

Northern Lebanon Midget Football Association (NLMFA) Return to Play Athletic Plan

This guidance is preliminary; as more public health information is available, the NLMFA Board may release further guidance which could impact the 2020 season. This guidance is for optional summer workouts/camp for the fall sport season. Participation in summer workouts will not negatively affect further participation during in-season activities. Should families choose to not have students participate in workouts, other activities which can be completed individually, will be made available by coaches.

INTRODUCTION

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps everyone can take to reduce the risks to players, volunteers, and their families.

NLMFA will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the Northern Lebanon School District. NLMFA realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our volunteers, players, and spectators.

RECOMMENDATIONS

Recommendations for **ALL LEVELS** of players.

1. Athletes, coaches, and volunteers will complete a COVID- 19 health daily.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap). (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings will not be used for athletes while practicing or competing.) Hand sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate athletes, coaches, and volunteers on health and safety protocols.
6. Anyone who is sick must stay home.
7. Plan in place if a player or coach gets sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes and coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant.

11. Provide information to volunteers and players so they can identify if they may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.(See - CDC “People Who are at a Higher Risk for Severe Illness”).
12. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

LEVELS OF PARTICIPATION

Level 1 (PA State Red)

Team Activities: No in-person gatherings allowed, athletes and coaches may communicate via online meetings. Athletes may participate in individual home workouts including strength and conditioning.

- All school facilities remain closed as per PA State Guidelines.
- Athletes and coaches should abide by guidelines set forth by the local and state governments.

Level 2 (PA State Yellow or Green)

Team activities may include: team meetings, work-outs, practices, and games.

Pre-workout Screening:

- All participants will need to sign an acknowledgement of the dangers of Covid-19
- Athletes, coaches, and volunteers will complete a daily COVID-19 health questionnaire.
- Responses to health questionnaire for each person should be recorded and stored so that there is a record of everyone present in case a player develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- No gathering of more than (25 Yellow; 250 Green) individuals per group including coaches per practice area.
- Controlled non-contact practices only, modified game rules.
- Social Distancing should be applied during practice and gathering areas.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities, sheds, etc to mitigate any communicable disease
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.

Physical Activity:

- Players should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Association provided hand sanitizer should be used periodically as resources allow.

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Cough
- Shortness of breath
- Or at least two of these symptoms:
 - Fever
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste and smell
 - Gastrointestinal problems (nausea, diarrhea, vomiting)
 - Sore throat
 - Headache

What to do if you are sick and experiencing Covid-19 symptoms?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify NLMFA immediately (Board member, coach)
 - Within the first 24 hours the areas visited by the athlete/coach will be closed to clean and ventilated (if applicable)
 - After 24 hours-area will be deep cleaned and disinfected (if applicable)
- It will be determined if others who may have been exposed (players, coaches, volunteers) need to be notified, isolated, and /or monitored for symptoms for 72 hours
- If a positive case of COVID-19 is diagnosed contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. Those exposed to an athlete/coach will be required to self-quarantine for 14 days.
- Athletes, coaches, and volunteers must have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

What to do if a player or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from a practice/game/workout?

- Every effort will be made to isolate the ill individual from others, until the player or staff member can leave the school or event.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- Within the first 24 hours the areas visited by the athlete/coach will be closed to clean and ventilated (if applicable).
- After 24 hours the area will be deep cleaned and disinfected (if applicable)
- It will be determined if others who may have been exposed (players, coaches, volunteers) need to be notified, isolated, and /or monitored for symptoms for 72 hours.

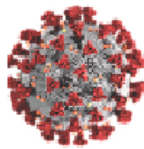
EDUCATION:

Coaches, parents, players, and volunteers will be educated on the following (through the NLMFA website, meetings, emails, etc):

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this “Return to Sport Guidelines Document”.
- Any pertinent COVID-19 information released by state/local governments.
- Athletes should remain with their assigned groups during each workout and during practices and games to limit the number of people they come in contact with.

APPENDIX

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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cdc.gov/coronavirus

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,
“Schools Decision Tree”

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

**Guidance for All Sports Permitted to Operate During the COVID-19 Disaster
Emergency to Ensure the Safety and Health of Employees, Athletes and the
Public**

<https://www.governor.pa.gov/covid-19/sports-guidance/>