



Culpeper Football Association (CFA) Return to Play Safety Plan

CFA will provide oversight and enforcement during practices and games to meet the CDC guidelines for recreational sports.

CFA Covid Coordinators – Spyder Lawson and Chris Taylor will oversee all aspects of the COVID risk management plan including development from appropriate resources, implementation, monitoring, updates/changes, communications, staff training, regulatory compliance, and answering player, parent, and staff questions about COVID concerns.

- **Gathering size:** No more than 250 persons per field (includes players, referees, coaches, parents, and spectators).
- **Intensifying cleaning and disinfection.** Footballs will be regularly disinfected. Players will be encouraged to keep mouthguards in and not removed/inserted repeatedly. Single benches for players will be disinfected after each use. Each team will assign someone to wipe down footballs and flags after each play.
- **Hand washing:** CFA will encourage washing hands often. Additional timeouts will be issued per half to allow time to disinfect hands during games.
- **Sanitizers:** Each team will have hand sanitizers, which will be available at all practices and games.
- **Social Distancing:**
 - Players will be kept in small groups at practice, with limited contact with other players.
 - Players will be 10 feet apart at practice and games, when not in play.
 - Yard signs will be displayed throughout the game fields to be a reminder of practicing social distancing and face coverings.
 - High “fives”, huddles, fist bumps, hugs and handshakes will be not be allowed.
 - Ten (10) feet of physical distance must be maintained by all coaches, parents, and spectators (exemptions are family members). This will be maintained at practices and games.
 - CFA parents and spectators are encouraged to bring their own chairs, as bleachers will NOT be provided.
 - CFA Coaches and Coaching Staff will call plays from the sideline and not huddle.
 - Players will be discouraging from consistently removing and inserting mouthguards.
- **Promoting healthy hygiene** practices by having an abundant supply of hand sanitizers. Players are encouraged to cover coughs and sneeze with a tissue or use the inside of their elbow and be reminded not to spit.
- **Face Coverings/Masks:** Requesting that coaches, youth sports staff, officials, parents, and spectators wear a cloth face covering during practices and games. Players may opt to wear a cloth face covering on the sidelines and during play if feasible. CFA will always encourage masks to be worn for CFA Board Members, visitors, referees, parents, spectators, coaches, and coaching staff, if unable to maintain proper social distancing of 10 feet. However, if anyone is not wearing a mask, we will respectfully assume it is due to a medical condition.
- **Non-essential visitors:** CFA will limit non-essential visitors, spectators, and volunteers by asking only parent(s)/legal guardian attend games/practices per player.
- **Sharing of equipment will be not allowed.** Please be sure your player has his/her jersey and flags, as they will not be allowed to borrow. Players must bring their own water bottles.
- **Equipment:** Additional footballs will be provided to encourage frequent disinfecting of equipment. All athletic equipment, including balls, game clock remote and single benches will be cleaned intermittently during practices and games.

- **Schedule:** Practice/Games will be scheduled with a 30-minute gap to ensure proper exiting and entering of field (to avoid congestion) and time to disinfect any equipment, such as footballs, game clock remote and single bench.
- **Screening:** All Coaches and players will be screened for signs/symptoms of COVID19 prior to entering practices or games.
 - Coaches will administer temp check to each player prior to practices and games, if the player has a temperature over 100.3 or if they or anyone around them have been experiencing any COVID-19 symptoms, they will NOT be allowed to play or attend any practices or games.
 - Parents/Legal Guardians will be requested to fill out COVID19 Symptoms and Risk Factors prior to each practice and games to be turned into Coach/Assistant Coach/Team Mom.
- **Hydration:** All players will bring their own water bottle. Water bottles will not be shared. Hydration stations will not be provided by CFA.
- **At home recommendation:** CFA will ask parents to have their child shower after each practice and game.
- **Notifying 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, 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 VDH health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify local VDH 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.

Steps when player tests positive:

- CFA will advise sick coaches, staff members, referees, or players should not return until they have met CDC's criteria to discontinue home isolation.
- 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](#)"). 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 if possible. Ensure safe and correct use and storage of cleaning disinfectants, and disinfection products, including storing them securely away from children.
- Notify local VDH and Close Contacts - In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local VDH officials, youth sports program staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.

If someone does get sick during practice or at a game, we have plans in place to isolate and parent/legal guardian to transport that person to their home or healthcare facility. If you have a specific question about this plan or COVID-

19, please contact **Spyder Lawson @ 540.764.0169** or **Chris Taylor @ 703.856.4645** for more information. You can also find more information about COVID-19 at www.cdc.gov.

As a final note: As things change around the world so also this document may have to change. Any change to procedure will be sent to parents via email to update them on the change.

CFA will communicate to all parents and players the above plan to combat the spread of COVID19.