

SYA CORONAVIRUS 2021

Dated: 06-06-2021 FINAL

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SYA 6 STEP PLAN FOR “RETURN TO PLAY” GUIDELINES

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

With the recent changes in CDC, VA State and local Health Department recommendations, SYA Board of Directors has had to make changes to support the safety of our children. While the current recommendations support NOT wearing masks if you have been fully vaccinated, the issue that SYA is trying to manage is the safety of our children. The majority of our children in SYA are under the age of 12 and even those that are at the age of 12 and above, have either not been vaccinated or have not yet been fully vaccinated. Due to these issues, the following policies are in effect for all SYA members

MASKS –

All participants, coaches, officials and spectators who have **NOT BEEN FULLY** vaccinated, must wear a mask covering their mouth and nose when within 10’ of anyone. The only exception to this is participants while in competition or practice, outdoors, do not have to wear a mask.

- Please note that at this time, Fairfax County has not changed rules for indoor sports, everyone must wear a mask while indoors.

FULLY vaccinated spectators – do not need to wear masks outdoors.

FULLY vaccinated participants – do not need to wear masks outdoors.

FULLY vaccinated officials and coaches – do not need to wear masks while outdoors, if they have provided proof of vaccination to their Sport Commissioner (or designee). Otherwise, must follow the rules of not fully vaccinated individuals.

Should officials and/or coaches not want to provide proof of vaccination, they must wear a mask.

SYA will always respect an individual’s right to privacy and therefore are not requiring proof of vaccination. Rather, SYA is requesting proof and if you choose not to provide, you simply need to wear a mask. Fairfax County Department of Health has stated that only 54% of adults 18 and over are fully vaccinated as of end of May 2021.

STEP 1 – PREVENTION

The most important part of returning to play is to ensure everyone's safety by following some very basic rules.

- 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
- 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 (> 100.4)
- 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

- Check for the following signs or symptoms of respiratory infection before attending any SYA event:
- Fever (>100.4), 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

If you or family member test positive for COVID or are in close contact with someone testing positive for COVID you must notify your Sport Commissioner immediately.

STEP 4 – COVID CHECK IN VIA TEAMSNAPE

All Parents / guardians / volunteers / staff are required to complete the COVID check-in prior to participation in any event. 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.

STEP 5 – PREPARING FOR PLAY

FOR EVERYONE

We are still requiring several cleanliness practices remain in effect.

- No parents on the field
- Carpooling is discouraged
- Ensure child is properly prepared for play to include individual snacks and water
- Wash your hands and face before coming to field
- Each person is to bring your personal hand sanitizer, water and snack
- No spitting
- Frequent use of sanitizers
- No sharing of equipment / snacks / water
- No “huddling” of players and/or “huddling” with coaches
- Ensure sensitivity to players concerns is used as the leader of the team – they are looking to you for fun and ensuring their safety
- SYA Snack Bars will be allowed to open with limited sales – pre packaged items only (please check with your sport for availability)

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