

**BLOOMINGDALE & BUTLER  
YOUTH CLUB**

**PROGRAM PREPARATION PLAN**



**COVID-19 ACTION PLAN**

**June 20, 2020**

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet (about 2 arms' length) from other people.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



When in public, wear a cloth face covering over your nose and mouth.



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

*Under Executive Order No. 149, on June 22, 2020 “High Risk Sports” that involve close, sustained contact between participants (Football & Group Cheer) may begin outdoor practices that do not involve person-to-person contact or routinely entail athletes interacting within six (6) feet of one another. By July 20, 2020, it is anticipated that full-contact practices and competitions will begin. Before youth athletic organizations can return to play and practices may begin, each organization must develop a Program Preparation Plan.*

*“We are all ready to “open”, get back to “normal”, and get our BBYC family back on the Football Field and Cheer Mats. Starting 6/22, the State is allowing youth sports to resume. Nothing is more important to us than the health and well being of our youth athletes. Using guidance from the New Jersey Department of Health, the CDC, as well as the New Jersey State Interscholastic Athletic Association, which governs High School Football, BBYC has developed a plan so we can do our best to keep everyone healthy while we return to play the sport we love.”*

*- Sean Walsh, BBYC President*

**WE ARE BULLDOG STRONG!**



## 1. Preparation for Return to Play

- a. A written COVID-19 Program Preparation Plan (PPP) will be in place that ensures the following:
  - i. Coaches and board members are identified to implement and oversee the PPP.
  - ii. Fields are properly maintained and new COVID-19 standards are adhered to.
  - iii. Quarantine/Self-Isolation protocols are established to protect coaches, volunteers and athletes.
  - iv. Board Members, coaches, volunteers and athletes are educated on COVID-19 health and safety protocols, including:
    1. Revised practice rules and regulations in place for COVID-19.
    2. The importance of staying home when experiencing symptoms of COVID-19.
    3. Proper social distancing protocols, face covering requirements, and good hygiene practices (e.g., hand hygiene, covering coughs).
    4. How to identify symptoms of COVID-19.
    5. Protocol for handling someone exhibiting signs of COVID, has previously tested positive for COVID-19, or had a “close contact” with a person tested positive, or showing sign of symptoms of, COVID-19.
    6. How to address situations in which established COVID-19 guidelines are challenged (i.e. by a coach, parent or spectator).
  - v. Face covering, social distancing and proper hygiene etiquette is followed.
  - vi. Modified workout/practice rules are established that promote minimal physical contact.
  - vii. Minimal sharing and proper sanitization of personal apparel items and equipment.
- b. A COVID-19 task force has been created and responsible for establishing, implementing and overseeing the adherence of the BBYC PPP.
  - i. COVID-19 Task Force Leaders – Dana Ahmuty, Caren Murren, Connor Walsh and Richard Puleo.
- c. Non-coach volunteers will be identified to assist with pre-screening.
- d. A COVID-19 lead will be identified for each team to assist the COVID 19 task force with applying the new guidelines at the team level.
  - i. Football Flex – Cecilia Nardone
  - ii. Football Pee Wees – Gino Olimpico
  - iii. Football Junior Squad – Sean Walsh
  - iv. Football Senior Squad – Peter Toriello
  - v. Cheer Flex - TBD
  - vi. Cheer Pee Wees – Heather Oguss
  - vii. Cheer Juniors – Karyn Evgenikos

- viii. Cheer Seniors – Caren Murren
- e. BBYC PPP will be communicated to parents and posted to the BBYC webpage for easy access and availability to the public.
- f. BBYC Waiver and Questionnaire must be completed and submitted in order for players to participate in ANY BBYC practice, workout, games or events (***see attached BBYC Waiver and Health Questionnaire***).

