



Revised October 9<sup>th</sup>, 2020

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Centex Sports COVID Action Plan Effective Immediately

**Teams & Participating Families must adhere to the following:**

**Parents Please Note:** 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.

To all parents and guardians there are enhanced risks of participants being in direct contact with anyone age 65 or older for 14 days after participating in a sport event or practice.

1. Parents should actively screen their children before each Centex Sports activity by asking them specific questions (children are often not forthcoming about minor symptoms and subjective symptoms are not observable without asking). Questions should be: "Do you have a sore throat, headache, chills, body aches, diarrhea, loss of taste or smell?" Parents should observe for rash or fever. If the answer is yes to any of those questions it is essential that the child NOT attend practice and be evaluated by a medical professional before returning to play.

2. Any player who fits the following descriptions should NOT attend any Centex Sports activity:

- A player coming from a household where a family member has tested positive or exhibits the above symptoms.
- A player that has been exposed to someone who has tested positive.
- A player is being tested or has been tested and is awaiting results.

3. Each player should have their own bottle of hand sanitizer in their sports bag. They should apply it at the beginning of each activity at breaks and immediately following the activity. Group bottles of hand sanitizer encourage the touching of the same surface (the pump handle). Individual hand sanitizers should not be shared between players.
4. Teams may only practice/play at their designated time and field
5. If using stations for a practice/activity, each player group may rotate to various stations and the specific group of players should stay the same for the duration of the practice. Each group should maintain social distancing guidelines during the entire practice, including but not limited to when a player is in line at a station.
6. While the Texas Governor has approved the return to full game play, where possible coaches should minimize practicing of any activity/skill/drill that risks contact between 2 or more players. Close body contact is discouraged from the medical experts until further observation of the current preliminary guidelines for limited interactions can be observed for their effects.
7. Player equipment should be lined up and down the designated sideline a minimum of 6 feet apart.
8. Per state and local government requirements, parents are asked to adhere to and maintain social distancing standards and practices
9. Parents and spectators are encouraged to wear masks while watching the game and to make use of hand sanitizer and other personal protective equipment as appropriate
10. Teams should remain in the parking lot until their practice/warm up time starts and should leave the premise as soon as the practice/game/activity ends. Any pre or post practice/game discussions should be done in a socially distance manner consistent with the 6 foot social distancing guidelines.
12. Parents must instruct their players prior to each practice to cover their nose and mouth if they need to cough or sneeze at practice.
13. Water bottles should be kept inside the players sport bag separated by at least 6 feet on the sidelines. The tops of the water bottles should be clearly labeled with the child's name to avoid accidental drinking from the wrong bottle and sanitizer should be used before touching the water bottle. (Hands may gather viral droplets during practice and transfer to their water bottle which is touched to their mouths, so using the hand sanitizer before touching their water bottle minimizes the transfer of germs to their mouths).

14. Players should not share their personal equipment.

15. If at any time a Parent doesn't feel comfortable with their player participating in the practice/game/activity for any reason whatsoever, they should remove their child from the practice/game/activity.

16. It is the Parent's responsibility to ensure these Guidelines are followed for their player and family and accept full responsibility for the well-being of themselves, their child, their family and guests.

17. It is everyone's responsibility to make sure these overall Guidelines are followed.

18. If these Guidelines are not being followed, you should remove your child from play, advise the coach of the concerns and email the concerns to [dbarsun@yahoo.com](mailto:dbarsun@yahoo.com)

19. Players, Coaches and Staff may return to play/work based on the following:

- A) In the case of a player, coach or staff member being diagnosed with COVID-19, the individual may return to play/work when all three of the following criteria are met:
  - i) At least 24 hours have passed without a fever and without the use of fever-reducing medications.
  - ii) Improvement in symptoms (e.g., cough, shortness of breath).
  - iii) At least 10 days have passed since symptoms first appeared.
- B) Players, coaches or staff members who have close contact with someone who is lab-confirmed to have COVID-19, must remain away from Centex Sports activities until the 14-day incubation period has passed. If the individual experiences symptoms during this time, they must meet the COVID-19 return to play/work criteria as outlined above.
- C) If an individual has symptoms of COVID-19 and wants to return to play/work before completing the above criteria, the individual must either (a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis, or (b) receive two separate negative tests at least 24 hours apart.

If anyone is unsure if they have been exposed to someone that is or may be COVID positive, they should follow the protocols above at a minimum.

Centex Sports accepts any medically approved and administered COVID test.

Here is the CDC definition of close contact for the coronavirus disease:

Close contact is defined by CDC as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic clients, 2 days prior to positive specimen collection) until the time the patient is isolated.

Parents should of course follow the same protocols above with regard to attending any Centex Sports activity.

20. Centex Sports will make every effort to sanitize it's shared team equipment (if there is any) after each player use and after each Centex Sports sanctioned activity with a CDC approved sanitizer.

21. Parents and Participants Acknowledge that this a very fluid situation and these requirements may be modified over time in concert with local, county and state guidance as well as Centers for Disease Control (CDC) guidelines. Parents agree to adjust to any updated guidance as communicated to them by their Team Coach or Centex Sports representative.

22. If using a tent, only family members should be allowed under the tent. Social distancing still applies for more than 2 adults under the tent closer than 6ft. It is the responsibility of the parent to monitor this.

23. If you or someone in your household have been in a large gathering of any type where the Governors Protocols and Social Distancing was not being followed, please monitor yourself and your children and consider the community before attending any Centex Sports activity. Please stay home if in doubt.