



East Norriton Girls Athletic Association (ENGAA) COVID-19 Safety Plan for Youth Athletics Programs

ENGAA Safety Officer

Pete Buckley

484-951-6487

info@engaa.net



Purpose:

This guide will help educate coaches, parents, volunteers and staff on how to navigate safety guidelines during the pandemic. Information regarding prevention and process will be outlined below.

What is COVID -19?

The 2019 novel coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person.

How do I Identify COVID- 19?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.



If you or any staff, volunteer, coach, or player is showing signs of the above, they must leave the location immediately and self-quarantine until meeting the CDC's criteria to discontinue quarantine. If a player shows signs of any symptoms before a practice or game, the player should stay home and call their designated coach and the ENGAA Safety Officer for further instructions.

How can I prevent the spread of COVID-19?

The best way to prevent illness is to avoid being exposed to this virus. Learn how COVID-19 spreads and practice these actions to help prevent the spread of this illness.

To help prevent the spread of COVID-19, everyone should:

1. Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
2. Avoid close contact with people who are sick.
3. Put distance between yourself and other people (at least 6 feet).
4. Cover your mouth and nose with a mask when around others.
5. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
6. Clean and disinfect frequently touched objects and surfaces daily.
7. CDC recommends that people wear masks in public settings and when around people outside of their household, especially when other social distancing measures are difficult to maintain.
8. Masks may help prevent people who have COVID-19 from spreading the virus to others.

How do I wash my hands?

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



Guidance for Coaches and Players

- All coaches and players must sign the ENGAA COVID-19 waiver document prior to participation in any sport. This document will be given prior to the start of the season and must be on file before participation may begin.
- Coaching staff and other adult personnel must wear face coverings (masks or face shields) at all times.
- Players should wear face masks when not actively participating in a game or practice. This includes while sitting on the sidelines or dugout areas.
- Coaches and athletes must maintain appropriate social distancing at all possible times, including in the field of play, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate.
- Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains will not be used.
- Activities that increase the risk of exposure to saliva will not be allowed including chewing gum, spitting, licking fingers, eating sunflower seeds etc.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
- If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices within the same complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits.
- No concession stand will be open.
- Attendance sheets will be prepared for each practice and game to include all participating players and coaches so that, in the event of an illness, all participants can be contacted in a timely manner.
- When an ENGAA team plays an away game (non-ENGAA facility), that local league or townships COVID-19 safety rules and guidelines will apply and be communicated prior to the event.



Guidance for Caregivers and Spectators

- Adults should wear face coverings (masks or face shields) at all times and we strongly recommend non-participating children age two and older wear face coverings as well.
- Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Caregivers or spectators cannot enter the field of play or bench areas.
- Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations. Parents should refrain from attending practices, or volunteering to assist with coaching.
- Caregivers should monitor their children for symptoms prior to any sporting event. Children and athletes who are sick or showing symptoms must stay home.
- Caregivers and coaches should assess levels of risk based on individual athletes on the team who may be at higher risk for severe illness such as asthma, diabetes, or other health issues.
- When attending away games (non-ENGAA facility) the local COVID-19 rules and guidelines must be followed.

In the Event of a Suspected or Confirmed COVID-19 Infection

- If you suspect you have come in contact with someone who has COVID-19, you or your child or household members are showing symptoms of COVID-19, or you or your child or household members have tested positive for COVID-19 please contact the ENGAA safety officer (listed on page 1) and your team coach(es) immediately.
- Players or coaches who are sick during an ENGAA event will immediately be sent home or to a healthcare facility.
- If a player or coach is suspected or confirmed sick, all facilities and equipment will be thoroughly sanitized before activities can resume.
- Any players or coaches who have come into close contact with a sick individual will be notified by ENGAA staff and asked to self-quarantine following the guidelines of the CDC and Montgomery County Health Department.
- ENGAA will notify the Montgomery County Health Department of any confirmed COVID-19 infections and participate in contact tracing efforts.

The ENGAA Board of Directors appreciates your efforts to keep our players, coaches, volunteers and staff healthy and allowing for a successful youth sports season during this pandemic. If you have any questions or concerns please reach out to the ENGAA safety office on page 1 of this guide.