



Central Texas Wolves Youth Sports Organization COVID-19 Guidelines



The Central Texas Wolves Youth Sports Organization understands the safety challenges and concerns of the current and ongoing COVID-19 pandemic. Please see below for some guidelines to address how the organization will adhere to CDC, Federal, State, Local, and League Governing Body guidelines to provide a safe and fun experience for all youth participating in sports with the organization.

A note about children and COVID-19:

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

We should all be thankful that, with rare exceptions, COVID-19 is not claiming the lives of our children. However, we can never forget that a child with a mild or even asymptomatic case of COVID-19 can spread that infection to others who may be far more vulnerable.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, an infant, child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, coaches, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

Every adult who is responsible for providing care for youth in these settings must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and not send them to participate in sporting activities if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and report results to the program given the implications for other children, families, and staff. Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.

Please note, public health guidance cannot anticipate every unique situation.

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Health Protocols for Employees, Contractors, and Volunteers (“staff”):

- Train all staff on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- Screen all staff each day for any of the following new or worsening signs or symptoms of possible COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - Vomiting
 - Loss of taste or smell
 - Diarrhea
 - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
 - Known close contact with a person who is lab confirmed to have COVID-19.
- Limit staff with underlying conditions from attending or staffing the youth sporting event.
- Consistent with the actions taken by many employers across the state, consider having all staff wear cloth face coverings (over the nose and mouth). If available, staff should consider wearing non- medical grade face masks.

Health Protocols regarding Sick Participants and Staff Members:

Isolate staff and participants exhibiting new or worsening signs or symptoms of possible COVID-19 and contact the local health department.

- Do not allow staff with the new or worsening signs or symptoms of COVID-19 to return until:
 - In the case of a staffer or participant who was diagnosed with COVID-19, the individual may return when all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or

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- In the case of a staffer or participant who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until the individual has completed the same three-step criteria listed above; or
 - If the staffer or participant has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on a negative nucleic acid COVID-19 test and an alternative diagnosis.
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- Each sporting team is considered a cohort. Outside of the sporting event, discourage mixing between cohorts.
 - Immediately isolate any participant or staff member who tests positive for COVID-19.
 - If a staff member or participant tests positive for COVID-19, the youth sports organizer should notify parents or guardians of possible exposure to a lab-confirmed case of COVID-19.
 - If 3 or more cohorts in a sports league have individuals test positive for COVID-19, work with state and local public health authorities about continued operations of the youth sports league.
 - Using the groups or cohort strategy, contact tracing can be initiated promptly, and isolation and surveillance can be implemented in short order.

Health Protocols for Spectators:

Individuals should avoid being in a group larger than 10 individuals. Within these groups, individuals should, to the extent possible:

- Minimize in-person contact with others not in the individual's household.

Minimizing in-person contact includes maintaining 6 feet of separation from individuals.

When maintaining 6 feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, such as:

- Wearing a face covering or mask;
- Washing or sanitizing hand frequently;
- Avoiding sharing utensils or other common objects.

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Requirements for All Workouts
Attendance records shall be kept for any and all practices.
Student Athletes should report to workouts in proper gear and immediately return home to shower at end of the workout.
During workouts, the organization will have at least one staff member per twenty student athletes in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
The organization must have hand sanitizer or hand-washing stations readily available in the workout area . Student Athletes and staff should be encouraged to use it frequently.
There can be no shared water or food .
The organization should consider pre- screening all student athletes and staff for COVID-19 symptoms that they or others living in their house may experience.
Student Athletes may be placed in working groups no larger than 15 total students . Each working group should maintain appropriate distance from other working groups.
No competitive drills involving one or more student athletes against one or more student athletes may be conducted. Examples (including but not limited to): <ul style="list-style-type: none">• In football, offensive / defensive drills are allowed, but no 7 on 7, or offense vs defense drills are allowed, etc.• In cheer, drills are allowed, but no stunting, lifting, or direct contact between participants are allowed, etc.
Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups . After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group .
Practices may be conducted, but student athletes shall attend no more than 90 minutes per day of sport specific skill instruction, Monday through Friday.

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