

# COVID-19: Please Read Daily

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1) To the best of your knowledge, within the last 14 days have you been in close contact with anyone who has been diagnosed as infected with, or is suspected of being infected with, COVID-19? **YES** or **NO**

2) To the best of your knowledge, within the last 14 days have you been in close contact with anyone who has been advised to self-quarantine by a healthcare provider? **YES** or **NO**

3) Have you tested positive for COVID-19 or been diagnosed as COVID-19 positive by a healthcare provider? **YES** or **NO**

4) Are you currently experiencing, or have you experienced in the past 14 days, any of the following symptoms?

- Fever (100.4° F or greater as measured by a temporal thermometer)
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- New loss of taste or smell
- Chills
- Head or muscle aches
- Nausea, diarrhea, vomiting

**If you responded 'YES' to either question 1,2, OR 3, OR have had symptoms as related to question 4 within the past 14 days, STOP! You are not allowed to practice. You will not be allowed to return for 14 days.**



# DON'T FEEL WELL? STAY HOME WHEN YOU ARE SICK

Tell your mom, dad, or caregiver before you come to school. Tell your teacher or an adult if you become sick at school



cough



Shortness of breath  
or problem breathing



chills



sore throat



loss of taste  
or smell



muscle pain

## OTHER SYMPTOMS INCLUDE:

fever, runny nose, diarrhea, feeling nauseous  
or vomiting, feeling tired, headache,  
and poor appetite



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## Reopening Protocol for Youth Sports Leagues

**Recent Updates:**

8/12/20: Updated to allow players to remove face coverings during periods of heavy exertion (changes highlighted in yellow).

8/6/20: Updated to clarify that youth may kick or throw a ball back and forth in pairs, but not as a group activity (changes highlighted in yellow).

The County of Los Angeles Department of Public Health is adopting a staged approach, supported by science and public health expertise, to allow certain venues to safely reopen. The requirements below are specific to Youth Sports Programs permitted to be open by the Order of the State Public Health Officer. In addition to the conditions imposed on these specific programs by the Governor, these types of programs must also be in compliance with the conditions laid out in this Checklist for Youth Sports.

Note that this protocol applies to recreational youth sports leagues, club sports, travel sports, and sports sponsored by private and public schools serving students in TK-12 schools. It is not intended for use by adult sports leagues, including collegiate sports, or amateur adult sports, which must remain closed per the State Health Officer Order. **Until further notice, all youth sports activities must take place outdoors.**

Please note: This document may be updated as additional information and resources become available so be sure to check the LA County website <http://www.ph.lacounty.gov/media/Coronavirus/> regularly for any updates to this document.

This checklist covers:

- (1) Protecting and supporting employee and customer health
- (2) Ensuring appropriate physical distancing
- (3) Ensuring proper infection control
- (4) Communicating with the public
- (5) Ensuring equitable access to services

These five key areas must be addressed as your program develops any reopening protocols.

All Youth Sports Teams must implement all applicable measures listed below and be prepared to explain why any measure that is not implemented is not applicable.

Youth Sports Team/League name:

West Valley Eagles Cross Country

Coach Name and Facility Address:

