

Howell Rebels AYFC COVID Program Participation Plan (Updated 8/23/21) If you or a family member are feeling sick, please stay home!

Temperature - Take your participants temperature before attending any game or practice, if temperature is above 100.4 degrees the player or coach must stay home.

Covid positive result reporting - If someone has tested positive for Covid-19 or been in contact with someone who has tested positive for Covid-19 please report it to info@howell-ayfc.com We will take the necessary precautions and maintain your privacy. Any person that has tested positive for COVID must stay away from all league activities for 10 days from the first date of symptoms or from test date if asymptomatic.

Covid Exposure quarantine rules - Any participant, coach or parent that has been in close contact with an individual that has tested positive for COVID must stay away from all league activities for 14 days from exposure, or 10 days with a negative PCR result collected 5-7 days after exposure.

Duty to Inform - I will inform you if I knowingly come in contact with someone who tested positive within 14 days prior. I will inform you and not attend Howell AYFC activities.

Fully Vaccinated or positive for COVID in last 90 days - If a person is fully vaccinated or has had a positive covid test within the past 90 days from their point of exposure they do not need to quarantine as they will still have immunity from their illness. Above 90 days however, unvaccinated people who had covid would need to quarantine if exposed again since immunity wanes. Fully vaccinated people (2 weeks past their 2nd shot or the 1 shot J&J) don't need to quarantine even if it's above 90 days and they are exposed.

Face Coverings – It is recommended that all coaches should wear face coverings for practices and games at any time they are in the general area of any participants. Face coverings are optional for participants. Face coverings are recommended for all spectators any time within 6 feet of a person outside of your immediate family.

Personal Hygiene- Staff, players, parents/guardians, and spectators should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use hand sanitizer (at least 60% alcohol), abstain from touching their face (mouth, nose or eyes), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. If no tissue is available, then coughing or sneezing into one's elbow is recommended.

Water Bottles - Parents/guardians should provide separate marked water bottles or sports drinks for their child.

Covid-19 forms - must be filled out every night, player can not participate without it.

Covid-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread from person-to-person contact. Federal, state, and local governments and health agencies recommend social distancing and have, in many areas, prohibited group activities. Howell AYFC is taking steps to reduce the spread of COVID-19; however, Howell AYFC cannot guarantee that you or your child(ren) will not become

infected with COVID-19. Further, attending Howell AYFC activities could increase the risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending league activities and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID19 may result from the act, omission, or negligence of myself and others, including, but not limited to, association volunteers, and other participants and their families.

Updated documents:

Current Restrictions on Travel:

<https://www.state.nj.us/health/cd/documents/topics/NCOV/TravelRestrictions.pdf>

Recommended Minimum Quarantine Timeframes:

https://www.state.nj.us/health/cd/topics/covid2019_professionals.shtml

Guidance for Fully Vaccinated Persons in Non-Healthcare Settings:

https://www.state.nj.us/health/cd/topics/covid2019_professionals.shtml

******* THE PLAN AND PROCEDURES MAY BE REVISED FROM TIME TO TIME DUE TO GOVERNMENT AND CDC PROTOCOLS *******