

Under the Lights COVID Safety Guidelines

Social Distancing: All players, coaches, staff, and spectators should practice social distancing of 6 ft. or more wherever possible, especially in common areas. Of course, this won't always apply to players while engaging in the sports activity.

Temperature Check: Players, Officials and Spectators will need to have a temperature check before entering the facility or game field. All players, coaches and family members should be asked to take their own temperature before leaving the house and they should stay at home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses for contagious disease.

Any reading of 100.4 or higher should result in a denial of entry.

Personal Protective Equipment (PPE): All coaches, officials and staff are recommended to wear PPE such as face-masks whenever applicable. Players shall wear face-masks upon their or parents choice.

Coronavirus Risk Warning:

It is suggested that seniors or others with compromised immune systems not participate in or attend this event due to risk of infection

Wash your hands and/or use hand sanitizer upon entrance, during the event, before and after you eat, and as you leave. Hand washing and hand sanitizer are provided.

Avoid touching your face including your eyes, nose, and mouth.

Mouthguards: When a player removes their mouthguard during play, that player must come out of the game to sanitize the mouthguard. All mouthguards must remain in the mouth while the player is on the playing field.

Spacing Of Player Equipment: Player equipment should be spaced accordingly to prevent close contact.

Limit Team Shared Equipment: The use of team shared equipment should be limited whenever possible and should be sanitized after each use.

Spread Out Scheduling Of Games: There should be enough time between games to allow one group to vacate the premises before the next group enters.

Hygiene/Hand Washing/Touching Face/Laundrying: Players and coaches should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze. Facilities and sports organizations should provide hand washing facilities and hand sanitizer and

should schedule mandatory use at breaks. Carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes should be laundered after all workouts.

Water Bottles: Water and sports drink jugs should no longer be provided by sports facilities or sports organizations. Athletes and coaches should bring their own water bottles to all team activities to help to reduce transmission risk. Individuals should take their own water bottles home each night for cleaning and sanitation. Visiting teams should also bring their own water bottles.

No Handshakes/Celebrations: Obviously with social distancing practices, players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, and group celebrations.

Meetings: Whenever possible all meetings should be done by phone or video conference. If in person meetings must occur, make sure that it is held outside when possible and follow all social distancing procedures.

Limiting Spectator Attendance: Limit spectator risk by limiting attendance to essential staff and limited family members.

Exposure and Positive Tests:

- If a league participant or a member of their immediate household is awaiting results from a COVID test, no one from that immediate household, including the participant, may attend any league activities until they receive the results of the COVID test.
- If a league participant tests positive for COVID, that family must immediately notify a designated league representative (League President must be notified immediately and then the President of the league must notify the city immediately). That participant may not attend any league activities until: (1) at least 10 days have passed since they discovered the positive test results and (2) has had a resolution of any fever without the use of fever-reducing medications and (3) symptoms have resolved. Additionally, that team may not attend any league activities until: (1) 14 days have passed since they were exposed to COVID (2) has had a resolution of any fever without the use of fever-reducing medications and (3) symptoms have resolved.
- If an immediate family member of a participant in the same household tests positive for COVID, that family must immediately notify a designated league representative (League President must be notified immediately and then the President of the league must notify the city immediately). The participant and everyone in the participant's immediate household (including coaches, if any) may not attend any league activities until: (1) 14 days has passed since they discovered the positive test results and (2) the immediate household member,

has had a resolution of any fever without the use of fever-reducing medications and (3) symptoms have resolved.

- If a family discovers that a participant or immediate household member has had direct or close contact with someone that has recently tested positive for COVID that family must immediately notify a designated league representative (League President must be notified ASAP and then the President of the league must notify the city immediately). That participant and everyone in their immediate household may NOT attend any league activities until: (1) 14 days have passed since they were exposed to COVID (2) has had a resolution of any fever without the use of fever-reducing medications and (3) symptoms have resolved