

SYA CORONAVIRUS 2022

Updated: 07-14-2022 FINAL

SYA 4 STEP PLAN FOR “RETURN TO PLAY” GUIDELINES

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

With the ongoing changes in CDC, VA State, and local Health Department recommendations, the SYA Board of Directors has made changes to support the safety of our children. SYA follows and creates their protocols based on recommendations of all entities mentioned. For all SYA indoor and outdoor sports, Fairfax County has rolled back their requirements to allow all to choose whether or not to wear masks. SYA will follow these recommendations. Please respect the choices of all individuals when choosing to be masked or unmasked.

Therefore, the following protocols are in place for all SYA activities:

MASKS – INDOORS AND OUTDOORS

All participants, coaches, officials, and spectators have the option to wear a mask. Under all circumstances, and at no time should anyone (masked or unmasked), attend an SYA activity if they are symptomatic or exhibit any conditions listed in our 4 step plan.

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. In all cases, if you, your child or family member are sick, please stay away from SYA activities and call your healthcare provider for further recommendations. Please err on the side of caution to minimize potential impacts to the teams.*

STEP 2 – SIGNS AND SYMPTOMS – if you have any of these do not attend activities

- 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 your particular next steps

STEP 4 – 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
- 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 their own personal hand sanitizer, water and snack
- No spitting
- Sharing of equipment / snacks / water should be avoided when possible.
- Regular cleaning or spraying shared equipment is recommended
- Coaches are to ensure sensitivity to player concerns are used as the leader of the team, and support their needs.

Any teams traveling to other areas must follow their protocols and any teams coming to our area must follow ours.