Participating Players and their Parents must read and fully abide by The Health and Safety Plan, prepared in accordance with the Centers for Disease Control and Prevention's (CDC) Guidelines and Montgomery County Health Department Guidelines (see links below to these resources), to participate in Spring-Ford Youth Lacrosse 2021 Program. The Health and Safety Plan has been implemented to help protect our participants, their families, and our staff and coaches.

* Centers for Disease Control and Prevention (CDC) Guidelines - https://www.cdc.gov/coronavirus/2019-ncov/index.html
* Montgomery County Health Department Guidelines - https://www.montcopa.org/3524/COVID-19-Guidance

 Everyone must do their part to follow the guidelines. Even if YOU are not at high risk, SOMEONE ELSE you or a teammate may know COULD BE.

SFYLA is a 100% volunteer based program. Without the help of all families following the guidelines, we will not be able to offer youth sports during the COVID-19 pandemic. The following guidelines will be in place for all participants, coaches, parents/guardians and spectators during the length of the season. It is the responsibility of the coaches and parents to ensure these guidelines are adhered to.

* Failure to follow these guidelines could result in being dismissed from activities.

PARTICIPANTS

* Parent/guardian shall not allow participants to engage in any team activity (practice or game) if the participant has a fever (greater than 100.2 deg F). Parent/Guardian must check the participant’s temperature prior to any team activity.
* If the participant is feeling ill in any way, STAY HOME.
* Parent/Guardian shall not allow a participant to attend SFYLA events if they, or anyone in their household, has come into close contact with a confirmed COVID-19 patient within the last 10 days.
* We strongly recommend following the PA Mandate on mask wearing for all players: <https://bit.ly/3vaLEAu>
	+ A FAQ on this order can be found: <https://bit.ly/30rxDAE>
* Participants shall clean/disinfect their hands with their own hand sanitizer upon arrival.
* Recommended you Clean and disinfect frequently used equipment after event or prior to arrival at next event.
* Participants shall pace any equipment, bags, water bottles, etc at least six feet from any other teammate’s belongings.
* Limit the use of carpools or van-pools. When riding in an automobile to a sports event, players should ride to the sports event with persons living in their same household.
* All Spring-Ford players must complete the Health Check in Team Snap and indicate their availability for the game/practice (for contract tracing purposes). If not completed prior to event, participant will not be allowed to enter.
	+ The following questions will require answers and a “Yes” to any question will require that player not attend.
		- Have you experienced a fever of 100.4ºF or greater in the past 14 days?
		- Have you received a positive result from a COVID-19 test within the past 14 days?
		- In the past 14 days, have you been in close contact with anyone that has or had symptoms of COVID-19 that required you to quarantine?
		- In the past 14 days, have you or someone you have been in close contact with traveled to an area that required quarantine upon return?
		- In the past 14 days, have you experienced any of these symptoms that are not attributed to another health condition: cough, loss of smell or taste, runny nose, shortness of breath, or a sore throat?
* SPECTATORS
	+ Remain six feet apart from others that are not members of your household
	+ Do not form groups
	+ Wearing a mask is mandatory when walking to/from the athletic facility and anytime you are within six feet of another person that is not a member of your immediate family or member of your household.
	+ Attendance at games limited to immediate family. Attendance at Practices are not limited
		- DVLL limited to immediate family: Max of 2.
	+ Spectators are not permitted to arrive more than 15 minutes before the start of an event
	+ Remain in your car if you arrive early. This will help to limit crowds between events.
	+ Spectators are to remain in the designated areas - no spectators gathering at or near the players/coaches sidelines
	+ Upon completion of the event, the participants and families should head directly to their car, no lingering or socializing at the athletic facility.
	+ Failure to adhere may result in removal of spectator and participant.
* COACHES
	+ Masks required at all times, especially when in close contact (six feet or less) of any participant.
	+ Minimize physical contact as much as possible
	+ Work in smaller groups for drills. Create distance between players when explaining drills or rules of the game.
	+ Keep players separated as much as possible.