Coach Mike Russell, P.O. Box 5474, West Hills, CA 91307

A. MEASURES TO ENSURE PLAYER AND COACH SAFETY

- ▮ **Physical distancing of six (6) feet between each player and between players and coaches is required at all times.** Youth sports activities are limited to activities that enable all players and coaches to maintain a physical distance of at least six feet between each other at all times, and an eight feet distance during times of heavy physical exertion. These activities include but are not limited to training, conditioning, and skills-building activities. Contact sports cannot practice in the same manner as they used to practice prior to COVID-19.
- All players, coaches, family members and visitors are required to wear an appropriate face covering that covers the nose and the mouth at all times, except while swimming, showering, eating/drinking, **when engaging in heavy physical exertion (while maintaining a distance of 8 feet or greater from others)**, or engaging in solo physical exertion (such as jogging by one's self). This applies to all adults and to children 2 years of age and older. Masks with one-way valves may not be used. Only individuals who have been instructed not to wear a face covering by their medical provider due to a medical condition, mental health condition, or disability that prevents wearing a face covering are exempt from wearing one. Players should take a break from exercise if any difficulty breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player's face and obstructs breathing. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.
- **Screening** is conducted before players and coaches may participate in youth sports activities. Checks must include a check-in concerning fever, cough, shortness of breath, difficulty breathing and fever or chills, and whether the person has had contact with a person known or suspected to be infected with the Novel Coronavirus (COVID-19) within the last 14 days. These checks can be done in person or through alternative methods such as on-line check in systems or through **signage** posted at the entrance to the facility stating that visitors with these symptoms should not enter the premises.
  - If the person has no symptoms and no contact to a known or suspected COVID-19 case in the last 14 days, they can be cleared to participate for that day.
  - If the person has had contact to a known or suspected COVID-19 case in the last 14 days, they should be sent home immediately and asked to quarantine at home. Provide them with the quarantine instructions found at [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).
  - If the person is showing any of the symptoms noted above, they should be sent home immediately and asked to isolate at home. Provide them with the isolation instructions found at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).
- ▮ Until further notice, all youth sports activities must only take place outdoors. Teams may utilize a canopy, or other sun shelter, but only if the sides of the canopy or sun shelter are not closed and there is sufficient outdoor air movement.
- ▮ All youth sporting events, including tournaments, events or competitions are not permitted at this time. Practice games among players of the same team (intra-squad games, scrimmages, and/or matches) are allowed for non-contact sports only. Non-contact sports include those sports that allow all players in the game, scrimmage or match to maintain an 8-foot distance between one another during competition (for example, singles tennis matches, golf matches, some track and field events).

- ▮ Any areas where players are seated off-field or off-court (e.g., bench, dugout, bullpen) has been reconfigured to create additional seating such that players and employees are able to maintain a physical distance of 6 feet while in the area.
- ▮ Youth sports programs should ensure that players remain in a stable cohort in order to limit the risk of transmission (see [CDC Guidance on Schools and Cohorting](#)).
- ▮ Consider redesigning youth sports activities for smaller groups and rearranging practice and play spaces to maintain physical separation.
- ▮ To the maximum extent practicable, players are encouraged to bring their own equipment (for example, bats, golf clubs, rackets) to practice and not share equipment. Players may engage in limited sharing of equipment, such as kicking a soccer ball between two players, or throwing a baseball, football, or frisbee as part of skill-building exercises. However, sharing of equipment in this manner should only be in designated pairs of players, not as a group activity. If equipment must be shared, it is disinfected between use by different people to reduce the risk of COVID-19 spread.
- ▮ Players, coaches, and employees are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps) to limit the potential for disease to spread.
- ▮ Sports teams that have access to indoor bathroom and locker facilities may access them for the purposes of engaging in hand hygiene, changing, showering, and utilizing the rest rooms. Stagger visits to the locker room or rest rooms to allow for physical distancing while indoors.
- ▮ Any locker rooms or restrooms that are in use are disinfected frequently, on the following schedule:
  - ▮ Locker rooms  
\_\_\_\_\_
  - ▮ Restrooms  
\_\_\_\_\_
  - ▮ Other  
\_\_\_\_\_
- Players and coaches should use hand sanitizer when handwashing is not practicable. Sanitizer must be rubbed into hands until completely dry. Note: frequent handwashing is more effective than the use of hand sanitizers, especially when hands are visibly dirty.
- Children under age 9 should use hand sanitizer under adult supervision. Call Poison Control if consumed: 1-800-222-1222. Ethyl alcohol-based hand sanitizers are preferred and should be used when there is the potential of unsupervised use by children. Isopropyl hand sanitizers are more toxic and can be absorbed through the skin.
- Encourage players to bring their own pre-filled reusable or purchased water bottles. Water fountains are available to fill water bottles only. Players should not drink from the same beverage container or share beverages.
- When choosing cleaning products, use those approved for use against COVID-19 on the Environmental Protection Agency (EPA)-approved list “N” and follow product

instructions. These products contain ingredients which are safer for individuals with asthma.

