, as referenced below.

### **COVID-19 Coronavirus Overview**

What is the "coronavirus" and how is it transmitted? The 2019 novel coronavirus (COVID-19) causes respiratory illness in people and can spread from person-to-person. According to the CDC, the virus is principally spread person-to-person mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other viruses that cause respiratory illness spread. It may also spread when a person touches a surface or object that has virus upon it and then touches their eyes, nose, or mouth, or in other ways.

### **How can you help prevent the spread of the coronavirus in general?**

Avoid contact with people who are sick. If you are sick, stay home and seek medical attention. Wash your hands frequently with soap and hot water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers containing at least 60% alcohol.

### **Practice physical distancing (at least 6 feet).**

Wear a cloth face covering whenever you are around other persons. Cloth face coverings are not personal protective equipment (PPE) and do not protect the person wearing the face covering. Rather, they help protect others around the wearer. Face coverings do not replace the need for physical distancing and frequent hand washing. Ensure proper use, removal, and washing of masks, including never sharing them and avoiding touching them. Take simple measures to ensure cough and sneeze etiquette: cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

### **Avoid touching your eyes, nose, and mouth with your hands.**

Routinely clean all frequently-touched surfaces.

**What are the symptoms of COVID-19?**

Symptoms may appear anywhere from 2 to 14 days after exposure. The most common COVID-19 symptoms include fever, cough, and shortness of breath or difficulty breathing. Other known symptoms can also include sore throat, fatigue, muscle or body aches, chills, new loss of smell or taste, headaches, congestion or runny nose, nausea or vomiting, and diarrhea. A list of up-to-date symptoms is available from the CDC.

**What if I am feeling sick but am not sure if I have coronavirus?**

If you have any symptoms, no matter how slight, do not participate in any FNL Event or enter any FNL Event site. Consider seeking medical attention, including COVID-19 testing.

**What if I have come in contact with someone who has been exposed to the virus or feels sick?** Do not participate in any FNL Event or enter any FNL Event site without first seeking medical attention/advice. Consult and follow the advice of healthcare providers or the local public health department regarding the length of time to stay at home.

**What You Can Do to Prevent and Reduce Transmission During FNL Events?**

Sick Participants should stay home: Participants who have any symptoms should notify their coach immediately. Sick Participants should follow CDC-recommended steps and should not return to any FNL Events until the criteria to discontinue home isolation are met, in consultation with their healthcare providers.

**Participants who are well but who have a sick family/household member should not participate in or otherwise attend any FNL Events.** They should also notify their coach immediately and follow CDC recommended precautions.

**Participants with underlying health conditions that may make them more susceptible to COVID-19 should not participate in or otherwise attend any FNL Events without the prior approval of their healthcare provider.**

**All Participants must follow the hygiene and social distancing practices recommended by CDC, and as set forth herein.**

**What has FNL done to prepare and how you can help?**

Our COVID-19 Response Plan is intended to follow the CDC's Guidelines for Youth Sports and Cal/OSHA's Guidance on Preparing Workplaces for COVID-19, including the following:

**Enhanced cleaning and sanitation protocols:**

Hand sanitizer with at least 60% alcohol will be located at the FNL tent at each Event. We have provided staff members with necessary supplies, including cleaning products approved by the EPA for use against COVID-19, to regularly clean their individual work spaces. All Participants are reminded to routinely clean any frequently-touched surfaces.

**Equipment sharing will be minimized as much as possible.** All equipment that must be shared will be cleaned and disinfected before and after each use. In particular, all footballs will be thoroughly sanitized before each Event, after which point, they must be checked out. After each use, footballs must be returned so that they can be sanitized again before the next use.

**No shared hydration methods are provided or permitted.** Participants are required to bring their own clean hydration system, such as a well-labeled water bottle, which cannot be shared.

**Participants may not share towels, clothing, or other items used to wipe their faces or hands.** As such, Participants are required to bring their own items for this purpose, which should be easy to identify before use to avoid accidental sharing. Participants' belongings must be separated from others' and in individually labeled containers.

**Spitting is not permitted.**

**Social distancing protocols tailored to our Events, including limiting attendance, redesigning activities, and requiring face coverings.**

**Parents are encouraged to drop off and pick up players only.** No gathering along the sidelines or in other areas of the Event site will be permitted. Non-player Participants wishing to watch Events are invited to do so from their enclosed vehicles only. Coaches will make regular safety announcements, including encouraging players to use downtime for individual skill-building work or conditioning, rather than clustering together.

**Unnecessary physical contact, such as high fives, handshakes, or fist bumps, are discouraged.** Players and coaches are not permitted to enter the Event site early and are required to exit the Event site immediately after their scheduled Event. Skills, Drills, and Conditioning have been identified as lower-risk activities. As such, we are resuming Events beginning only with these activities, which will focus on individual skill building and be conducted with social distancing in mind at all times. No higher-risk Event, including games or scrimmages, will be held until FNL, in its sole discretion and based on applicable guidance, has determined it is safe to return to such activities.

**Players are required to wear face coverings upon arrival and may remove masks only after reaching their assigned field.** Players must resume wearing face coverings before leaving their assigned field. All other Participants must wear face coverings at all times during Events. Participants are discouraged from carpooling, other than with members of their own household.

**Signs will be posted in visible locations that promote every day protective measures and describe how to stop the spread of germs, such as by properly washing hands and wearing a mask.** Staff training and symptoms screening: Staff have been provided training, including understanding COVID-19, preventing its spread, self-screening procedures, the importance of not coming to work if they have symptoms or live with someone who has or may have COVID-19, when to seek medical attention, hand washing, coughing and sneezing etiquette, and social distancing. All staff and coaches are required to undergo symptom screening, including temperature checks, before participating in any Event.

### **Helpful Resources for More Information**

There are several resources to assist you in keeping up with the latest facts related to the coronavirus, some of the most pertinent resources are listed below.

- ❖ CDC- COVID-19 Website <https://www.cdc.gov/coronavirus/2019-nCoV/>
- ❖ World Health Organization <https://www.who.int/>
- ❖ Santa Barbara County Public Health Department <https://www.countyofsb.org/phd/>
- ❖ San Luis Obispo County Public Health Department <https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health.aspx>
- ❖ Los Angeles County Public Health Department <http://publichealth.lacounty.gov/>