	+ Discourage unnecessary physical contact such as high fives, handshakes, fist bumps or hugs.
	+ Coaches will provide physical guides, such as cones and signs to ensure coaches and players remain 6’ apart.
	+ Keep players together in small groups with dedicated coaches or staff. Make sure that each group of players avoid mixing with other groups as much as possible. Teams might consider having the same group of players rotate among coaches.
	+ Game ball(s) are disinfected after every game and practice
	+ If child shows symptoms during practice, the coach stop practice, send the child to the sideline, and immediately then to their parent.  They participate not be allowed to return to practice or participate until they are cleared following Montco/CDC guidelines. If tested positive, Montco/CDC guidelines will be followed with notifications and protocols.
* Staying Home When Appropriate
	+ Individuals, including coaches, players and families should stay home if they have tested positive or are showing symptoms of COVID-19.
	+ Individuals, including coaches, players and families should stay home and monitor their health if they have recently had close contact with a person with COVID-19.
	+ Coaches and players must conduct a daily symptom assessment (self-evaluation) and anyone experiencing symptoms must stay home.
* Maintaining Social Distancing
	+ Coaches will help maintain social distancing among players and coaches, umpires/referees and spectators
	+ Players should refrain from high fives, handshake lines and other physical contact with teammates and coaches.
* Notify Health Officials and Close Contacts
	+ In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
	+ Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms and follow CDC guidelines if symptoms develop
	+ Note: The SFYLAX board has put together a 3 person panel to handle these.  Parents/Coaches will be informed to notify President by email of the situation.  The board will review the situation and then reach out to the coach of the team.  If the team played another team in a game, we will inform the SEPYLA rep for the opposing team who will coordinate the response with their organization. .    The child will be expected to follow Montco/CDC guidelines of quarantining and contact tracing.
* Return of participants or coaches to athletics following a COVID-19 diagnosis?
	+ Athletes/Coaches who were previously diagnosed with COVID 19 and have recovered must receive a written clearance from his/her physician and submit the written documentation to the Spring Commissioner prior to returning to participate in the sport.
* Hand Hygiene and Respiratory Etiquette
	+ Guidelines and List of CDC-approved cleaning, disinfection supplies and Hygiene
		- https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html
	+ Wash hands with soap and water for at least 20 seconds. If soap and water is not available, hand sanitizer that contains at least 60% alcohol should be used.
	+ Encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If soap and water is not available, hand sanitizer that contains at least 60% alcohol should be used.
* Masks
	+ Masks are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).
	+ We strongly recommend following the PA Mandate on mask wearing for all players: <https://bit.ly/3vaLEAu>
		- A FAQ on this order can be found: <https://bit.ly/30rxDAE>
	+ Masks should be worn by coaches, youth sports staff, parents and spectators at all times, especially when it is not possible to maintain a minimum 6’ social distance.
* Personal Belongings and Shared Equipment
	+ Each coach and player should keep their personal belongings separate from the personal belongings of other coaches and players. Personal belongings should not be shared between participants. Any personal belongings (including but not limited to water bottles, containers, bags, equipment) should be individually labeled with each participant’s name.
	+ Use of shared equipment and objects (i.e. balls) should be limited, and at a minimum cleaned between use by each individual. Coaches will disinfect any shared equipment at the end of each practice.
	+ Discourage sharing of items that are difficult to clean, sanitize and disinfect. Participants are not to share towels, clothing or other items they use to wipe their faces or hands.
	+ Limit the use of supplies and equipment to one group of players at a time and clean and disinfect between
	+ Keep each player’s belongings separated from others’ and in individually labelled containers, bags or areas.
	+ Shared drinking stations, team water coolers, spitting, eating sunflower seeds and chewing gum is prohibited.

Students or staff must have medical clearance from their physician or appropriate healthcare professional, determined to be noncontagious, Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea