

## **DYSA Covid 19 Health and Safety Protocols**

The following set of health and safety protocols seek to safeguard the health and wellbeing of players, coaches, families and other volunteers as much as possible. They seek to follow National policies, regulations established by public health authorities, guidance from medical professionals and best practices being followed by other youth sports agencies. Protocols will be updated to maintain compliance with DYSA and local health guidance. This guidance is subject to change as conditions and local and state regulations change.

### **Standard Practice Protocols**

Training sessions will be conducted in person and must adhere to the following general practices:

- Players participating must be registered with DYSA.
- Team Manager shall serve as the Site Manager for all training sessions
- Players, coaches, family members and other volunteers will follow local physical (social) distancing rules at all times.
- No bathrooms will be available at the fields. Players and coaches will need to use the bathroom prior to the training sessions.
- Players and coaches will stay at home if they are sick and will not be allowed at trainings until they have recovered.
- Players will have temperatures taken using “no contact” thermometers before each training session. If a fever is indicated, they will not be permitted to train or remain on the field. Players may return for a subsequent session only when they have fully recovered.
- All shared equipment will be cleaned after each use. Shared equipment is discouraged.
- All players and coaches will wash hands before each training session.
- Hand sanitizer that contains at least 60% alcohol will be provided and used by players and coaches before, at a training session midpoint, and at the conclusion of each session.
- Players and coaches will cover their mouths and noses when coughing or sneezing.
- Trainings will allow for ample space for player distancing. Check-in procedures will be in place to provide appropriate physical distancing.
- Further communications regarding trainings will be provided to families to ensure that only healthy participants attend. Expectations and guidelines will be updated and communicated to families as needed.

### **Coach Protocols**

- Coaches must have registered with DYSA.
- Coaches will follow all guidance provided by the “Site Manager” present at the session. Coaches will instruct players to respect and follow all guidance provided by the “Site Manager” at all times.

- Coaches will maintain physical (social) distancing requirements from players and family members.
- Coaches will ensure that hand sanitizing stations are set up at each session.
- Coaches will wear a face mask at all times during training sessions.
- Coaches will provide any equipment that may need to be shared during each session and any shared equipment will be cleaned between uses. Coaches will not physically greet players (e.g., no high 5s or fist bumps, etc.).
- Coaches will establish safe zones where players place bags and other equipment, at least 10 feet apart.
- Coaches will have an action plan in place and approved by DYSA, in case of notification of a positive test result.
- Coaches will notify the families of all players who have had close contact with a person recently diagnosed with COVID-19 and advise them to follow local health guidelines for exposure.
- Coaches will ensure that if ice packs are needed, they will not be shared and, if reusable, will be disinfected between uses.
- If a player is injured during a session, coaches will use their best judgment to decide if physical distancing requirements need to be broached to assess the injured player. If a player's family member is available to come onto the field, the coach will attempt to coordinate an assessment of the player's fitness and injury with the family member
- Coaches will provide single-use bottled water for players that did not bring sufficient quantities of water to stay hydrated.
- Coaches will stay positive and create a fun environment.

### **Parent Protocols**

- Parents will respect and follow all guidance provided by the "Site Manager" at the field. Parents should feel comfortable contacting the "Site Manager" with any questions or suggestions about the health and safety protocols being followed at the sessions.
- Parents, and family members will abide by state and local physical (social) distancing requirements
- Parents will be permitted to check-in players but are not be permitted to be on the field during training sessions.
- Parents will ensure their children are healthy and are requested to take player temperatures before each session. If players have a fever (e.g., a temperature over 99°F), players should not attend and parents should notify coaches immediately.
- Consistent with applicable law and privacy policies, parents should notify coaches immediately if their player has COVID-19 symptoms, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
- Parents will drop off players and receive verbal acknowledgement from the coach (no physical contact).
- Parents will wear face masks when they are in proximity of others.
- Parents will not assist coach with equipment before or after training sessions.
- Recommended that player's clothing is washed after every session.
- Recommended that all equipment they bring, are sanitized before and after every session.

