



Central Valley Li'l Warriors

P.O. Box 95, Monaca, PA 15061

Health and Safety Plan Summary: Central Valley Li'l Warriors

The Central Valley Li'l Warriors Health and Safety Plan represents our intended actions during the 2021 football and cheer season as the pandemic environment stands today. The information contained in this health and safety plan is based on current guidelines determined by Central Valley School District. CDC and Pennsylvania Department of Health recommendations may also be referenced for guidance as it relates to youth sports. Please note, this plan is subject to change based upon updates as enforced by Central Valley School District, local, state, and federal governments, PIAA, and the CDC. **If you have any questions about the content of the Health and Safety Plan, please contact Leslie Russell, CVLW Pandemic Officer @ lesliejosh russell@msn.com, by phone at 724-513-9923, or via the Central Valley Li'l Warriors Facebook Page.**

Facilities Cleaning, Sanitizing and Disinfecting

Requirements	Procedures
Disinfect all surfaces and equipment before each use.	<p>CDC approved disinfectants will continue to be used to clean commonly touched surfaces according to current CDC recommendations.</p> <p>per CVSD, shared materials are now allowed, and proper hand hygiene should be encouraged</p> <p>The concession stand WILL operate during the 2021 season. If it is determined the concession stand is allowed to open, CVLW will follow all recommended CVSD guidelines for sanitation and food preparation.</p>

UPDATES

9/23/20 HB

/3/15/21; 6/22/21; 6/23/21; 7/19/21 LJR

Pandemic Safety Protocols

Requirements	Procedures
Social Distancing	All social distancing requirements and capacity limits have been removed by CVSD at this time in accordance with the May 31, 2021, governor order.
Hygiene Protocols and Information Sharing regarding COVID 19	<p>The Central Valley Lil Warriors will provide signage around the field and education via the CVLW website regarding recommended protective measures including hand hygiene, respiratory etiquette, and self-monitoring COVID-19 symptoms</p> <p>Central Valley Lil Warriors will designate a primary point of contact for all questions related to COVID-19, and all parents, participants, officials, and coaches will be provided the person's contact information.</p> <p>CVLW will encourage individuals to self-report any symptoms and stay home when appropriate without fear of reprisal.</p> <p>Coaches/Sponsors should create a back-up staffing plan which should include cross-training staff, coaches, and sponsors on training all staff and officials on safety protocols.</p>
Face Mask Policy	<p>All masking requirements have been removed by CVSD at this time in accordance with the June 28, 2021, governor order.</p> <p>Any individual may continue to wear a face mask if so desired. If that is the case, individuals will be expected to provide their own face mask or one for their child.</p>
Evaluation and Documentation of Health Status	Per CVSD, it is encouraged that all participants, coaches, sponsors and staff members self-assess their current health status prior to participation in practices or games. If any COVID-19 symptoms are identified, the individual should immediately refrain from participation, notify their coach or team mom(s), and seek the appropriate medical attention. The CDC offers tools to assist with health self-checks along with symptoms lists if guidance is needed:

UPDATES

9/23/20 HB

/3/15/21; 6/22/21; 6/23/21; 7/19/21 LJR

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

If a player is being tested for COVID-19 they must not attend practice or games while they are awaiting test results. A physical record of the test results must be turned in to the organization pending the outcome of the test. All test results will be returned to the parent or destroyed at the end of the season.

Team Moms and Sponsors should notify the pandemic officer of any pending participant, team mom, coach, or sponsor health concerns.

If a person in the organization has had close contact with someone who tests positive for COVID-19 that person will be required to report said exposure to the Central Valley Li'l Warriors and self-quarantine for 10 days.

- The CDC defines close contact as the following:
 - You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
 - You provided care at home to someone who is sick with COVID-19
 - You had direct physical contact with the person (hugged or kissed them)
 - You shared eating or drinking utensils
 - They sneezed, coughed, or somehow got respiratory droplets on you

If a person in the organization is diagnosed with COVID-19 they will not be permitted back to practices or games until they are cleared by a doctor and that note is provided to the Central Valley Lil Warriors board.

If a participant or coach on a team tests positive for COVID-19 that team will forfeit all practices and games for a 10-14 day period.

If a participant, coach, or sponsor on a team tests positive all children/siblings participating

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	<p>in other levels in the organization will be required to quarantine for 10 days.</p> <p>Parents/Guardians should assess their child/dependents' risk and susceptibility levels to illness. Such concerns may include, but is not limited to, asthma, diabetes, or other health problems. All participants upon sign-up are required to read and acknowledge the CVLW COVID-19 Waiver.</p> <p>It is recommended that any participant, coach, sponsor, or team mom that travels outside of their local community should follow the CDC guidelines for fully vaccinated vs non-vaccinated individuals. Upon return, self-monitoring of COVID-19 symptoms should be employed along with following all recommendations from the PA Department of Health and local governments.</p>
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Parent and Athlete Responsibility

Requirements	Procedures
Follow all guidelines set by CVLW	<p>Participants/Parents/Spectators/Coaches/ Board Members, etc. are encouraged to self-screen for any COVID-19 symptoms before attending each practice and game. https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html</p> <p>Any symptoms of COVID-19 must be reported immediately to the coaching staff, team mom(s), and/or sponsors</p> <p>Any contact with someone positive for COVID-19 must be reported immediately to the coaching staff, team mom(s), and/or sponsors https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html</p> <p>If a participant is tested for COVID-19 the parent will not bring them to practice or games until the negative test result is provided in writing to the organization. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html</p> <p>Parents must be familiar with and abide by the CVLW health and safety plan.</p>

UPDATES

9/23/20 HB

/3/15/21; 6/22/21; 6/23/21; 7/19/21 LJR

	<p>A COVID waiver must be on file with the CVLW before participation can begin.</p> <p>Prop hand washing and respiratory etiquette will be encouraged during practice and games.</p> <p>Participants are encouraged to bring their own water bottle to each practice or game.</p> <p>If the guidelines of the CVLW are not followed the following actions will occur.</p> <ul style="list-style-type: none"> • First violation: A verbal warning will be giving with an attempt to resolve the situation made between the parent and the board for a first violation of our pandemic plan. • Second violation: A written warning for violation of our pandemic plan will be issued to the parent if the issue is not resolved at the time of the first violation. • Third violation: 1 game suspension of the parent from the next game of the 2021 season for a second violation of our pandemic plan. • Fourth violation: suspension of the parent from attending any CVLW events/games for remainder of season.
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References:

[2021-22 Central Valley School District Health and Safety Plan Draft for Public Review \(centralvalleysd.org\)](https://www.centralvalleysd.org/2021-22-Central-Valley-School-District-Health-and-Safety-Plan-Draft-for-Public-Review)

[COVID-19 Resources and Information \(centralvalleysd.org\)](https://www.centralvalleysd.org/COVID-19-Resources-and-Information)

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

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

<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

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