



Revised January 14th, 2022

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LTYA Sport Guidelines Effective Immediately

Field Use by Reservation Only

**Teams & Participating Families must adhere to the following:**

**Parents Please Note:** Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.

To all parents and guardians there are enhanced risks of participants being in direct contact with anyone age 65 or older for 14 days after participating in a sport event or practice.

These Guidelines apply to LTYA activities at LTYA Field of Dreams and while playing LTYA sports at 3<sup>rd</sup> party locations. However, Players, Coaches and Spectators must always comply with the 3<sup>rd</sup> party facility protocols when playing outside of LTYA Field of Dreams.

1. Pre-Activity Screening: Parents should actively screen their children before each LTYA activity by asking them specific questions (children are often not forthcoming about minor symptoms and subjective symptoms are not observable without asking). Questions should be: "Do you have a sore throat, headache, chills, body aches, diarrhea, loss of taste or smell?" Parents should observe for rash or fever. If the answer is yes to any of those questions it is essential that the child NOT attend practice and be evaluated by a medical professional before returning to play.
2. Any player who fits the following descriptions should NOT attend any LTYA activity/facility:
  - A player coming from a household where a family member has tested positive or exhibits the above symptoms.

- A player that is not fully vaccinated that has been exposed to someone who has tested positive.
  - A player is being tested or has been tested and is awaiting results.
  - A player that has been quarantined from school until they meet the LTYA Return to Play criteria in 16 below.
3. Players and Spectators are encouraged to socially distance whenever possible.
  4. Masks are encouraged but not required, except when playing at an offsite facility that requires masks or as required by a sport sanctioning body.
  5. Each player is encouraged to have their own bottle of hand sanitizer in their sports bag. They should apply it at the beginning of each activity at breaks and immediately following the activity. Individual hand sanitizers should not be shared between players.
  6. Pre-packaged team snacks are permitted.
  7. Parents should instruct their players prior to each practice to cover their nose and mouth if they need to cough or sneeze at practice.
  8. Water bottles should be kept inside the players sport bag. The tops of the water bottles should be clearly labeled with the child's name to avoid accidental drinking from the wrong bottle and sanitizer should be used before touching the water bottle.
  9. Where appropriate, each player should bring their own ball to every practice and only use their ball for the entire practice. (Basketball, Soccer etc.)
  10. Players should not share their personal equipment.
  11. If at any time a Coach doesn't feel comfortable continuing practice/game/activity for any reason whatsoever, they should stop and discontinue practice/game/activity.
  12. If at any time a Parent doesn't feel comfortable with their player participating in the practice/game/activity for any reason whatsoever, they should remove their child from the practice/game/activity.
  13. It is the Parent's responsibility to ensure these Guidelines are followed for their player and family and accept full responsibility for the well-being of themselves, their child, their family and guests.
  14. It is everyone's responsibility to make sure these overall Guidelines are followed.
  15. If these Guidelines are not being followed, you should remove your child from play, advise the coach of the concerns and email the concerns to [scott@tylas.net](mailto:scott@tylas.net)

16. Un-vaccinated Players, Coaches and Staff may return to play/work based on the following:

- A) In the case of a player, coach or staff member being diagnosed with COVID-19, the individual may return to play/work when all three of the following criteria are met:
  - i) at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
  - ii) and the individual has improvement in symptoms (e.g., cough, shortness of breath);
  - iii) and at least 10 days have passed since symptoms first appeared.
  
- B) Players, coaches or staff members coming from a household where a family member has tested positive may return to play after day 10 from;
  - i) last exposure to a symptomatic family member;
  - ii) or initial exposure to an asymptomatic family member;
  - iii) and provided such person does not experience any symptoms themselves.
  
- C) Players, coaches or staff members that have had direct social contact with a Covid positive person may return to play;
  - i) After day 10 days from exposure provided, they do not display any symptoms
  - ii) After day 7 after receiving a negative test result (test must occur on day 5 or later)
  - iii) LTYA accepts any medically administered Covid test

If any un-vaccinated person is unsure if they have been exposed to someone that is or may be Covid positive, they should follow the protocols in C above at a minimum.

17. Vaccinated Players, Coaches and Staff may return to play/work based on the following:

- D) In the case of a vaccinated player, coach or staff member being diagnosed with COVID19, the individual may return to play/work when all three of the following criteria are met:
  - iv) at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
  - v) and the individual has improvement in symptoms (e.g., cough, shortness of breath);
  - vi) and at least 10 days have passed since symptoms first appeared.
  
- E) Players, coaches or staff members coming from a household where a family member has tested positive may return to play after day 5 from initial exposure provided, they do

not show any symptoms. A negative test result is encouraged but not required. If you develop symptoms, you should stay home and get tested.

- F) Players, coaches or staff members that have had direct social contact with a Covid positive person do not need to quarantine.

Here is the CDC definition of close contact for the coronavirus disease:

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period\* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

*\* Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes). Data are limited, making it difficult to precisely define “close contact;” however, 15 cumulative minutes of exposure at a distance of 6 feet or less can be used as an operational definition for contact investigation. Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding), if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors). Because the general public has not received training on proper selection and use of respiratory PPE, such as an N95, the determination of close contact should generally be made irrespective of whether the contact was wearing respiratory PPE. At this time, differential determination of close contact for those using fabric face coverings is not recommended.*

Parents should of course follow the same protocols above with regard to attending any LTYA activity.

18. Parents and Participants Acknowledge that this a very fluid situation and these requirements may be modified over time in concert with local, county and state guidance as well as Centers for Disease Control (CDC) guidelines. Parents agree to adjust to any updated guidance as communicated to them by their Team Coach of LTYA representative.

19. The spitting, eating or other use of seeds, gum or other similar products is not allowed by anyone at the facility.