

WMYLC COVID-19 policy

Participation in any and all WMYLC Spring 2021 events implies acceptance of all of the following requirements for practices and games.

HOME HEALTH SCREENING: Prior to attending any WMYLC event - game or practice, it is essential coaches assure that participants have been screened for exposure to Covid and symptoms of COVID-19. All teams must implement a screening process and coaches are responsible for making sure that players and coaches complete a health screening prior to participating in any practice or event. Health screening processes must follow CDC guidelines and include the symptoms listed in that guidance, which includes:

- Exposed to someone with COVID-19 or suspected of having COVID-19
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Who needs to quarantine? Follow [CDC guidelines](#).

If you were in close contact¹ with someone who has tested positive for COVID-19, stay home and monitor your health 14 days.

¹ What is the definition of 'close contact' in terms of COVID-19?

Close contact is defined by CDC as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. The World Health Organization (WHO) additionally includes persons with direct physical contact with a probable or confirmed case, direct care for a patient with probable or confirmed COVID-19 disease without using proper personal protective equipment, and other situations as indicated by local risk assessments.

Anyone who has symptoms should get tested. If you test positive, CDC guidelines should be followed. You may stop quarantining:

- After day 10 without testing positive
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

RECOMMENDATIONS/REQUIREMENTS:

All athletic events are required to align with the State of Maryland orders and Frederick County, MD Return To Play guidance including play, physical distancing measures, maximum number of people gathered and face coverings.

- Physical Distancing monitors should be appointed to assist with field and sideline spacing.
- Face coverings should be worn by coaches, athletes, and referees consistent with the current State of Maryland and Frederick County, Maryland executive orders when not in active play. This includes: 1) on the way to and returning from the field and 2) on the sidelines. [Note: Adam confirmed at the Coaches' Meeting that helmet face masks count as a mask and boys do not require additional face masks on the sideline unless they remove their helmets.]
- Participation should be structured so as to minimize or prevent participant physical interaction. 50 persons per field including players, coaches, & officials following all face covering and physical distancing guidelines when not involved in physical activity.
- The number of coaches/participants to each field ratio should be kept low enough to ensure proper physical distancing between each participant's practice grid, the coaches, and physical distancing monitors.
- Non-participant attendance should be kept minimal. Parent and non-participant attendance is discouraged at practices.
- 2 spectators per player per game will be allowed following all face covering and physical distancing guidelines.
- Teams should provide hand sanitizing opportunities along with water breaks.
- Team huddles and high fives should be suspended until a later phase. Consider using a team cheer that allows for space between players or words of encouragement rather than physical contact.
- Exit and Entry points should be on opposite sides of the field to prevent any accidental crossover between groups.
- The turnover time between practices or games should be lengthened to allow for groups to egress completely before the next scheduled group's arrival.
- Those in the at-risk categories, including those age 60+, should consider not attending.
- All equipment should be sanitized before next practice.