

COVID-19 Best Practices for Members of the CAA

These best practices are general guidelines developed from CDC, Arizona State Department of Health and other sports management resources. They are intended to provide a minimum standard to guide schools in hosting visitors and visiting teams. These guidelines may be modified to comply with state and local orders as needed.

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

With rare exceptions, COVID-19 is not claiming the lives of children. However, a student with a mild or even asymptomatic case of COVID-19 may spread that infection to others who may be far more vulnerable.

Coronavirus is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing or speaking. It may also be spread by touching objects where contaminated droplets have landed followed by touching of mouth, nose, or eyes. Due to this easy manner of transmission, an infant, child, young person, or adult who is infected with coronavirus can spread the infection to others they come in close contact with, such as members of their household, coaches and players. Infected persons with mild or even no symptoms may spread the virus.

Due to these risks, we are adopting and implementing return to play protective guidelines to mitigate the risks of virus transmission. Many of these guidelines have been adjusted for junior high and high school sports and a result are *not* as restrictive as what may be applied for adults in social and business settings.

Parents should monitor the health of their students and not send them to participate in sports events if they exhibit any symptom of infection. Adult staff members and visitors should do the same. They should seek COVID-19 testing promptly and report results to school administrators given the implications for other participants, families, and staff.

The following are minimum guidelines to reduce transmission risks for visiting team players, staff (team and league), parents/guardians, and spectators.

- **COVID-19 Coordinator:** Appoint a COVID-19 coordinator to oversee all aspects of the COVID-19 risk management plan including implementation, monitoring, updates, communications, staff training, regulatory compliance, documentation, and answering staff, player, parent/guardian and spectator questions about COVID-19 concerns. All coordinators are recommended to take the NFHS Covid-19 online course.

- **FACE COVERINGS (Mask):** Should be worn by all spectators at all events at all times until city ordinances are lifted while unable to physically distance. Coaches will be required to wear face covering and Athletes should wear a face covering upon arrival and only remove the face covering once at the bench area. Athletes will not be required to wear masks while warming up or competing but if they choose to they are allowed during all CAA competitions.

- **Signage:** COVID-19 warning signage should be conspicuously posted warning of COVID-19 risks and what steps can be taken to reduce such risks such as social distancing, use of face coverings, frequent hand washing and/or use of hand sanitizer, and enhanced risks to those with underlying conditions and over the age of 65.

- **Pre-event Screening:** Conduct pre-event questioning of all players and coaching staff about the existence of any COVID-19 symptoms or known close contact with a person who is lab confirmed to have COVID-19. (schools will fill out Covid tracker - see form)

- **Temperature Check:** The CDC Considerations for Youth Sports guidelines *no longer* suggest taking temperature checks at home or on location. Member schools may require temperature checks to enter the facility.

- **Social Distancing/Physical Distancing:** All staff, players, parents/guardians and spectators not of the same household should be encouraged to practice social distancing whenever possible

- **Personal Hygiene:** Host facilities with restrooms will be clean and equipped to allow proper hygiene (washing hands with soap and water).

- **Hand Sanitizer Stations:** The host shall provide a hand sanitizer station. In addition, teams and players should provide their own hand sanitizer.
- **Water:** No team coolers will be provided. Parents/guardians should provide separate water bottles or sports drinks for their students.
- **No Handshake Policy:** A no contact policy will be observed for customary game-related activities such as pre-game coaches' handshakes, player introductions, and post-game handshakes between members of opposing teams. Instead, officials, players, and coaches should use verbal greetings such as saying "good game", without shaking hands, high-fiving, or fist-bumping.
- **Shared Equipment:** The use of shared equipment (e.g., game balls) should be disinfected prior to use.
- **Facility Sanitation:** The facility should regularly clean and sanitize all common areas including seating, bathrooms and similar areas between games and activities. The facility should also provide additional cleaning supplies.

Canyon Athletic Association

Covid - 19 Coordinator: Pete Corrado

Reference:

<https://www.sadlersports.com/sample-covid-19-guidelines-for-amateur-youth-sports-teams-leagues/>

https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>