



## Spring '22 Season Covid-19 Mitigation Protocol

### Checklist

#### Player/Coach

- **DO NOT PARTICIPATE with symptoms at any training, match or event**
- If you are sick, feeling sick, DO NOT ATTEND
- Should check temp before leaving for game, if have a temperature of 100 degrees or higher, DO NOT ATTEND
- Players and coaches should bring their own hydration and food.
- Do not share water bottles, drinks or food or any personal items
- Cover your mouth when coughing or sneezing - recommended into the nape of the elbow
- Avoid touching eyes, nose, and mouth with hands
- No post-game handshakes, high fives, etc.
  
- Away team will be deemed to have won the coin toss

#### Parents/Spectators

- **Anyone with symptoms (fever, cough, etc.) must not attend any event**
- Everyone is expected to cover their mouth when coughing or sneezing - recommended into the nape of the elbow
- Anyone feeling sick should leave the facility immediately and go home or seek a healthcare facility
- Avoid touching their eyes, nose, and mouth with their hands whenever possible

#### Referees

- **Anyone with symptoms (fever, cough, sore throat, headache, etc.) must not work any event**
- Should check temp before leaving for game, if have a temperature of 100 degrees or higher, DO NOT ATTEND
- Referees must cover their mouth when coughing or sneezing - recommended into the nape of the elbow
- May use artificial or electronic noise makers rather than whistles
- No post-game handshakes, high fives, etc.
  
- No coin toss – away team is deemed to have won the toss.

#### Admin/Staff

- **Anyone with symptoms (fever, cough, sore throat, headache, etc.) must not work game day**
- All staff should take their temperature before reporting on game day
- Anyone feeling sick during an event must leave immediately after informing club leadership

- All staff will wear protective gloves when disinfecting the facility
- Assigned staff will be responsible for sanitizing all defined public areas (i.e. porta-john handles/doors, tents, golf carts, etc.)

### Additional Elements

- Clubs should establish hand-sanitizing stations at easily accessible locations
- Clubs should confirm a contact with their county health department or the state health department for additional guidance to the club's locality
- Clubs may be more restrictive than but not less restrictive.

The Flu will likely be a bigger player this fall/winter with fewer people masking. Please be aware of this additional risk.

### Masking

- Attendees (players, coaches, referees, spectators) are not required to wear a mask in accordance with the CDC masking guidance based on community levels.

CDC Use of Mask guidance:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

County-by-County Community Levels For Face Covering Consideration

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

### Travel

If you are **not up-to-date with your COVID-19 vaccines** travelers are recommended to:

#### **Self-quarantine and get tested after travel**

- Get tested with a viral test 3-5 days after returning from travel.
  - Check for COVID-19 testing locations near you.
- Stay home and self-quarantine for a full **5 days** after travel.
- Follow additional recommendations below for ALL travelers.

#### **All travelers are recommended to:**

- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
- Follow all state, tribal, local, and territorial recommendations or requirements after travel.