

# **Capo Valley High School Football COVID-19 Health and Safety Program:**

## **1. Introduction:**

Capo Valley High School's football program has developed this COVID-19 Health and Safety program to promote a safe environment for our football team. As COVID-19 remains an ever-changing situation, and as additional information becomes more readily available, this program will be amended as necessary. If an Order issued by a State, local or Federal government entity is more restrictive than this program on any particular measure, the government issued Order will supersede this program with respect to such measure.

## **2. Football Student Athlete Safety & Health:**

To promote the safety and health of all Capo Valley High School football student athletes, the following measures are in place and steps taken include:

**-Physical distancing:** protocols for physical distancing throughout our football program, including common areas, field, weight room, football office and other locations as needed.

**-Temperature screening:** a protocol for screening the temperature of football student athletes and coaches before they enter a practice or game of any kind.

**-Enhanced cleaning:** a sanitation program is in place, including frequent cleanings of high-touch surfaces using proper disinfectants.

**-Confirmed COVID-19 Case Response Plan:** a plan is in place to respond in the event a football student athlete or coach is confirmed with COVID-19. This also includes confirmed cases of football student athlete's family members, coach's family members, or have come into close contact with an individual confirmed with COVID-19.

## **3. Football Student Athlete & Coach Responsibilities:**

Football student athletes are expected to follow all CDC and local health agency guidance to limit the spread of COVID-19, and responsible for the following:

**-Watch for symptoms:** the CDC outlines the following symptoms of COVID-19: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell. *This list is not all the possible symptoms of COVID-19.*

**-Protect yourself and others:** the following CDC recommendations to prevent the spread of COVID-19 should be followed:

- Stay home when feeling sick
- Seek medical attention if symptoms become severe
- Wash hands with soap and water for at least 20 seconds, or use hand sanitizer especially after touching frequently used items or surfaces
- Avoid touching face
- Sneeze or cough into a tissue, and immediately discard
- Avoid sharing personal items with others
- Clean and disinfect frequently touched objects or surfaces

**-Wear a face mask or face covering:** all football student athletes are required to arrive to a practice or game of any kind in a face mask or face covering, until temperature has been checked and cleared. Football student athletes are not required to wear a face mask when practicing or playing in a game of any kind. Coaches are required to wear a face mask at all times.

**-Practice social distancing:** football student athletes will follow the physical distancing guidelines implemented by the Head Coach and coaching staff:

- No gathering before or after practice or games is permitted.
- Eliminate physical contact with others including handshakes or embracing of peers, coaches or visitors.
- Virtual meetings will continue to be utilized to limit in-person meetings or film sessions.
- "Pods" of 10 or less football student athletes and coaches will be monitored and separated by distance during practices. *Proper social distancing during games itself is TBD.*
- Parents, visitors and spectators are asked to distance themselves from the practice or game common areas and fields, distance themselves from one another, and are responsible for monitoring their own well-being.

**-Water Guidelines:** football student athletes and coaches are required to bring their own jug or bottle(s) of water, labeled with their name, to each practice and game of any kind. Water will not be provided by Capo Valley High School's football program for

sanitary reasons and to avoid potential risk of exposure. Players will not be permitted into practice or a game without water, for safety concerns of their well-being.

#### **4. Temperature Screening Guidelines:**

To help prevent the spread of COVID-19 and reduce the potential risk of exposure to our football student athletes and coaches, temperature screens will be implemented at the start of all practices and games of any kind.

Prior to entering a practice or game, the temperature of each football student athlete, and coach will be measured with a non-contact thermometer. We will not record, retain or communicate to any third party the student athlete or coach's temperature measurements.

Capo Valley's football Head Coach reserves the right to refuse any entry to any student athlete or coach whose temperature is equal to or greater than 100 degrees Fahrenheit.

Any individual who has a temperature of 100 degrees Fahrenheit or higher will be asked to visit a health care provider for a second screening before being allowed back to practice or a game. We ask for the football student athlete or coach to provide a doctor's note for clearance to return back to practice or a game.

#### **5. Cleaning and Disinfection Guidelines:**

Enhanced cleaning using products that are approved for use against COVID-19 will be utilized to clean and disinfect frequently touched surfaces or objects before and after a practice or game of any kind.

Examples of frequently touched surfaces and objects include but are not limited to the following:

- Tables and desks
- Doorknobs
- Light switches
- Practice and game equipment, including balls
- Weight room equipment

#### **6. COVID-19 Confirmed Case Response:**

A COVID-19 case is considered confirmed when an individual tests positive for COVID-19.

When notified that a confirmed COVID-19 case visited Capo Valley High School's football and practice facilities or football office, the following process shall be followed:

- Head Coach and/or appointed booster member will contact that individual asking for release of their name in connection with contact tracing related to their COVID-19 diagnosis. *Note: If requested, the affected individual has a right to decline and keep their identity confidential due to privacy concerns and guidelines.*
- Any football student athlete or coach that has been in close contact, as defined by the CDC, with the affected individual will be notified and required to self-quarantine from the football program for 14 days.
- Enhanced cleaning will be scheduled of the individual's areas they spent prolonged periods of time in.

I, \_\_\_\_\_ (player or parent/guardian, or coach) have read these guidelines and requirements, and agree to abide by all statements above.

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Signature