**SYA CORONAVIRUS 2021 & 2022**

**Dated: 11-15-2021**

**SYA 5 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. Current local guidelines from Fairfax County allows for outdoor sports to not wear masks if you are full vaccinated. SYA requires all Coaches / Assistant Coaches that have not been fully vaccinated, must wear masks. For indoor sports, Fairfax County requires all persons entering County facilities must wear masks, except while participating in an activity, regardless of vaccination status. SYA must follow these guidelines.

Therefore, the following policies are in place for all SYA activities.

**MASKS – INDOORS**

All participants, coaches, officials, and spectators must wear a mask. The only exception to this are the players who are actively participating. Those players must wear a mask while on the sidelines/benches.

**MASKS – OUTDOORS**

Masks are only required of Coaches / Assistant Coaches who are not fully vaccinated. All others are not required to wear masks.

* 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.

**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 TEAMSNAP**

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.

* DO NOT bring your child to any activities if they are ill or under the weather
* No parents on the field
* Carpooling is discouraged
* Ensure your 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
* Ensure sensitivity to players concerns is used as the leader of the team – they are looking to you for fun and ensuring their safety

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