

HOLLY DAVISBURG AYSO COVID POLICY – FALL 2021

Purpose: The purpose of this document is to promote the health of youth athletes, coaches and families of Holly Davisburg AYSO by providing recommendations for a safe return to sport and physical activity after the coronavirus, SARS-CoV2, “COVID-19” pandemic.

Given the changing environment, recommendations and guidelines may change at any time. This document has been most recently updated on September 9, 2021.

This document is a general information resource and should not be treated as medical advice to participate in any activity. These ideas are meant to supplement considerations by your state and local governing bodies and Health Department NOT meant to replace them.

Acknowledgement of infection risks

The decision to participate in sports and spectate at sporting events will be dependent on athletes, families, and sports clubs in concordance with rules and regulations from authorities. Participants and spectators should understand that social interaction and congregation increase the risk of individuals becoming ill from infection with SARS-CoV-2 and potentially spreading the virus to family members and the community.

While the rates of vaccinations are increasing, the risk of spread remains.

We are NOT asking players or families to wear masks during soccer, but please try to maintain some space between you and non family members.

Benefit of sports and responsibilities of the athlete

The participation in sport has known health benefits, including promoting physical fitness and mental wellness. Sports provide a social construct and interaction which is necessary in a time of uncertainty for our athletes. It is widely recognized that physical activity, performed for the right amount of time and intensity can provide benefits to the immune system. In addition, sports can provide a template for young athletes to learn concepts of teamwork, leadership, work ethic and integrity.

With these recognized benefits, we propose and recommend the following:

Athlete/Family Responsibility

- Athletes, families and participants in sports have a social and moral responsibility to report symptoms of COVID-19. Self-reporting all symptoms consistent with COVID-19 will not only decrease the spread but will also help keep athletes playing their sport. Coaches, administrators and parents should continue to encourage athletes to self-report any symptom.
- All guidance, rules and regulations regarding the return of sports must be followed as set forth by the national, state, or local governments and health departments. All involved with making the decisions for return to sports should be up to date on government guidance and CDC recommendations.

Holly Davisburg AYSO

Barring requirements established by Federal, State and Local government, Holly Davisburg recommends the following:

- Sports Physical/Pre-Participation Exam: We encourage all athletes to see their pediatrician or primary care provider every year for a sports physical. Please tell your pediatrician at your sports physical if you have been diagnosed with COVID-19 or had symptoms consistent with COVID-19 during the past year.
- We recommend discussing vaccination with your primary physician as well.
- Should my child be vaccinated: We recommend all children eligible, currently ages 12 and older, to be vaccinated to help protect themselves and contacts who may not be able to be vaccinated.

The currently available vaccine has been shown to be overall safe and very effective limiting COVID-19 risks and helping reduce transmission. Specific vaccine recommendations should be discussed with your provider. The only contraindication to the vaccine is previous severe allergic reaction (e.g., anaphylaxis) to a previous vaccine dose or to a vaccine component (e.g., PEG). The vaccine should also not be given for 90 days following treatment with a COVID-19 monoclonal antibody.

We do not mandate vaccines

However, we ask that you not attend soccer practice or games if:

- You are feeling ill. Symptoms of the coronavirus can include fever (temperature of 100.0 as defined by the CDC), cough, difficulty breathing, and other symptoms as outlined by the CDC website.
- If you are unvaccinated and have been exposed to COVID-19 in the prior 10 days.
- If you are a member of an identified quarantined group. For example, if a classmate is identified as Covid positive, the class will be asked to self-quarantine for the next 10 days. If you are asked to self-quarantine from school we ask that you self-quarantine from soccer.
- If unsure about whether to attend or participate in practice due to possible symptoms OR exposure, it is recommended you contact your health care provider.

Following a COVID Positive test result or direct exposure to person who tested positive

We ask that you self quarantine for 14 days away from your team and coach from the point of exposure

IF a player or coach wishes, 7 days following an exposure a Negative result from a Covid Test will allow the athlete or coach to return earlier if proof of negative test is provided.