- Use disinfectants labeled to be effective against emerging viral pathogens, following label directions for appropriate dilution rates and contact times. Provide employees training on the hazards of the chemicals, manufacturer's directions, and Cal/OSHA requirements for safe use.
- Custodial staff with the responsibility of cleaning and disinfecting the site must be equipped with proper protective equipment, including gloves, eye protection, respiratory protection, and other appropriate protective equipment as required by the product instructions. All products must be kept out of children's reach and stored in a space with restricted access.
- All employees have been told not to come to work if sick, or if they are exposed to a person who has COVID-19. Employees understand to follow DPH guidance for self-isolation and quarantine, if applicable. Workplace leave policies have been reviewed and modified to ensure that employees are not penalized when they stay home due to illness.
- Workers are provided information on employer or government-sponsored leave benefits the employee may be entitled to receive that would make it financially easier to stay at home. See additional information on government [programs](#) supporting sick leave and worker's compensation for COVID-19, including employee's sick leave rights under the [Families First Coronavirus Response Act](#) and employee's rights to workers' compensation benefits and presumption of the work-relatedness of COVID-19 exposures occurring between March 19 and July 5 pursuant to the Governor's Executive [Order](#) N-62-20.
- Upon being informed that one or more employees, coaches, or players test positive for, or has symptoms consistent with COVID-19 (case), the team has a plan or protocol in place to have the case(s) [isolate themselves at home](#) and require the immediate [self-quarantine](#) of all employees that had a workplace exposure to the case(s). The team or league's plan should consider a protocol for all quarantined individuals to have access to or be tested for COVID-19 in order to determine whether there have been additional workplace exposures, which may require additional COVID-19 control measures. See the public health guidance on [responding to COVID-19 in the workplace](#).
- [Employee screenings](#) are conducted before employees may enter the workspace. Checks must include a check-in concerning cough, shortness of breath, difficulty breathing and fever or chills and if the employee has had contact with a person known to be infected COVID-19 in the last 14 days. These checks can be done remotely or in person upon the employees' arrival. A temperature check should also be done at the worksite if feasible.
- In the event that 3 or more cases are identified among the members of the youth sports team within a span of 14 days the coach or league should report this outbreak to the Department of Public Health at (888) 397-3993 or (213) 240-7821. If a cluster is identified at a worksite, the Department of Public Health will initiate a cluster response which includes providing infection control guidance and recommendations, technical support and site-specific control measures. A public health case manager will be assigned to the cluster investigation to help guide the response.
- Employees who have contact with others are offered, at no cost, an appropriate face covering that covers the nose and mouth. The covering is to be worn by the employee at all times during the workday when in contact or likely to come into contact with others. Employees who

have been instructed by their medical provider that they should not wear a face covering should wear a face shield with a drape on the bottom edge, to be in compliance with State directives, as long as their condition permits it. A drape that is form fitting under the chin is preferred. Masks with one-way valves should not be used. Employees need not wear a face covering when the employee is alone in a private office or a cubicle with a solid partition that exceeds the height of the employee when standing.

- Employees are instructed to wash or replace their face coverings daily.
- Employees, coaches, and youth team members have been reminded to adhere to personal prevention actions including:
  - Stay home when you are sick.
    - Stay home until at least 10 days have passed since your symptoms first appeared AND at least 24 hours after recovery, which means your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms (e.g., cough, shortness of breath).
    - If you tested positive for COVID-19 but never had any symptoms, you must stay home until:
      - 10 days after the date of the first positive test, but
      - If you develop symptoms, you need to follow the instructions above.
  - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands before meals, after using the restroom and after coughing and sneezing.
  - Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).
  - Do not touch your mouth, eyes, nose with unwashed hands.
  - Avoid contact with people who are sick.
  - Avoid sharing items such as phones or other devices. If devices must be shared be sure to wipe them down with a disinfectant wipe before and after sharing.
  - Constantly observe your work distances in relation to other staff and players. Always maintain the recommended minimum 6 feet separation from others unless specific work assignments require less distancing and wear a face cloth covering when working near or with others.
  - Disinfect frequently touched objects and surfaces. This should be done hourly during business hours.
- Copies of this Protocol have been distributed to all employees, youth, and families.

## B. MAINTENANCE PROTOCOLS

- Group gatherings are prohibited, and benches and tables are removed or cordoned off because they can't be used.
- Commonly used items are sanitized regularly.
- Commonly used equipment is sanitized before and after each use.

- Restrooms are sanitized regularly.
- Water fountains are available to fill water bottles only.

C. MONITORING PROTOCOLS

- Instruction and information signage are posted throughout the facility regarding infection control, physical distancing and the use of face coverings. Online outlets of the youth sports program (website, social media etc.) provide clear information about physical distancing, use of face coverings and other issues.
- Signs are posted that instruct visitors that they should stay home if sick with respiratory symptoms.
- Coaches and league managers monitor compliance of posted restrictions.
- Participants are asked to leave if not complying with these restrictions.

Any additional measures not included above should be listed on separate pages, which the youth sports coordinator should attach to this document.

You may contact the following person with any questions or comments about this protocol:

Youth Sports  
Leadership

Contact Name:

Coach Mike Russell

Phone number:

818 606 9892

Date Last  
Revised:

21 August 2020