## **2. Preparing Practice Facility and Fields**

- a. The fields and facilities are not maintained by, nor the responsibility of, BBYC. However, BBYC will monitor that each facility and field used will adhere to the following:
  - i. Compliance with the gatherings limitations outlined in Executive Order No. 152 (on 6/22 & 7/3 no more than 250 & 500 people, respectively), or the Order in effect at the time of competition.
  - ii. Highly visible signage with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices.
  - iii. Reduced crowding and proper social distancing around high-traffic areas.
  - iv. Limited occupancy in restrooms.
  - v. Availability of hand sanitizers, disinfecting wipes, soap and water, or other sanitizing materials are readily available at areas prone to gatherings or high traffic.
  - vi. For Snack Stand guidelines, see below.
- b. Fields will be clearly marked to ensue teams and groupings, as well as squads (i.e. Flex, Pee Wees...) remain separated at all times.

## **3. Conducting Athletic Workouts/Practices**

- a. **Pre-Screening**
  - i. Coaches, volunteers, athletes and spectators will be required to abide by the gatherings limitations outlined in Executive Order No. 152 (2020), or the most current Order in effect.
  - ii. Pre-workout/practice screening should be administered by, where possible, a volunteer (ie Team Mom) not participating in the days workout/practice.
  - iii. Each coach, volunteer and athlete participating in workout practice sessions must be scanned, via temperature check and health questionnaire (verbal questionnaire), at the beginning of each session.
  - iv. Anyone showing a temperature of **100.40** or higher, or displaying other symptoms of COVID-19, shall not be permitted to participate and will be sent home. A record will be kept with the BBYC Secretary. **See below for further BBYC COVID-19 Quarantine/Self-Isolation protocols.**

- v. All athletes and coaches must sanitize their hands before (and after) each workout/practice.

**b. WorkOuts/Practices**

- i. Until July 20<sup>th</sup>, practice activities will be limited to those that do not involve person-to-person contact.
- ii. All workouts shall take place outside, until at least July 20th.
- iii. If an athlete exhibits symptoms of COVID-19 during the activity, they should promptly be removed from the activity, return home and follow Quarantine/Self-Isolation Protocol (see below).
- iv. Workouts shall be no more than ninety (90) minutes in duration.
- v. Only one workout per day is permitted and there must be one (1) day of rest per every seven (7) days.
- vi. Access to workouts must be limited to athletes, coaches, and volunteers.
- vii. There shall not be any physical contact, of any kind; workouts shall be limited to conditioning, skill sets, and sport-specific non-contact drills.
- viii. Practice areas will be clearly marked off to ensure proper distancing and segregation of groupings.
- ix. Practice times will be staggered to the extent possible.
- x. A volunteer (ie Team Mom) should assist during practice to monitor social distancing and maintaining proper face coverings for athletes and spectators.
- xi. For cheerleaders, pom-poms will not be used during workouts/practices.

**c. Face Coverings**

- i. Coaches, volunteers and spectators should wear face coverings.
- ii. Athletes are encouraged to wear face coverings when NOT engaged in vigorous activity.
- iii. Face coverings should NOT BE WORN by coaches or athletes when engaging in vigorous activity.

**d. Groupings/Social Distancing**

- i. To the extent possible, no more than ten (10) athletes should be grouped together in a single area.
- ii. Social distancing of at least six (6) feet shall be maintained between athletes and coaches at all times, including within the ten (10) athlete groupings.
- iii. More than one group of athletes can be in a single area, provided there is twelve (12) to eighteen (18) feet between each group of athletes.
- iv. Once groupings are determined, athletes and coaches may not switch to another team or grouping.
- v. Groupings **must** stay together throughout the entirety of the preseason.
- vi. Squads (ie Flex, Pee Wees) will have separate, designated areas for practice.

- vii. There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.

**e. Sports Equipment and Apparel**

- i. Equipment and apparel sharing should be minimized.
- ii. Each athlete shall bring individual water bottles to each workout for his/her own personal consumption. Athletes should not share food, beverages, water bottles, towels, pom-poms, pinnies, gloves, helmets or any other equipment or materials that is involved in direct bodily contact.
- iii. All sports equipment and touchpoints (e.g., benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected after each workout with EPA approved cleaners and disinfectants against COVID-19.

