

10,000 Kids. 12 Leagues. 1 Community.

No Offseason.

COVID-19 FAQ



Background

The coronavirus (COVID-19) is an ongoing pandemic that our community, like others around the world, are dealing with on a daily basis. As new information emerges, Mudsock Youth Athletics will adjust policies, procedures and guidelines accordingly. In general, we ask the following of all participants and volunteers:

- Cover your cough or sneeze
- Avoid touching your face (eyes, nose and mouth)
- Wash your hands often with soap and water for 20 seconds
- Use hand sanitizer when soap and water are unavailable
- Social distance yourself at least 6 feet from someone outside your household
- Wear face coverings



Background

Due to nature of participation of indoor sports, a 14-day quarantine will be required in most cases of a positive test. It is imperative to act quickly once a positive test is confirmed to increase the chances of mitigating the spread. If handled properly, the team will be able to safely resume activities 14 days from the positive test.

Please keep in mind that this information will be updated frequently. Please double-check that you and your team are utilizing the latest policies and procedures.

Any questions about the following information should be directed to Scott Spillman, Executive Director of Mudsock Youth Athletics. 317-845-5582 or scott@myathletics.com



What if a player on my team tests positive for COVID-19?

1. Contact the league and/or Scott Spillman at the Mudsock Youth Athletics office.
2. After speaking with Mudsock Youth Athletics, notify your team that someone has tested positive. (Mudsock Youth Athletics may assist you in contacting parents)
3. Let your team know that team activities will be suspended for 14 days due to the team needing to quarantine.
4. Notify the league and Mudsock Youth Athletics immediately, if multiple players on your team test positive for COVID-19.



What if a coach (not player but regular attendee) on a team tests positive for COVID-19?

1. Contact the league and/or Scott Spillman at the Mudsock Youth Athletics office.
2. After speaking with Mudsock Youth Athletics, notify your team your team that the coach has tested positive.
3. Let your team know that they need to monitor symptoms and depending on input from the Fishers Health department, team activities may be suspended for 14 days due to the team needing to quarantine.
4. Notify the league and Mudsock Youth Athletics immediately, if multiple players on your team test positive for COVID-19.



What if a participant or coach on a team was exposed to someone who tested positive for COVID-19 during the game?

If the person who exposed the participant or coach attended the most recent game prior to their positive test, all coaches and players on both teams who were present at the game are required to quarantine for 14 days. *For example: Johnny tests positive for COVID-19 on 11/16/20. Johnny attended the game on Saturday November 14th. All of Johnny's teammates, coaches and opposing team players and coaches that were present at the game on 11/14/20 are required to quarantine for the 14 days.*



What if a participant or coach on a team was exposed to someone who tested positive for COVID-19 outside of the game?

1. If the person who exposed the participant or coach had 15 minutes or more of close contact (< 6 feet) with the participant/coach or lives in their household, it is recommended that the participant be removed from team activities for 14 days. *For example: Johnny tests positive for COVID-19 on 11/18/20. Susie carools with Johnny on MWF, including Monday November 16th with Johnny before he tested positive, from Fishers to Noblesville for swimming. It is required that Susie's parents remove her from team activities for 14 days since she was in a car with Johnny for more than 15 minutes.*
2. If the person who exposed the participant or coach did not have 15 minutes or more of close contact (< 6 feet) with the participant/coach or does not live in their household, it is recommend that participant monitor their symptoms and remove themselves from activity if they experience any symptoms. Seeking doctor care or receiving a COVID-19 test is encouraged after a confirmed exposure. *For example, Johnny tests positive for COVID-19 on 11/16/20. Johnny and Susie were both at a neighborhood bonfire on 11/14/20, but did not play together, or travel to/from the bonfire together. They may have walked past each other at some point during the event, but never longer than for a few moments. Susie's parents would not be required to remove Susie from team activities. Susie's parents would be instructed to monitor Susie's symptoms and to remove her from activities if she began exhibiting symptoms or later tests positive for COVID-19 herself.*



What if a participant or coach on a team was exposed to someone who tested positive on a school day at HSE Schools?

If the participant or coach has been removed from school for two weeks due to an exposure from a student or classmate, they are prohibited from attending games. Depending on the time of this exposure, it may require the participant or coach's team to quarantine. In the case of a participant, it is recommended that the participant's notify teammates can be aware and monitor their symptoms.

For example: Johnny's classmate tests positive for COVID-19 on 11/18/20. Johnny last interacted with his teammates on 11/13/20. Johnny is required to quarantine per school policy, but his teammates may continue while monitoring their symptoms.



What if a participant on a team feels ill?

1. Ask the participant to stay home from the practice/game and to monitor their symptoms.
2. Encourage the individual to speak to their doctor and/or parents to get a COVID-19 test.

If a participant exhibits any of the below symptoms, they should not attend practice/game activities:

- Fever 100.4°F or higher
- Cough
- Shortness of breath
- Sore Throat
- Congestion
- Headache
- Chills, muscle and/ or joint pain
- Nausea/Vomiting
- Loss of sense of smell and taste
- Diarrhea



What if a spectator feels ill before/after attending a practice/game?

- Before - Any spectators who are feeling ill should not attend a practice/game.
- After - Any spectator who begins to exhibit symptoms associated with COVID-19 after attending practice or game should follow the proper medical protocols. If they discover they were exposed by a participant in the league, they should quarantine for 14 days and not attend any league activities until after the 14 days have passed and they have been symptom free for 24 hours. If they test positive, they should self-isolate for 10 days and not attend any league activities until after the 14 days have passed and they have been symptom free for 24 hours.

