

Phoenix Storm Return to Play Protocols

COVID-19

Revised - 8/1/20

The Phoenix Storm Football Club has adopted the plan outlined below for the return of youth football in 2020.

The plan is based on guidelines from the (1) Arizona Interscholastic Association, "Recommended Guidelines for Returning to Athletic Activity;" (2) USA Football, "Return to Youth Football 2020;" and (3) National Federation of State High School Associations (NFHS) and Sports Medicine Advisory Committee (SMAC), "Guidance for Opening Up High School Athletics and Activities."

Pre- Practice/Game Screening:

All coaches and players will be screened for signs/symptoms of COVID-19 prior to every practice and game. Screening includes:

- Fever (over 100.3), on-site temperature check will be performed

Self- reporting, observational:

- Cough Shortness of breath
- Sore throat and/or Congestion
- Headache
- Chills Muscle and/or joint pain
- Nausea/vomiting
- Loss of taste or smell
- Diarrhea

Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a coach/player develops COVID-19.

Any person with positive symptoms reported will not be allowed to take part in practices or games and should contact his or her primary care provider or other appropriate health-care professional.

VULNERABLE INDIVIDUALS

Vulnerable individuals are encouraged to not oversee or participate in any practices or games.

Vulnerable individuals are defined by CDC as people with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are comprised as by chemotherapy and other conditions requiring therapy.

Family members and other individuals who may be at higher risk are encouraged to not attend practice/games. On-line streaming for games will likely be made available, to the extent possible, so those individuals may still view.

SANITIZATION

Alcohol-based hand sanitizer will be available to all coaches and players during all practices and games. All coaches and players will be required to sanitize their hands before touching any surfaces or participating in any practice or game.

All coaches and players will be required to re-sanitize their hands intermittently (as frequently as reasonably possible) during practices and games.

All athletic equipment, including blocking pads and footballs, will be cleaned after each use, as recommended for contaminated surfaces prior to the next practice or game. Currently (as of 7/15/20) studies found that the COVID-19 coronavirus can survive up to four hours on copper, up to 24 hours on cardboard, and up to two to three days on plastic and stainless steel. All athletic equipment, including blocking pads and footballs, will also be cleaned intermittently (as frequently as possible) during practices and games.

Players will be strongly encouraged to shower and wash their workout clothing immediately upon returning to home after a practice or game.

HYDRATION

All players shall bring their own water bottle. Water bottles must not be shared. Hydration stations will not be utilized.

PHYSICAL DISTANCING

When not directly participating in drills during practices, care will be taken to maintain a minimum distance of 6 feet between each individual to the extent reasonably possible.

Appropriate social distancing will be maintained between coaches, officials and sideline volunteers on sidelines/bench during practices and games to the extent reasonably possible.

Coaches will be required to wear face coverings when conducting drills, in games, scrimmages, and any circumstances where social distancing is not possible.

Officials and sideline volunteers will be encouraged to wear face coverings when in circumstances where social distancing is not possible. Storm volunteers will be required.

Players will be given the option of wearing a face covering during activities as preferred and indicated by their parents.

Players will be kept in the same group of 11 or less to the extent reasonably possible.

Teams will utilize limited contact activities run at "air" and "bags" as much as reasonably possible. Blocking bags and sleds will be sanitized after each use and intermittently during practices. To the extent reasonably possible, contact drills should be limited to blocking and tackling partners or within small groups (less than 11 players) during practices.

POST EXPOSURE PROTOCOLS

As of 8/1/20 practical guidance for post exposure to COVID-19 has been very limited. A major insurance agency that specializes in youth sports coverage recommends the below as protocols. These may be implemented when practices and games begin at the yet to be determined date.

Player Or Staff Member Return To Sports Activity: See [CDC guidelines on When You Can Be Around Others After You Had Or Likely Had COVID-19](#). Here is a summary:

- **They think or know they had COVID-19, and had symptoms:** Players and staff can be with others after: 3 days with no fever, and symptoms improved, and 10 days since symptoms first appeared. Depending on healthcare provider's advice and availability of testing, player or staff member might get tested to see if they still have COVID-19. If they are be tested, they can be around others when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart.
- **They tested positive for COVID-19 but had no symptoms:** Players and staff can be with others if they continue to have no symptoms after 10 days have passed since test. Depending on healthcare provider's advice and availability of testing, they may get tested to see if they still have COVID-19. If they have been tested, they can be around others after they receive two negative test results in a row, at least 24 hours apart. If they develop symptoms after testing positive, they must follow guidance above for "They think or know that they had COVID-19, and had symptoms."
- **They have been around a person with COVID-19:** Players and staff who have had **close contact** with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness. It is possible that someone could be able to spread COVID-19 for up to 14 days even if they do not have symptoms. According to CDC, "...factors to consider when defining close contact include proximity, the duration of exposure (e.g., longer exposure time likely increases exposure risk), whether the individual has symptoms (e.g., coughing likely increases exposure risk) and whether the individual was wearing a facemask (which can efficiently block respiratory secretions from contaminating others and the environment). Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure but 15 min of close exposure can be used as an operational definition. In healthcare settings, it is reasonable to define a prolonged exposure as any exposure greater than a few minutes because the contact is someone who is ill. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the person cough directly into the face of the individual) remain important."
- **Player Or Staff Has Close Contact:** Anyone with close contact with a person exhibiting symptoms should also be separated and sent home and should follow CDC guidelines for self-monitoring and procedures for community related exposures.
- **Cleaning / Disinfecting Surfaces:** Any areas, surfaces, or shared objects used by a sick person should be closed off and not used until after cleaning and disinfecting. If possible, it is recommended to wait at least 24 hours before cleaning and disinfecting.

- **Notification:** Notify local health officials, staff, and family members immediately of any lab confirmed case of COVID-19 while complying with local state and privacy and confidentiality laws as well as with the Americans With Disabilities Act.
- **Multiple Infections:** If 3 or more team members test positive for COVID-19, work with state and local health care officials about continued operation of the sports league. (Source: TX Checklist For Youth Sports Operators.)