

***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 2022 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 James Peters, CVLW Pandemic Officer @** [**japete61@live.com**](mailto:lesliejoshrussell@msn.com)**, by phone at 724-494-0309, or via the Central Valley Li’l Warriors Facebook Page.**

# Facilities Cleaning, Sanitizing and Disinfecting

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| **Requirements** | **Procedures** |
| **Disinfect all surfaces and equipment before each use.** | CDC approved disinfectants will continue to be used to clean commonly touched surfaces according to current CDC recommendations.  per CVSD, shared materials are now allowed, and proper hand hygiene should be encouraged  The concession stand WILL operate during the 2022 season. CVLW will follow all recommended CVSD guidelines for sanitation and food preparation. |

# Pandemic Safety Protocols

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| **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. |

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| **Hygiene Protocols and Information Sharing regarding COVID 19** | | | | • | 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. | |
|  | | | | • | 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. | |
|  | | | | • | CVLW will encourage individuals to self-report any symptoms and stay home when appropriate without fear of reprisal. | |
|  | | | | • | 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. | |
| **Face Mask Policy** | | • | | All masking requirements have been removed by CVSD at this time in accordance with the June 28, 2021, governor order.  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. | |
| **Evaluation and Documentation of Health Status** | | • | | Per CVSD, all participants, coaches, sponsors and staff members are to 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: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html> | |
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|  | | • | 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 must report the incident to CVLW Organization. The CVLW Executive Board will review the information associated with the exposure and provide a recommendation with the guidance of CDC suggestions.   * The CDC defines close contact as the following: * You were within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period * 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 | | | |
|  | | • | The minimum time for return as recommended by the CDC is 5 days from symptom onset with or without a negative COVID test result.  If a participant, coach, or sponsor on a team test positive all children/siblings participating in other levels in the organization will be required to quarantine for a minimum of 5 days. | | | |
|  | | • | If a participant or coach on a team tests positive for COVID-19, team disbandment will be evaluated on a case-by-case basis, with evaluation of the circumstances surrounding the situation taking into consideration CDC guidelines. | | | |
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|  | | • | 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. | | | |
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# Parent and Athlete Responsibility

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| **Requirements** | **Procedures** |
| **Follow all guidelines set by CVLW** | Participants/Parents/Spectators/Coaches/Board Members, etc. are encouraged to self-screen for any COVID-19 symptoms before attending each practice and game. If ANY symptoms are exhibited, DO NOT attend the activity. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>  Any symptoms of COVID-19 must be reported immediately to the coaching staff, team mom(s), and/or sponsors  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>  <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>  Parents must be familiar with and abide by the CVLW health and safety plan.  A COVID waiver must be on file with the CVLW before participation can begin.  Proper hand washing and respiratory etiquette will be encouraged during practices and games, including the use of hand sanitizer.  Participants are encouraged to bring their own water bottle to each practice or game.  If the guidelines of the CVLW are not followed the following actions will occur.   * **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. |

**References:**

[2021-22 Central Valley School District Health and Safety Plan Draft for Public Review (centralvalleysd.org)](https://www.centralvalleysd.org/protected/ArticleView.aspx?iid=6YPGY3Y&dasi=3U0Y)

[COVID-19 Resources and Information (centralvalleysd.org)](https://www.centralvalleysd.org/COVID19.aspx)

<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>