

UPDATED FOR SPRING 2021 Season

We ask that everyone follow these guidelines in order to keep our players and families healthy. We will continue to review all federal and local guidelines to ensure that we are in compliance, and take proactive measures towards the safety of our players and their families.

The Junior Plainsmen organization follows guidelines set the NYS DOH interim Guidance for Sport and Recreation

The link has been included for your reference.

**JP Football thanks you in advance for your willingness to endure a few temporary inconveniences for your child to have and safe experience.
– “*This too shall pass*”**

<http://www.governor.ny.gov/sites/default/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

CDC Recommendations to be adopted by JP Football

- **Advise Sick Individuals of Home Isolation Criteria**
 - Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC’s criteria to discontinue home isolation.
- **Isolate those who are Sick**
 - Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
 - Immediately separate coaches, staff, officials, and players with COVID- 19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.

Clean and Disinfect

- Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning external icon and disinfection products, including storing them securely away from children.

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)external icon and other applicable laws and regulations.
- Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

Junior Plainsmen specific processes and procedures SPRING 2021.

Practice & Game

- ONLY 1 PARENT/GAURDIAN PER PLAYER WILL BE ALLOWED AT PRACTICE.
- ONLY 2 SPECTATORS WILL BE ALLOWED PER PLAYER AT ALL GAMES.
- Non-socially distant gatherings at games or practices are discouraged.
- Mask are too be worn by players, coaches and spectators at all time
- Players are allowed to take mask breaks at any time, but must remove themselves from team contact during the break.
- Each team will be issued a Hand Sanitizing solution to be used during breaks.
 - § We will encourage players to sanitize hands as often as possible.
- Coaches will be required to spray (Sanitize) all equipment and the end of each practice.

Self-Certification Requirement

- Prior to each practice and game, JP will require each family to respond to the following questions.

Please answer **YES** or **NO** to the following questions.

- 1) Have you knowingly been in close or proximate contact in the past 14 days with anyone who has recently tested positive for COVID-19 or who has or had symptoms of COVID-19;
- 2) Have you tested positive for COVID-19 in the past 14 days;
- 3) Have you experienced any symptoms of COVID-19 in the past 14 days?

If the answer is YES to any of these questions, please do not go to practice until you receive approval.

We appreciate everyone patience and willingness to comply with these rules in order to keep our players and their families safe. We understand that some of these requirements are an inconvenience, but during these extraordinary times, we all must work together and take precautions to ensure a successful season.



Shenendehowa

Outdoor COVID PROTOCOLS Activities on Shen Grounds

The Department of Health has advised the following protocols be followed for activities on school grounds:

- Wear Masks always
- Practice Social Distancing - 6 foot distance between individuals
- Self Certify each day
- Temperatures taken by group designee

Additionally:

- One group to one area at a time
- Ratio of youth to adults should be 20:1 per space, broken into small cohorts when possible
- Use sign in sheet for each practice/meeting
- No sharing equipment (if equipment must be shared, surgical gloves should be worn - training will be provided on use of gloves if necessary)
- Disinfect all equipment after practice/meeting (to be done by the group) with approved COVID cleaning solutions
- Hand Washing/Hand Sanitizer frequently
- Don't touch faces

- **Keep attendees within the same small cohort**, be sure to **log the names** of members in each cohort on a daily basis. This will be valuable information, should someone test positive and public health needs to contact trace for quarantine purposes.
- Discourage hand-to-hand contact (high fives, handshakes, fist bumps, hugs).
- Prohibit shared food and beverages