



*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 current thoughts and intended actions during the 2021 football and cheer season as the pandemic environment stands today. This is subject to change based upon forthcoming information from the Central Valley School District, as well as our local, state, and federal governments, in addition to CDC guidance. Review of the below guidelines will continue to occur and be amended based upon said direction as we approach the 2021 season.

The information contained in this health and safety plan are based on current Pennsylvania guidance and CDC recommendations as it relates to youth sports. We will also follow all Central Valley School District guidelines.

### **CVLW Pandemic Officer 2021 Season:**

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## Facilities Cleaning, Sanitizing and Disinfecting

Requirements	Procedures
<b>Disinfect all surfaces and equipment before each use.</b>	<ul style="list-style-type: none"><li>CDC approved disinfectants will be used to clean all commonly touched surfaces and items before each practice or game. During practices and games, the same surfaces and items will be cleaned at least every 2 hours. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.</li><li>It is unknown at this time if the concession stand will operate during the 2021 season</li></ul>

## Social Distancing and Other Safety Protocols

Requirements	Procedures
<p><b>Maintain social distancing between players and coaches when possible</b></p>	<ul style="list-style-type: none"> <li>Coaches and athletes must maintain proper social distance when possible, including in the field of play, sidelines, benches, and workout areas. During down time, athletes and coaches should not congregate and wear face masks when at all possible as indicated according to CDC guidelines and Central Valley School District</li> <li>Markers will be used on the field to maintain appropriate space between players and cheerleaders. Teams and squads will be grouped into pods when possible to limit interaction.</li> <li>Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.</li> <li>If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Each individual game or practice at a complex must adhere to the gathering occupancy limits as currently determined by the Central Valley School District.</li> <li>As of now, parent pick up and drop off times for practice and games between age groups will be staggered in 15 minute intervals to allow for less people moving on to or off the grounds.</li> <li>The Central Valley Li'l Warriors field maybe set up to provide a separate entrance point and exit point.</li> <li><b>It is TBD if parents and fans will be permitted on site for games and practices at this time. Further direction will be provided as we approach the season from the State of Pennsylvania, Central Valley School District, and/or the hosting location</b></li> <li>Virtual team meetings will be held whenever possible.</li> </ul>

<b>Hygiene Protocols</b>	<ul style="list-style-type: none"> <li>Each player and cheerleader will be required to bring hand sanitizer which will be used during practices and games</li> </ul>
	<p>when instructed by the coaches. If they do not have hand sanitizer it will be provided to them by the organization.</p> <ul style="list-style-type: none"> <li>There will be no eating during practice or games.</li> <li>Team water coolers for sharing through disposable cups are not allowed. Each player and cheerleader must provide their own water bottle that is clearly marked with their name.</li> <li>Athletes will be educated on proper hand washing and sanitizing.</li> <li>Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, eating sunflower seeds, etc.</li> </ul>
<b>Information Sharing regarding COVID 19</b>	<ul style="list-style-type: none"> <li>The Central Valley Lil Warriors will provide signage around the field regarding protective measures and how to stop the spread of COVID 19.</li> <li>Central Valley Lil Warriors will designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches will be provided the person's contact information.</li> <li>Education on COVID 19 symptoms and proper hand washing must be communicated to the organization and proper signage in place.</li> <li>Coaches should create a back-up staffing plan which should include cross-training staff and coaches and training all coaches and officials on safety protocols.</li> </ul>
<b>Face Mask Policy</b>	<ul style="list-style-type: none"> <li>All coaches, staff members and board members will be required to wear a face mask.</li> <li>Athletes will be required to wear a face mask when not participating in aerobic activity.</li> </ul>
<b>Documentation of Health Status</b>	<ul style="list-style-type: none"> <li>All players, cheerleaders, coaches and staff members will complete a health survey prior to being allowed to participate in practice or games. The health survey results will be turned in to the pandemic officer each day.</li> </ul>

	<ul style="list-style-type: none"> <li>• Attendance will be taken before each game or practice and attendance sheets will be submitted to the pandemic officer each day.</li> <li>• All players, cheerleader, coaches and staff members will have a temperature check completed and logged by the team mom before participating in practice or</li> </ul>
	<p>games. Temperatures must be below 100.4. If a player or coach is above 100.4, they must be sent home. A parent or guardian must be notified immediately and is encouraged to notify their primary care doctor if fever or symptoms continue.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• The temperature check log will be filed in a central location allowing the pandemic officer to review daily. Team Moms/Sponsors should notify the pandemic officer of any pending player or coach health concerns.</li> <li>• If a person in the organization has had close contact for longer than 15 minutes with someone who test positive for COVID 19 that person will be required to report that exposure to the Central Valley Li'l Warriors and self-quarantine for 10 days.</li> <li>• 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.</li> <li>• If a player or coach on a team tests positive for COVID-19 that team will forfeit all practices and games for a 10-14 day period.</li> <li>• If a player or coach on a team tests positive all children/siblings participating in other levels in the organization will be required to quarantine for 10 days.</li> </ul>

	<ul style="list-style-type: none"> <li>Any player or coach experiencing symptoms of COVID 19 should notify their coach and refrain from attending practice and games.</li> <li>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.</li> <li>Visiting teams will be required to provide a roster of players, cheerleader and coaches in attendance before each game. They will provide to the CVLW a completed health survey and temperature check of all players, cheerleaders and coaches before each game.</li> <li>Any player or coach who travels to a hot spot as labeled by the State of Pennsylvania will not be permitted to return to games or practices until 10 days after they have arrived home without COVID-19 symptoms or illness.</li> </ul>

## Parent and Athlete Responsibility

Requirements	Procedures
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<p><b>Follow all guidelines set by CVLW</b></p>	<ul style="list-style-type: none"> <li>• Athlete must submit to health screening before each practice or game.</li> <li>• Athlete must submit to a temperature check before each practice or game.</li> <li>• Any symptoms of COVID 19 must be reported immediately to the coaching staff or team mom(s)</li> <li>• Any contact with someone positive for COVID 19 must be reported immediately to the coaching staff or team mom(s)</li> <li>• If a child 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.</li> <li>• Parents must be familiar with the CVLW health and safety plan.</li> <li>• A COVID waiver must be on file with the CVLW before participation can begin.</li> <li>• Athletes will be required to wear a face mask when not participating in aerobic activity.</li> <li>• Use of hand sanitizer or hand washing will be required during practice and games.</li> <li>• Athletes will be required to bring their own hand sanitizer to each practice or game.</li> <li>• Athletes are required to bring their own water bottle labeled with their name to each practice or game.</li> <li>• Parents are required to wash practice and game day attire after each use and sanitize all personal equipment before the next practice or game.</li> <li>• If the guidelines of the CVLW are not followed the following actions will occur.             <ol style="list-style-type: none"> <li>1. 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.</li> <li>2. 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.</li> <li>3. A 1 game suspension of the parent from the next game of the 2021 season for a second violation of our pandemic plan.</li> <li>4. A suspension of the parent from attending any CVLW events/games</li> </ol> </li> </ul>
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	for the remainder of the 2021 season for a third violation of our pandemic plan.
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