



TEAMX SPORTS OREFIELD

RETURN TO YNFL FLAG FOOTBALL COVID 19 HEALTH AND SAFETY PLAN

RETURN TO SPORTS COVID-19 HEALTH & SAFETY PLAN

GOAL: Provide TeamX Sports Orefield's flag football league with a plan for the resocialization of flag football regarding in-season practice, and games beginning no earlier Monday, August 31, 2020, keeping in mind the health and safety of our youth players, coaches, referees, sports directors, parents/caregivers, and spectators.

DISCLAIMER: Engaging in sports activities with and against other individuals, in any capacity during this time, holds an inherent risk of a person becoming infected and potentially infecting other individuals, such as their household members. Please consider this risk when allowing your child to participate in organized sports. Although TeamX Sports Orefield will implement procedures to reduce the risk and prevent the spread, the risk still exists.

Parents MUST agree to the **ASSUMPTION OF THE RISK AND WAIVER** (which is listed below) electronically during the registration process.

ASSUMPTION OF THE RISK AND WAIVER OF AND RELEASE FROM LIABILITY RELATING TO CORONAVIRUS/COVID-19 AND OTHER COMMUNICABLE INFECTIOUS DISEASES AND CERTIFICATION

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people and imposed other regulations, such as the wearing of masks in public and social distancing.

TeamX Sports Orefield, TeamX Community Sports, Inc. and TeamX Sports Enterprises, LLC (collectively referred to as "TeamX") have put in place preventative measures designed to mitigate the spread of COVID-19 and other communicable infectious diseases; however, **TeamX cannot guarantee** that you or your child(ren) will not become infected with COVID-19 or other communicable infectious diseases. Further, **attending TeamX practice, program and event locations (including, but not limited to, Velodrome North Field which is located at 1148 Mosser Rd., Breinigsville, PA 18031 and Velodrome East Field which is located at 7723 Hamilton Blvd, Breinigsville, PA 18031 or Quakertown Christian School, 50 East**

Paletown Road, Quakertown, PA 18951 and participation in their programs, practices, training sessions, sporting events and other events, could increase your risk and your child(ren)'s risk of contracting COVID-19 or other communicable infectious diseases.

By registering for TeamX programs, I acknowledge the contagious nature of COVID-19 and other communicable infectious diseases and voluntarily assume the risk that I and my child(ren) may be exposed to or infected by COVID-19 or other communicable infectious diseases by attending TeamX practice, program and event locations and participating in their programs, practices, training sessions, sporting events and other events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 or other communicable infectious diseases at TeamX may result from the actions, omissions, or negligence of myself and others, including, but not limited to, TeamX employees, agents, volunteers, and practices, training session, program, sporting event and other event participants and their families.

By registering for TeamX programs, I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with me or my child(ren)'s attendance at TeamX program and event locations or participation in TeamX's practices, training sessions, programs, sporting events and other events ("Claims"). On my behalf, and on behalf of my children, and my child(ren)'s heirs, assigns and personal representatives, I hereby release, covenant not to sue, discharge, and hold harmless TeamX, their employees, agents, representatives, directors and officers, from the Claims, including any all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes, but is not limited to, any Claims based on the actions, omissions, or negligence of TeamX, their employees, agents, representatives, directors and officers, whether a COVID-19 or other infection occurs before, during, or after participation in any TeamX practice, training session, program, sporting event or other event.

I further certify that I and my child(ren) have not recently tested positive for, and are not exhibiting signs of COVID-19, which include a cough, fever, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat. I certify that I do not have a household family member/roommate who has recently tested positive or exhibited the above-referenced symptoms of COVID-19. I certify that I and my child(ren) will not attend TeamX programs, practices, training sessions, sporting events or other events if any of the above conditions exist. I further certify that I and my child(ren) will comply with all rules and regulations of TeamX pertaining to Coronavirus/Covid-19 and other communicable infectious diseases.

GUIDING PRINCIPLES:

The information regarding, the COVID-19 illness, is changing rapidly nationally and in our community. These recommendations will be reviewed and updated based on new scientific information and local information including recommendations from the CDC and state and local health department recommendations.

Key procedures currently used should continue: frequent and effective hand hygiene, social distancing as possible, and avoiding touching the face.

This plan is subject to change based on Federal, State, or Local governing agency guidance.

Mrs. Tanya Allen, Sports Director for TeamX Sports Orefield will serve as the primary point of contact for all flag football questions regarding COVID-19. Mrs. Allen can be contacted at tanya@teamxsports.com and via telephone at 610-737-4313.

GENERAL REQUIREMENTS:

Youth players, coaches, referees, sports directors and spectators **MUST** maintain appropriate social distancing at all times possible including practice sessions and games. There will be no congregating during down times.

- 1) Parents must remind in their vehicle during practice session
- 2) Only 3 spectators (parent/family member) per player will be allowed to attend the player's game
- 3) Players will on the sideline during a game stand by the end zone of the field while social distancing.
- 4) Spectators must stand/sit in designated area will be 6 feet away from the sideline of the game field.

Youth players, coaches, referees, and sports directors **MUST** complete a healthcare screening form prior to starting any activity including practice and games. The "The TeamX Orefield Health Screening form" **MUST** be completed and signed by the individual attending the flag football activity prior to arriving on practice or game field. The completed form **MUST** be turned into the Sports Director upon arrival.