- Recommended that each player brings water and their own hand sanitizing products at every session.

### **Player Protocols**

- Players participating must be registered with DYSA.
- Players will respect and follow all guidance provided by the “Site Manager” at the field. Players should feel comfortable contacting the “Site Manager” with any questions or suggestions about the health and safety protocols being followed at the sessions.
- Players will wash hands before and after each session.
- Players will be responsible for bringing their own equipment including gloves, bats and helmets. When not possible, DYSA will work to get each player their own package to the extent possible.
- Players will bring their own water and not share or touch any other players’ equipment or possessions (gloves, water bottles, phones, etc.)
- Players will practice social distancing, and place bags and personal equipment at least 10 feet apart from other players’ bags and personal equipment.
- Players will not share drinks or use water fountains at the training facility.
- Players will observe social distancing requirements and will not have physical contact with other players, coaches or volunteers, including when greeting teammates and at the conclusion of each session.
- During any extended breaks from play, players will wear a cloth face covering that covers their nose and mouth.
- Players will label all equipment they bring to training sessions.
- Recommend that each player brings their own labeled hand sanitizer at every session.
- Players should inform parent or coach if they feel unwell for any reason.

## **Appendix 2: Guidance for Site Manager**

Thank you for your time today! We appreciate your help. Please find your responsibilities below.

### **PLAYER ARRIVAL**

1. All players, coaches and parents should wear face masks when arriving. Please remind everyone to keep masks on when arriving.
2. Players and coaches should place their bags, water and other equipment on cones or dots that are about 10 feet apart.
3. Players and coaches can chat and warm-up as they wait for check-in, as long as they stay about 10 feet apart and wear masks.

### **CHECK-IN AND TEMPERATURE CHECK**

4. Squirt hand sanitizer on the player, coach or volunteer being screened.
5. Players and Coaches and Volunteers should have a temperature check before any physical activity.
  - a. Sweat or sunblock should be wiped off before screening.
  - b. Do not take temperature reading over a scar or scab.

- c. Only screen a person who is not facing into the sun. Shade should be on their skin for the check.
- d. Take the temperature reading at center of forehead about one inch away from the skin. Do not take a temperature reading from any other area. If the thermometer touches the skin, disinfect the thermometer and ask the player to put sanitizer on their forehead.



- i. If the reading is at or lower than 96 °F, please recheck the player's temperature or ask a coach for assistance. If the reading continues to be below 96 °F, ask a program coordinator to use a different thermometer.
- ii. If the reading is between 96°F and 100°F, please put a check mark next to the players' name for the date of the training session. Please do not record a temperature number. The player is cleared for practice and can take off her or his face mask and begin the physically distanced activity planned by the coach.
- iii. If the reading is at or higher than 100 °F, please have the player or coach rest in the shade and hydrate for 10-15 minutes. Recheck the temperature. If there is a temperature reading over 100.4 ° F, notify the coach. The coach should ask the player, coach or volunteer to go home and provide the individual with instructions on monitoring for symptoms of COVID. Upon returning home, if the participant is experiencing any symptoms of COVID and/or if the participant is tested for COVID, she or he should notify the coach. If a participant is feeling fine by the next training session and his or her temperature is within the acceptable range, he or she is welcome to come back to play, coach, or volunteer.

## **DURING TRAINING SESSION**

6. Squirt hand sanitizer on each participant once during practice.
7. During practice, watch and remind players and coaches of 10 feet physical distancing, both on the field and during water breaks. Coordinate with coaches on intervening during the training session.

## **AFTER TRAINING SESSION**

8. Chat with coaches after practice about any recommendations for future training sessions.
9. Give participants one last squirt of sanitizer.
10. Assist with cleaning equipment and any other cleaning that needs to be done after practice.

## ***Important Notes about Using and Storing Thermometers***

Thermometer readings will be inaccurate if the weather outside is colder than 59 ° F or hotter than 104 ° F. Thermometer needs 30 minutes in the environment to calibrate itself to the outside temperature before screening. This Thermometer is a precision instrument. Please store it in the container it came in at an environment between 60 ° F to 104 ° F.