**f. Hygiene**

- i. Students and coaches should make every effort to sanitize their hands as often as possible, including before and after the workout/practice.
- ii. Cheerleaders should sanitize their hands after each performance, including stunting. Football players will sanitize after drills, whenever practicable.
- iii. Hand sanitizer and/or disinfectant wipes shall be accessible at all times.

**4. Quarantine/Self Isolation Protocols**

- i. Anyone showing a fever of 100.4 or higher, will not return to practice until seventy-two hours (72) after showing no symptoms. And, must submit a Return to Play Waiver.
- ii. Anyone testing positive for COVID-19, will not return to practice until seventy-two (72) hours after showing no symptoms AND fourteen (14) days since symptoms first began AND must provide a Doctors note indicating that they are healthy to return to playing sports AND, must submit a Return to Play Waiver (*see attached Return to Play Waiver*).

**5. Games and Tournaments**

**a. Field and facilities**

- i. Follow protocols listed above under “Conducting Athletic Workouts/Practices”.
- ii. When games and competitions are permitted, based on the dates indicated above, coaches, visitors and athletes will be required to abide by the gatherings limitations outlined in Executive Order No. 152 (2020), or the Order in effect at the time of competition. It is anticipated that the permissible number will increase on June 22<sup>nd</sup> and July 3<sup>rd</sup> to two hundred and fifty (250) and five hundred (500) people, respectively.

- iii. Locker rooms or closed space facilities will not be used by athletes and sparingly by coaches and board members (including The Shed, under the Announcer's Booth, and inside the Snack Stand)
- iv. Half-time snacks and drinks will be prohibited.

**b. Announcers Booth**

- i. In order to maintain social distancing, only three persons are allowed in the booth at one time; announcer, clock official and videographer. No other persons will be allowed inside the Announcer's Booth.
- ii. Only the announcer will be permitted to remove his mask while announcing the game.
- iii. Team rosters must be submitted before each game at the bottom of the stairs of the Announcer's Booth. Outside personnel are not permitted inside the Announcer's Booth.
- iv. All music must be provided in an electronic fashion by email or text.
- v. A public service announcement, reminding of COVID-19 preventative actions (i.e. wear face masks, social distancing...), will be played before each home game.

**c. Snack Stand**

- a. The Snack Stand should meet the requirements for outdoor dining outlined in Executive Order No. 150 (2020) and Department of Health Executive Directive No. 20-014.

# KEEP YOUTH ATHLETES SAFE

## Reduce the Spread of COVID-19 in Youth Sports



### Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs

### Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use

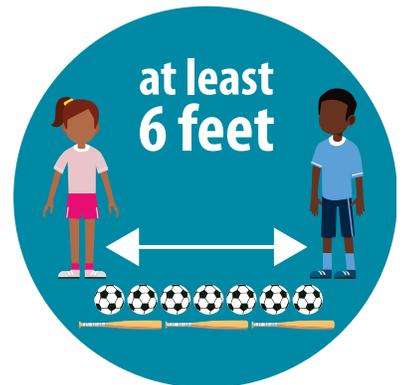


### Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community)

### Identify small groups and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure



Implement plans to **space out spectators by 6 feet** at games or competitions. Limit nonessential visitors, spectators, and volunteers.

Lower Risk



Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## **FREQUENTLY ASKED QUESTIONS**

### ***Why does this guidance differ from the guidelines issued by Butler High School Football and Cheer programs?***

The high school programs are governed by the New Jersey Athletic Interscholastic Athletic Association (NJSIAA)? The NJSIAA believes that student-athletes have not been actively engaged in interscholastic sports, whether in practice or games, since earlier this year, there are significant concerns that student-athletes may be severely deconditioned, and high-intensity workouts could result in avoidable injuries or other health issues. As a result, and to ensure the health and safety of high school level student-athletes to the fullest extent possible, the NJSIAA's Medical Advisory Task Force believes it is most medically appropriate to recondition student-athletes before beginning rigorous workouts during the summer months.

