



Covid-19 Safety Policy and Procedures

2023 Programming

Virus Prevention Policies and Procedures

Face Masks

- All coaches and players are required to wear a mask while indoors
 - Exceptions:
 - While eating or drinking
 - Anyone with prior health conditions or trouble breathing who would be put at risk by wearing a mask.

Social Distance and Contact

- Players are to maintain 6ft of social distance whenever possible.
- Players are not to share personal items or equipment

Personal Hygiene

- Coaches and players are to wash their hands for at least 20 seconds with soap and water prior to and at the conclusion of class.
- Hand sanitizer that contains at least 60% alcohol will be provided in the case that soap and water are not readily available.
- Avoid touching your eyes, nose, and or mouth with unwashed hands.

Daily Health Monitoring

- Coaches and players should be alert for common symptoms of Covid-19 such as:
 - Fever or Chills
 - Cough, Sore Throat, Congestion or Runny Nose
 - Shortness of Breath
 - Headache, Muscle or Body Aches
 - Fatigue
 - Loss of taste or smell
 - Nausea or Vomiting
 - Diarrhea

Pre-Class Health Screenings

- Coaches will complete as well as administer the following health screening prior to the start of each class:

- Have you been exposed to anyone that has been diagnosed or has symptoms of Covid-19 in the last 14 days?
- Have you been diagnosed with Covid-19 within the last 14 days?
- Are you experiencing any coronavirus symptoms?
 - Fever or Chills
 - Cough, Sore Throat, Congestion or Runny Nose
 - Shortness of Breath
 - Headache, Muscle or Body Aches
 - Loss of taste or smell
- *Check temperature with contactless thermometer*
 - Temperature must be below 100.4 degrees.

Pass: No to all questions and temperature is around 98.6 degrees

Fail: Yes, to any of the above questions and body temperature is greater than 100.4 degrees. The coach or participant will be asked to return home.

Class Set-Up

- In constructing the learning environment; game, practice, and instructional spaces will be set-up in accordance with social distancing guidelines.
- Participants will have a designated zone, marked by a cone. This zone will be properly distanced and allow participants to keep their belongings separate from others. There will be no sharing of personal belongings.

Equipment

- Players are encouraged to bring their own clubs and balls, clearly identifiable as their own (bag tag, shaft labels, sharpie markings etc.).
- If a player does not own clubs or balls, they will be provided for the duration of the class.
- Equipment will not be shared by players.
- All borrowed equipment as well as program supplies/training aids (cones, hula hoops, noodles, etc.) will be cleaned and disinfected after each class and before being stored.

Water and Hydration

- Players are required to bring a labeled water bottle with them to class.

- During breaks, only coaches will operate the water cooler after properly sanitizing their hands.
- The cooler will be sanitized after each class and before being stored.

Return to Class After Exposure

- Individuals who have had a positive COVID-19 test or have had direct exposure to someone who has tested positive will not be able to physically return until they have: had a negative COVID-19 test **AND** have been fever free without medication for 24 hours. In addition, and in accordance with CDC recommendations, any person testing positive for Covid-19 may not return until after the suggested quarantine period.

*All policies and procedures are based on the most recent guidelines provided by local government, and in this case for the state of Virginia. Guidance is subject to change over time and based on the applicable jurisdiction(s).