

# Keystone Youth Football & Cheerleading League

## Mitigation Standard for COVID-19

The COVID-19 “pandemic” has presented athletics across the world with a plethora of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps that we can take to reduce the risks to our athletes, coaches, and their families. The KYFCL will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The KYFCL realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our athletes, coaches, and families.

### **These Recommendations include but may not be limited to:**

- 1. Athletes, Coaches, and any spectators will undergo a COVID-19 health screening prior to any practice, event, or team meeting.** (The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.)
- 2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, No Handshakes/Celebrations.** (High fives, fist/elbow bumps, chest bumps, hugging)
- 3. Intensify cleaning, disinfection, and ventilation in all facilities.**
- 4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.**
- 5. Educate Athletes, Coaches, and Families on health and safety protocols.**
- 6. Anyone who is sick must stay home.**
- 7. Each Member Organization will have a plan in place if an athlete, coach, or family gets sick in accordance with CDC guidance.**
- 8. Regularly communicate and monitor developments with our Member Organizations regarding cases, exposures, and updates to policies and procedures.**
- 9. Athletes and Coaches MUST provide their own water bottles for hydration. Water bottles must NOT be shared. Refill Stations and Water Fountains may NOT BE Initially AVAILABLE!** (Each Member Organization should have a plan in place for safely filling water bottles)
- 10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face Coverings will not be used for athletes while practicing or competing. As per CDC guidance, face coverings are recommended for anyone not able to maintain at least 6’ social distance** (This does not apply to those participating in a practice or game)
- 11. Member Organization’s concessions stands shall be cleaned periodically throughout its use on game days and practices as well as the removal of multiple use dispensers.** (There should not be any condiment bottles or salt and pepper shakers set out, their use should be converted to single use packets etc.)
- 12. The KYFCL’s Member Organizations are to distribute their Organizations Mitigation Plans to their membership, as well as have a signed Organization & KYFCL Informed Consent Waiver for each participant registered for the 2020 Season.**