

Clearview Youth Football and Cheerleading COVID-19 Response Plan



REVISED 8/2021

Our Goals

Safety

The Clearview Youth Football and Cheerleading (CFYC) Organization is focused on the safety of our athletes, coaches and patrons. In consideration of CDC recommendations and the state of New Jersey guidelines, we have created this document to layout Clearview's Youth Football and Cheerleading (CFYC) Covid-19 Response Plan.

Youth

The purpose for the Clearview Youth Football and Cheerleading (CFYC) Organization has always and will always be the safe, fun, and equitable participation of youth in sports. Our goal is to offer the chance for children to be outside, be physically active, and to be safe. As we continue these efforts, the help of all involved is paramount in accomplishing these goals is as important as ever.

We ask that all patrons remember:

1. These are kids.
2. Officials are human.
3. Coaches are volunteers.
4. This is for fun.
5. Stop the spread

2021 Clearview Youth Football and Cheerleading (CFYC) COVID-19 Procedures

All following recommendations are made with the guidelines of NJ Board of Health and CDC in mind. Please check <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html> for most up to date information.

Stop the Spread

Anyone who contracts COVID-19 shall remotely contact the Clearview Youth Football and Cheerleading (CFYC) Organization's Director of Health and Safety who will confidentially alert the coach(s) and team immediately.

According to the CDC and NJ Board of Health, anyone who thinks or knows they had COVID-19 and had symptoms may return to play after all the following criteria are met:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving*
 - **Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*
- Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.
- Note that these recommendations do not apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for: "I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication."

For those who have tested positive for COVID-19 but had no symptoms may return to play after all the following criteria are met:

- If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.
- If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

According to the CDC, anyone who was severely ill with COVID-19 or has a weakened immune system (immunocompromised) due to a health condition or medication may return after all the following criteria are met:

- People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 14 days after symptoms first appeared. Persons who are severely immunocompromised may require testing to determine when they can be around others. Talk to your healthcare provider for more information. Your healthcare provider will let you know if you can resume contact with other people based on the results of your testing.
- Your physician may work with an infectious disease expert or your local health department to determine whether testing will be necessary before you can be around others.

According to the CDC, anyone who has been around a person with COVID-19 may return to play after all the following criteria are met:

- Anyone who has had close contact with someone with COVID-19 is recommended to stay home for 14 days after their last exposure to that person. However, 10 days without testing or symptoms is acceptable.
- Anyone who has been in close contact with someone with COVID-19 and who meets the following criteria is NOT required to stay home:
 - Had COVID-19 illness within the previous 3 months and has recovered
 - Has received two (2) negative COVID-19 tests following the 5-7 day mark of exposure
 - Remains without COVID-19 symptoms (cough, shortness of breath, fever, body aches etc.)
 - Has been fully vaccinated against Covid-19 and asymptomatic. *Onsite of symptoms should continue to be monitored for 14-days.*

Patrons

- Patrons should conduct a daily temperature check for low grade fever (>100.4.) at home before training or conduct a daily health questionnaire online with the “Coronavirus Self-Checker,” made available by the CDC.
- Patrons who are feeling feverish or have a measured temperature greater than or equal to 100.0 degrees Fahrenheit are to stay at home regardless of full inoculation.
- Patrons are to stay home if they feel sick or show any symptoms of COVID-19 infection regardless of full inoculation.
- Patrons who have known close contact with a person who is lab confirmed to have COVID-19 are to stay home. *(Those who are fully vaccinated are permitted to return following a negative Covid-19 test after 3-5 days of exposure)*
- Patrons should wash their hand with soap and water regularly.

- Patrons are NOT required to wear face coverings at this time.
- Patrons are encouraged to maintain a 6 ft. social distance from other patrons and staff unless part of the same household.
- Patrons should immediately sanitize their hands after interacting with other patrons or staff if they are not able to immediately wash their hands with soap and water.
- Patrons are to bring and use their own personal items including but not limited to:

- Bottled Water
- Towels
- Practice Jersey
- Helmet
- Pads
- Mouth Piece/Guard
- Chin Strap
- NO GLASS CONTAINERS ARE PERMITTED

Athletes

- Athletes should dress at home in gear and arrive prepared for practices and/or games.
- Athletes should avoid bringing any unnecessary belongings to the practices and/or games.
- Athletes should bring at least two bottles of water for practices and games.
- Athletes are encouraged to travel to practice and/or games with members of their household or those who have safe COVID practices.
- Athletes are encouraged to have only 1 household member present during games.
- Athletes are encouraged to leave the field of play after practices and/or games have finished.
- All individual gear should be cleaned and sanitized after every practice and/or game.

Thank You

Clearview's Youth Football and Cheerleading (CFYC) Organization appreciates your assistance in implementing the policy and procedures outlined in this COVID-19 manual. With your help, we hope to have a successful 2021 Football and Cheer season. As always, the health and safety of our athletes, coaches and patrons is our top priority. We appreciate your continued support, patience and understanding.

~CFYC Board of Directors