



Winter 2021-22 Athletic Programs COVID-19 Policy

Updated 10/29/2021

COVID-19 Self-screening

Mandatory

- Prior to leaving their place of residence, athletes and family members must self-check to identify symptoms and must stay home if they are not feeling well or showing symptoms.

COVID-19 Close Contacts

- If a player/coach has been in close contact (within 6 feet for at least 15 minutes cumulatively over a 24-hour period) of someone who is determined positive with COVID-19, the need to quarantine for 14 days.

The following exceptions apply:

- i. Individuals who are fully vaccinated and do not have symptoms do NOT need to quarantine after a close contact. Individual should get tested 3-5 days after exposure and wear a mask around others until receiving a negative test result.
- ii. People who have tested positive for COVID-19 within the past 3 months and recovered and do not have symptoms do NOT have to quarantine.
- iii. Participants who are not fully vaccinated after a close contact in a classroom or other school setting if masks were being worn appropriately and consistently by both the person with COVID-19 and the potentially exposed person do NOT need to quarantine.

Recommended

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing notifications.
- Recreation Department or coaches should maintain a complete list of coaches, players, and leaders present at each practice or game to include the date, beginning and ending time of the event, plus name, address, and phone contact to be made available upon request from local health department.

Return to Play for Close Contacts

Mandatory

- Person can return to play after:
 - i. Completing up to 14 days of quarantine. The 14 days of quarantine begin after the last known close contact with the COVID-19 positive individual.
 - ii. Alternatively the person may complete a 10-day quarantine if the person is not presenting symptoms of COVID-19 after daily at-home monitoring, OR They complete 7 days of quarantine if they report no symptoms during daily at-home monitoring, and the individual has received results of a negative antigen or PCR/molecular test on a test taken no earlier than day 5 of quarantine.

- If a player/coach tests positive:
 - a) Isolation is required for all presumptive or confirmed cases of COVID-19

Person can return to play when:

- i. It has been 10 days since the first day of symptoms; AND
- ii. It has been at least 24 hours since the person had a fever (without using fever reducing medicine; AND
- iii. Other symptoms of COVID-19 are improving

- Players are encouraged to use their own equipment if possible.
- No personal items (water bottles, towels, clothing, etc.) will be shared between players.
- At all times, equipment and personal items should be stored with proper separation and should be sanitized between uses.

Recommended

- **Personal Equipment Used by Sport** -We recommend purchasing the following items for the sport your child is participating in:
Football: Football gloves
Golf: Golf clubs
Lacrosse: Lacrosse stick
- Disinfect any shared equipment between users with EPA approved disinfectant for SARS-CoV-2 with adequate contact time allowed for disinfectant as stated by the manufacturer.

COVID-19 Confirmed Cases

Equipment

COVID-19 Regulations

Mandatory

- **Water Bottles** - Players should bring a personal water bottle with their name on it to each practice or game.
- **Hand Sanitizer** - Available upon entry to the MACC Baseball/Softball Complex; when practicing, players should sanitize between activities.
- **Limited Touch Rule** – Players should refrain from high fives, handshake lines, and other physical contact with teammates, coaches, and spectators. A “thumbs up” can be used following the scrimmage in lieu of the handshake.
- All spectators and game administrative staff must wear a face covering **indoors** unless a medical exception applies.
- Players and coaches must wear a face covering while entering/exiting the facility and while on the bench or in a team huddle.
- Players may remove their face covering while participating in on-court activities (games and practices).
- **Mask Usage & COVID-19 Regulations**
Coaches must ensure that players are following all COVID-19 related prevention measures.

Cloth Face Coverings

Recommended

- **Travel** - Athletes are strongly recommended to travel to the venue with members of their immediate household only.
- **Water Bottles** – Players are recommended to bring their own water bottle to practices and scrimmages; no sharing of drinks. Concessions will not be available.
- **Water Fountain Usage** - Players are recommended not to use the water fountains at basketball gyms.
- Coaches, athletes, spectators, and other participants should wear a face covering any time they are around non-household members are unable to maintain 6 ft. of distance from others.
- When required, face coverings should be properly worn - covering both the nose and mouth.

Before & After Group Activities

Mandatory

- **Team Meetings** - Coaches officials, and others should modify communication to avoid close face to face communication.
- Team meals should only occur in compliance with the guidelines issued for restaurants in the state of North Carolina.

Recommended

- **Team Meetings** - should occur virtually or over the phone.
 - It is recommended that these take place while players and spectators are at home.
- Individuals should not congregate in common areas or parking lot before or following the event or practice.

Administrative Notes

- City of Mebane policies are subject to change, in keeping with any Governor's Executive Orders.
- Other municipalities and civic clubs have autonomy for their respective home events to enforce more restrictive policies/requirements.
- Competing teams are responsible for communicating with visiting teams regarding any face-covering policies and/or spectator requirements well in advance of scheduled contests.
- Exceptions for face coverings should be communicated between competing administrators prior to the contest.
- The City of Mebane follows NCDHHS guidance for youth sport programs.