



## Damascus Sports Association COVID-19 Return to Play - Parents

Effective July 27, 2020 @ 5PM

**IMPORTANT, MUST READ:** *Playing sports with and/or against other individuals, in any capacity during this time, holds an inherent risk of a child or teenager becoming infected and potentially them infecting other individuals such as their household members. Please consider this risk when allowing your child/teenager to participate in organized sports.*

The following are guidelines for returning to play in phases designed to help keep all participants and our community safe.

1. The following should be applied **regardless of the Return to Play phase:**
  - a. Participation in any group activities is only allowed if you have had no signs or symptoms of COVID-19, no signs/symptoms that may have been COVID-19, have not been exposed to someone who has had signs or symptoms of COVID-19 for a minimum period of 14 days before participation or until they have documentation demonstrating the SARS-CoV-2 test was negative or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.
  - b. If you are sick or feel sick, **STAY HOME**
  - c. At risk individuals, youth or adult, **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
  - d. Anyone who self-reports a temperature of 100.4 or more should be sent home and not allowed to participate for a minimum of 14 days or until they have documentation demonstrating the SARS-CoV-2 test was negative or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.
  - e. Each player must utilize their own equipment in Phase I – II, Phase III –IV shared equipment is allowed (some with caveats or restrictions) but they should be disinfected and/or acknowledgement of parent for each practice/game/session
  - f. In ALL phases, no one is to share water, towels, or any personal equipment.
  - g. No centralized hydration or refreshment stations (i.e. team waters).
  - h. No spectators at practice/events during Phase I – II. Spectators at events during Phase III-IV should be limited and must maintain maximum social or physical distancing (should not include at risk populations). Exceptions will be made for the youngest age groups (5-7) and/or for medical reasons; these groups may have 1 adult per practice/event.
  - i. Having sanitizing options available. This may include but is not limited to:
    - i. Hand sanitizer
    - ii. Disinfectant spray to be used to spray down all equipment
  - j. Respect for each individual's choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed.
    - i. In ALL phases, ALL coaches and volunteers will wear face coverings or shields during close proximity instruction.



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**PARENT RESPONSIBILITIES:**

- If you are not comfortable with returning to play, DON'T. You are the only one who will make the decision when your child returns to play.
- Ensure your child is healthy and check your child's temperature daily and ask them whether they are experiencing any symptoms of COVID-19 (e.g. cough, fever, or loss of taste or smell).
- Always check your child's temperature before attending DSA activities with others.
- Carpooling is highly discouraged.
- Adhere to social distance requirements, based on state and local health requirements.
- When at practiced/event or dropping off your players, ensure you are wearing a mask at all times.
- Ensure child's clothing is washed after every training.
- Ensure all equipment are sanitized before and after every training.
- Notify your coach immediately if your child becomes ill for any reason.
- Do not assist your coaches/volunteers with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.
- Should the parents feel the need to communicate with a coach, it must be done via email or by text/telephone.
- When dropping off players, parents should ensure the player has been through the COVID-19 screening process before departing practice.

**PLAYERS RESPONSIBILITIES: Please review with your child**

- If you are not comfortable with returning to play, DON'T
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social or physical distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.