



Pike Youth Sports

COVID-19 Guideline and Information

Overview of COVID-19

COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

<https://www.cdc.gov/coronavirus/types.html>

The COVID-19 is the cause of an outbreak of respiratory illness first detected in Wuhan, Hubei province, China. Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Severe Acute Respiratory syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

Symptoms of COVID-19

Reported illnesses range from mild symptoms to severe illness and death for confirmed coronavirus disease (COVID-19) cases. Symptoms may appear 2-14 days after exposure:

- Cough
- Fever
- Headache
- New loss of taste or smell
- Repeated shaking with chills
- Sore throat
- Shortness of breath
- Muscle pain

How to Protect Yourself from COVID-19

The safety of student athletes, coaches, family members, and all guests is a top priority of the MSD of Pike Township:

- Multiple times a day, wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.
- Use an alcohol-based hand sanitizer with at least 60% alcohol if you have symptoms of acute respiratory illness.
- Stay home from work or school until you are free of fever, signs of a fever, and any other symptoms for at least 72 hours and without the use of fever-reducing or other symptom-altering medications.
- Seek medical attention if you have reason to believe you have been exposed to coronavirus or influenza. Call your healthcare provider before visiting a healthcare facility.

Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

How to Protect Athletes and Families

The following applies to: coaches, staff, facility managers, players, parents, patrons and community stakeholders MSD of Pike Township practices, games and events.

- Face coverings should be worn at times social distancing is not possible.
- Hands should be washed or sanitized before participating in the event.
- Parents/Guardians who stay for practice must follow Marion County social distancing guidelines.
- After an athletic event, parents should make certain that all equipment and clothing worn by student athletes is washed or disinfected prior to the next use. Examples include jerseys, tee shirts, helmets (youth sports), pants, uniforms, and socks.

How to Protect Athletes and Families: continued

- Athletes must not share water bottles and should bring their own with their name clearly written on the bottle to practice and to games. Traditional team water bottles will not be provided.
- Athletes should not share any specialty items such as towels, blankets, other clothing, and hand warmers.
- While not competing or engaging in competitive practice drills, athletes should social distance as outlined in the Marion County Health Department guidelines.

Care of Equipment

All communal equipment used during sports activities and events should be washed with soap and water, wiped with disinfectant wipes or sprayed with a disinfectant at the conclusion of the event. For example, in football this includes but is not limited to: footballs, tackling pads or dummies, kicking tees, etc.

Attendance

A designated coach for each team, team group or pod will be asked to record daily attendance for players and coaches. Upon request of the supervising administrator, coaches will provide attendance for dates of practices and/or games. If a coach notices a player who appears to be sick, the coach is expected to follow the Marion County flow chart and inform the following persons:

- A. Head coach
- B. Athletic director
- C. Athletic trainer on duty
- D. Player's parent/Guardian

Patrons and Parents

For practices, games and all events, we ask that patrons follow the Marion County social distancing guidelines between single families and other patrons.

[file:///D:/Pike%20Youth%20Sports/Health%20Safety/MC%20Public%20Health%20Order%207-02%202020%20\(1\).pdf](file:///D:/Pike%20Youth%20Sports/Health%20Safety/MC%20Public%20Health%20Order%207-02%202020%20(1).pdf)

Suspected Cases of COVID-19

Follow the Marion County Health Department flow chart which outlines the appropriate actions in cases of suspected COVID-19.

<file:///D:/Pike%20Youth%20Sports/Health%20Safety/State%20Health%20Dept%20-%20Flow%20Chart%20for%20Return%20to%20School-Sports.pdf>