

**Kare Youth League/Rio Hondo Prep**  
**Reopening Protocol following COVID guidelines as of 2/16/21 (subject to updates)**

*The following KYL/RHP protocol is based on County of Los Angeles Health Order, reopening protocols for Youth Sports, CDPH Outdoor and Indoor Youth and Recreational Adult Sports Guidance (dated 12/14/20) and CIF COVID-19 Modification Guidelines*

**All groups will follow all current State & LA County guidelines in the above documents and the following Kare Youth League Protocol:**

**1. General Procedures**

- a. Before any participation, the required current KYL Waiver and all participation permission forms must be returned to KYL/RHP Center, signed and dated by parents and participants.
- b. All staff and participants are instructed to stay home if sick or exposed to a person who has Covid-19 and are instructed to follow CDC guidelines before returning.
- c. It is recommended to pre-screen temperatures and symptoms at home daily.

**2. Measures to Ensure Physical Distancing**

- a. Screening
  - i. The participants will enter at the designated location for each activity and facility (staggered times recommended)
  - ii. Staff will be stationed at each designated entry location to visually screen participants upon arrival and collect paperwork.
  - iii. Signage will be posted stating that no one should enter the premises with fever or chills, cough, shortness of breath and difficulty breathing, and whether the participant has had contact with a person known or suspected to be infected with COVID-19 within the last 14 days.
    1. If the person has no symptoms and no contact to a known or suspected COVID-19 case in the last 14 days, they can be cleared to participate for that day.
    2. If the person has had contact to a known or suspected COVID-19 case in the last 14 days they should be sent home immediately and asked to quarantine at home. Provide them with the quarantine instructions found at [ph.lacounty.gov/covidquarantine](http://ph.lacounty.gov/covidquarantine)
    3. If the person is showing any of the symptoms noted above they should be sent home immediately and asked to isolate at home. Provide them with the isolation instructions found at [ph.lacounty.gov/covidisolation](http://ph.lacounty.gov/covidisolation)
  - iv. All participants, staff, family members and visitors are required to wear cloth face coverings the entire time they are at the facility, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines). When engaging in heavy physical exertion maintain a distance of 8 feet or greater from others. Participants must be warned to only do exercises to the extent they can breathe comfortably while wearing a face covering over both their nose and mouth at all times. (Face masks or coverings with one-way valves are not permitted.)
  - v. Participants will bring their own pre-filled water bottles and a personal supply of hand sanitizer. Water fountains are available to fill water bottles only.
  - vi. Once the participant clears the visual screening, they will proceed to their assigned space and cohort.

- vii. Participants will be directed to place their water bottle and other gear in a designated area, which are separated by a minimum of 6 feet.
- viii. Participants will be directed to take a certain route toward their location for their activity.
- b. Until further notice, all youth sports activities must only take place outdoors.
  - i. Teams may utilize a canopy, or other sun shelter, but only if the sides of the canopy or sun shelter are not closed and there is sufficient outdoor air movement.
- c. All areas where participants are seated off-field or off-court will be reconfigured to create additional seating such that players and employees are able to maintain a physical distance of 6 feet while in the area.
- d. Participants will bring their own equipment and not share equipment.
  - i. As stated in the CDPH guidance on 12/14/20, when equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
    - 1. Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
  - ii. If equipment must be shared, it will be disinfected between use by another person, group, or team.
- e. Participants and staff will not make unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps)
- f. During activity
  - i. As stated in the CDPH guidance on 12/14/20, athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period. A cohort may be broken up into smaller groups within the cohort for smaller group activities
  - ii. Participants and coaches will maintain a distance of 6 feet from others at all times, **and an 8 feet distance during times of heavy physical exertion.**
  - iii. As stated in the CDPH guidance on 12/14/20, participants should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines).
  - iv. Restrooms may be used. Visits will be staggered to allow for 6-foot physical distancing. Hands must be sanitized after restroom use.
  - v. See protocols attached at the end of the document for specific guidelines for each activity
- g. Departure
  - i. Participants will wear a face covering when departing
  - ii. Participants will exit at the designated location for each activity
  - iii. A staff member will wait with participants (in cohorts) to make sure physical distance is maintained, 6 feet at all times.
  - iv. Pick up may be staggered so that each group of 12 participants will be picked up 10 minutes apart. Participants need to be picked up in a timely manner so that we can maintain proper social distancing.
- h. After activity
  - i. Staff will disinfect the gym, restroom, and areas where participants left belongings
  - ii. Staff will ensure that all areas used are free from trash left by participants or staff.

- iii. When participants arrive home, they are encouraged to take a shower and wash clothing. Participants are also encouraged to disinfect their equipment and other belongings

### **3. If staff or participant becomes ill**

- a. Any participant or staff who exhibit symptoms of COVID during session will as discretely as possible be separated from the group and placed in the designated isolated area for each Kare facility awaiting pick up.
- b. Staff will ensure that the participant is wearing a face covering
- c. Parents will be notified, and the participant will be transported home by parent or person designated by parent.
- d. Parents and participants will be advised not to return until they have met CDC criteria to discontinue home isolation, including 24 hours with no fever (fever has resolved without the use of fever-reducing medications), symptoms have improved, and 10 days since symptoms first appeared.
- e. If a participant tests positive for COVID, parents will notify the principal or Kare site director, or another designee. The identity of this participant will remain anonymous, but participants and staff in the same cohort will be notified and will be advised to self-quarantine for 10 days to monitor symptoms.
- f. Upon being informed that one or more employees, coaches, or players test positive for, or has symptoms consistent with COVID-19 (case), the case(s) will isolate themselves at home and require the immediate self-quarantine of all employees, coaches or players that had a workplace exposure to the case(s). If there is an exposure to COVID-19 infection in a stable cohort in a youth sports program, all members of the stable cohort will require immediate self-quarantine.

## **Activities**

### **1. Sports**

- a. Each participant will have their own equipment that they bring from home and will not share their equipment with other participants.
  - i. As stated in the CDPH guidance on 12/14/20, when equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
    - 1. Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
  - ii. If equipment must be shared, it will be disinfected between use by another person, group, or team.
- b. As stated in the CDPH guidance on 12/14/20, athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period. A cohort may be broken up into smaller groups within the cohort for smaller group activities
- c. Each participant will always maintain a distance of at least 6 feet from others and wear a face covering.
  - i. Activities that require heavy exertion will be conducted while maintaining a distance of at least 8 feet from others. As stated in the CDPH guidance on 12/14/20, participants should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines).

- d. Activities will consist of training, conditioning and skills-building activities.
- e. Each cohort will train in a separate area so that participants will maintain distancing. If cohorts are moving from station to station, they will be directed in a one-way path to maintain distancing between cohorts.
- f. Participants will be directed to use the cones or tape markings on the ground to ensure social distance is maintained

2. Team Meetings

- a. Participants must wear a face covering during team meetings.
- b. Team meetings must take place outdoors.
- c. Each participant will be directed to a seat or location that has been placed 6 feet away from other participants and separated from other cohorts.

I understand COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID-19 disease, even if I follow all the safety precautions above and those recommended by the CDC, local health department, and others. I understand that although KYL and RHP are following the guidelines issued by the CDC, County of Los Angeles and other experts to reduce the spread of infection, I can never be completely shielded from all risk of illness caused by COVID-19 or other infections. I have read, understand, and agree to comply with the above KYL/RHP Reopening Protocol above. I also acknowledge that these expectations are a condition of my participation in KYL/RHP activities and that any failure to comply with the above may lead to immediate removal of participation privileges.

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name of Parent

\_\_\_\_\_  
Signature of Parent