

Kare Youth League/Rio Hondo Prep
Reopening Protocol following COVID guidelines as of 2/26/21 (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 2/26/21) 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 Participant, Coach, and Support Staff Safety

- 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.
 - 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.
 - If the person has had contact to a known or suspected COVID-19 case in the last 10 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
 - 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
 - iv. 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.
 - v. Once the participant clears the visual screening, they will proceed to their assigned space and cohort.
 - vi. 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.
 - vii. Participants will be directed to take a certain route toward their location for their activity.
- b. Outdoor sports teams may engage in training, conditioning, skills-building, and competitions as described below.
 - i. As much as possible, participants, coaches, and support staff are to maintain a) a physical distance of at least six feet between each other at all times and b) an eight feet distance between each other during times of heavy physical exertion.

- c. All participants are required to wear an appropriate face mask that covers the nose and the mouth at all times, except during high intensity aerobic activities. Participants must wear a face mask at all times when not engaged in play, including when on the sidelines during competitions.
- d. All coaches, support staff, family members, observers, and visitors are required to wear an appropriate face mask that covers the nose and mouth at all times.
- e. Routine Testing for Youth Sports when County exceeds 7 cases per 100,000 population
 - i. Weekly COVID-19 testing program is required for football teams and coaches. If competing, tests must be completed and results made available and reviewed by the coaches within 24 hours of play.
 - If a test result is not available within 24 hours of play or if the COVID-19 test result is indeterminate or positive, the person must be sent home immediately to isolate. Provide them with the isolation instructions found at ph.lacounty.gov/covidisolation.
 - Note: The testing requirement applies only to teams with participants that are older than 13 years old. Teams that are made up of 50% or more participants who are 13 years old or younger may exempt participants from regular testing; however, coaches still need to be tested on a weekly basis.
- f. Indoor activities of any kind are not permitted at this time. This includes both sports activities (practice, conditioning) as well as associated indoor activities such as team dinners or film study, among others.
- g. Inter-team competitions (defined as competitions between 2 teams only) are permitted for all outdoor sports under the following conditions:
 - i. Inter-team competitions may be held between two teams only. Tournaments or events that involve more than two teams are not currently permitted in California.
 - ii. Inter-team competitions are permitted only if (a) both teams are located in the same county and the sport is authorized; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties.
 - iii. Teams must not participate in out-of-state tournaments.
 - iv. A team is defined as a group of players forming one side in a competitive game or sport.
 - v. Only one competition, per team, per day maximum may be played.
- h. Team transportation:
 - i. Bus/van travel by teams may pose a higher risk of transmission. If teams travel by bus/vans, all passengers must wear a face mask at all times. Passengers must sit one person per seat. Windows must remain open for the full duration of the trip unless not feasible.
 - ii. Travel via private car must be limited to only those within the immediate household.
- i. 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.
- j. 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.
- k. Observers are permitted for youth sports practices and competitions for age-appropriate supervision. Observers must be limited to immediate household members. Observers must wear a mask at all times and must maintain a 6-foot physical distance from non-household members. Observers should refrain from shouting, singing, or chanting as these activities increase the volume and spread of respiratory droplets.

- I. Participants are encouraged to bring their own equipment and not share equipment.
 - i. If equipment must be 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.
 - 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.
- m. Participants, coaches, support staff, and employees are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps)
- n. During activity
 - i. Participants, coaches, and support staff 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. Restrooms may be used. Visits will be staggered to allow for 6-foot physical distancing. Hands must be sanitized after restroom use.
 - iii. See protocols attached at the end of the document for specific guidelines for each activity
- o. 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 cohort 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.
- p. 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 is encouraged to bring their own equipment that they bring from home and will not share their equipment with other participants.
 - i. 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. 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, except during play. A face mask must be worn when on the sideline.
- d. Activities will consist of training, conditioning, skills-building activities, and competitions between two teams.
- e. Only one competition, per team, per day maximum may be played.
- f. Participants will be directed to use the cones or tape markings on the ground or seating to ensure social distance is maintained while on the sideline or in the dugout.

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.

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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