- 1) The screening form will be available for download on TeamX Orefield's website and sports directors will have physical copies available.
- 2) The sports director will keep a weekly file of completed forms.
- 3) ALL participants (coaches, players, etc.) must complete and submit the screening form.
- 4) In addition, ALL participants will have their temperature taken **PRIOR** to practice by a sports director or coach.

All coaches **MUST** review the CDC's "Consideration for Youth Sports" and Governor Wolf's "Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public". This information will be provided and reviewed during a mandatory Coach's Meeting. This information will also be provided on our website.

When feasible, activities should be spaced out to limit the number of individuals arriving and departing at the same time.

- 1) All teams will practice at Velodrome East field on Saturdays prior to the team's game time.
- 2) The length of practice will be 60 minutes.
- 3) All teams will arrive to the practice at a designated practice time.
- 4) If a player or team arrives before the scheduled practice time they will have to wait in the vehicle until it's their time to practice.
- 5) Games will be played on a 46-minute continuous clock with **two twenty-two-minute halves** to ensure that when a team arrives to play at Velodrome North the field there will **NOT** be players and spectators from the previous game present at Velodrome North field.

Hand hygiene is mandatory. Frequent and effective hand hygiene will be promoted and required. Ample hand sanitizer (60% ethanol or 70% isopropanol) must be made available in the absence of the availability of soap / water.

- 1) Sports directors will have hand sanitizer available at every practice and game.
- 2) Coaches will also be supplied with hand sanitizer when issued their equipment.
- 3) Players will be instructed to not play with their mouth guard and to use hand sanitizer when touching their mouth.

No food items will be sold at the concession stand. Only items needed for proper health and safety will be sold such as mouth guards and bottled water. Hand sanitizer and face masks will be provided at no cost when needed as well.

All non-essential contact will be prohibited. Therefore, there will be no handshake, fist bump, or high fives.

All spectators, coaches, referees, and sports directors must wear a mask.

All clothing items such as jerseys, socks, T-shirts must be immediately washed after a practice and/or game.

The referee will clean the football during every half and at the start a new game with the appropriate cleaning solution.

SCREENING:

The "TeamX Orefield's Health Screen Form" will include the following questions:

Today or in the past 48 hours have you had any of the following symptoms:

- 1) Fever? Temperature greater than 100.4 under the age of 18?
- 2) New or worsening cough?
- 3) Shortness of breath or trouble breathing?
- 4) Sore throat that is different from your seasonal allergies?

- 5) New loss of smell or taste or both?
- 6) Diarrhea or vomiting?
- 7) Do you have a household member or close contact who has symptoms of COVID-19 in the past 2 weeks?

FINDINGS:

If an individual has positive findings on the screening form, they should stay home or be sent home immediately. The player is not eligible to return until they present documentation signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19.

If an individual receives a positive COVID-19 diagnosis:

- 1) Notify the Coach, and Sports Director immediately.
- 2) Sports director will notify the public health authority immediately

If an individual not wearing a mask is confirmed to have COVID-19, the following MUST occur:

- 1) All persons who have been in the presence of the diagnosed individual up to 48 hours before they started showing symptoms will be excluded from participation for fourteen (14) days.
- 2) If participating with TeamX Quakertown, the Sports Director will make immediate contact with the opposing TeamX school's Athletic Director to notify them of the case for contact tracing purposes

Returning to Sport Post COVID-19 Diagnosis with No or Only Mild Symptoms (not hospitalized):

Individuals must meet all the following criteria to return to sport:

- 1) At least 14 days have passed since symptoms first appeared. During this time the athlete/coach should not participate in any exercise while monitoring clinical worsening of symptoms.
- 2) Symptoms have resolved, no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath)
- 3) The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP, PA). Individuals without a medical provider can contact their local public health agency.

After returning, the athlete/coach should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms. This individualized process should be generated as a joint decision between the medical provider, coach and sports director. If symptoms worsen or new symptoms occur during gradual return of play such as, but not limited to, chest pain, chest tightness, palpitations, and/or lightheadedness the athlete/coach should be evaluated by a medical provider.

TeamX Orefield COVID 19 Health Screen Form

During the last 48 hours have you had any of the following symptoms:

A temperature of 100.4 or higher? Yes No

New or worsening cough? Yes No

Shortness of breath or Trouble breathing? Yes No

Sore throat (that is different from seasonal allergies)? Yes No

New Loss of smell and/or taste? Yes No

Diarrhea or vomiting? Yes No

Do you have a household member or close contact who has symptoms with COVID 19 in the past 2 weeks? Yes No

If you have answered yes to any of the above:

- 1) You will not be permitted to practice or play
- 2) Please contact your family physician **OR**
Call 866-785-8537 (STLUKES) and press option 7, or email coronavirus@sluhn.org.

Parent's signature below designates that this self-screening was conducted prior to reporting to venue and the information provided is true and factual to the best of the parent's or participant's knowledge.

Printed Participant's Name: _____

Printed Team Name/Coach's Name: _____

Date: _____

Parent's Signature: _____

Temperature: _____

TeamX Staff or Coach's initials: _____