



COVID-19 PROTOCOL

As we relaunch our youth sports programs, we've adapted our programming for your safety.

We should all be thankful that with rare exceptions, COVID-19 is not claiming the lives of our children. However, we can never forget that a child can spread COVID to other demographics who may be more vulnerable such as family members aged 65 or older with pre-existing health conditions that are at a higher risk of COVID-19 complications.

Possible symptoms of COVID-19 include:

- ✓ Cough
- ✓ Shortness of breath or difficulty breathing
- ✓ Chills
- ✓ Repeated shaking with chills
- ✓ Muscle pain
- ✓ Headache
- ✓ Sore throat
- ✓ Loss of taste or smell
- ✓ Diarrhea
- ✓ Feeling feverish
- ✓ Temperature greater than or equal to 100.0 degrees Fahrenheit
- ✓ Known close contact with a person who is lab confirmed to have COVID-19

WHAT WE ASK OF OUR COACHES, PLAYERS AND FAMILIES:

Opinions on this disease and its prevention vary widely. Regardless of your personal level of concern, we ask you to follow these simple and safe guidelines out of respect for all of our participants and their families:

1. Please conduct practices without spectators other than one parent or guardian per participant, as needed.
2. At games and competitions, spectators should respect 6 foot social distances from individuals not within the spectator's group.
3. As a spectator, consider wearing a face mask if you find yourself within close contact of others.
4. ONE SPORTS NATION is temporarily suspending the requirement for post game handshakes between the teams. However, sportsmanship is a key element to the development of our players and we highly encourage coaches and players to display their respect for the other team in a non-contact way, such as a cheer. Remember, if your opponent did not show up to play, you wouldn't have had a game today. Respect and appreciate them for giving you a game.
5. It is not safe for our players to wear face masks during physical activity as it hinders breathing, so face masks will not be required to participate.

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Please be aware that although COVID is a significant recent health concern in society, it is not the only concern. Mouth guards will still be a participation requirement for flag football to protect participants from oral injuries due to unintentional contact.

It should go without saying that washing or sanitizing hands frequently will help to stop the spread of COVID.

The CDC warns that COVID is spreading very easily and sustainably between people. The CDC further advises that touching a surface or object that has the virus on it is not the main way the virus spreads.

WHAT WE WILL BE DOING:

Your League Commissioner is the individual responsible for implementing health protocols for the league and will ensure sanitary conditions at the game day are provided for.

Just as it was before COVID, each individual that attends practices or game day is responsible for their own behaviors and the safety of their child. No one is being forced to participate.

Our league commissioners will provide sanitization protocols for common surfaces, restrooms, recreational equipment, and facilities before and after game day.

- ✔ Staff exhibiting symptoms identified above will not be allowed at game-day.
- ✔ Sanitization of all program areas as deemed appropriate
- ✔ Sanitization of equipment before and after game day
- ✔ Hand washing or hand sanitizing before and after activities

It is not safe for our officials to wear face masks as it hinders breathing, so face masks will not be required to participate.

With a little common sense and healthy hand washing habits COVID will begin to play a smaller role in our lives. In the mean time, we ask for your cooperation as we relaunch our youth sports programming for your family.

We've missed you and are excited to see you on Game Day!

One Sports Nation