### ***What steps is BBYC taking to ensure my child or guardian is not unnecessarily exposed to COVID-19?***

BBYC is taking the threat of COVID-19 very seriously. BBYC has modified all practice, game and meeting protocols to conform with New Jersey Department of Health guidelines. In addition, BBYC has incorporated further safeguards and precautions as recommended by the CDC, NJSIAA, as well as several other sophisticated health care organizations. We have freely adopted additional safety measures to improve the health quality of our events and mitigate the risk of your children contracting COVID-19. BBYC is dedicating time to educate their Board Members and Coaches to ensure their understanding of the new protocols. Every coach on the field will be up-to-speed on the warning signs and symptoms of COVID-19, as well as trained on the proper handling of potential contagious children.

### ***What supplies will BBYC use?***

- Thermometer for temperature screenings
- Hand sanitizer
- EPA approved cleaners and disinfectants against COVID-19
- Face coverings
- Disposable gloves

### ***If someone in my family tested positive for COVID-19, what should I do?***

If a close contact (being within 6 feet of a person for longer than 10 minutes) of a BBYC player has tested positive with COVID-19, you must notify the head coach of your child/guardian's squad and/or a BBYC Board Member. If your child/guardian does not have symptoms, then they are likely to be at lower risk for infection and can continue to go to workouts/practices.

### ***What if my child or guardian displays symptoms of COVID-19?***

First and foremost, please keep them home. The most common symptoms of COVID-19 are fever, cough and shortness of breath. Other symptoms *may* include a runny nose, sore throat, gastrointestinal symptoms or generally feeling unwell. If your child or guardian has these symptoms you should isolate at home and not go to workouts/practice, and likely school. The should remain absent from workouts/practice for seventy-two (72) hours after showing no

symptoms without the use of fever-reducing medications and your other symptoms have improved. In addition, a doctor's note and a Return to Play Waiver must be submitted.

***If my child or guardian tests positive for COVID-19, when can I return to workouts/practice?***

If your child/guardian tests positive for COVID-19 and are not hospitalized or are discharged before all symptoms have resolved, you should not return to workouts/practice until seventy-two (72) hours after showing no symptoms without the use of fever-reducing medications AND fourteen (14) days since symptoms first began AND must provide a Doctor's note indicating that they are healthy to return to playing sports AND, must submit a Return to Play Waiver.

***Why must I provide a Doctor's note despite my child or guardian self-isolating and not displaying symptoms for longer fourteen (14) days?***

COVID-19 attacks the respiratory system and can cause damage to lung tissue. The complications of COVID-19 may take longer than fourteen (14) days to recede. On the outside your child or guardian may appear symptom free and back to normal. However, on the inside, their lungs or other soft tissue may need further time to heal. BBYC feels only a trained medical expert would have the ability to examine and assess proper lung function and, ultimately, determine if a child that has tested positive for COVID-19 is healthy enough to return to the physical stresses of anaerobic activities.

***What if my child or guardian tested negative, but still feels sick?***

If you test negative for COVID-19 but still have symptoms, it is likely you may have another respiratory virus. You should continue to follow similar guidance to isolate yourself from others, practice good hand hygiene and clean and disinfect surfaces in the home. In this situation, your child or guardian would still be placed in COVID-19 protocol and should not return to workouts/practice until 72 hours after their fever has ended without the use of fever-reducing medications and your other symptoms have improved. In addition, a doctor's note and a Return to Play Waiver must be submitted. Although your child or guardian has tested negative, false positives are not uncommon and, in today's COVID-19 environment, we must err on the side of caution.

***What is MIS-C and how is it associated with COVID-19?***

In May, 2020 the New Jersey Department of Health began receiving reports of a multisystem inflammatory syndrome in children (MIS-C) that may possibly be associated with COVID-19. Most patients who have presented with this syndrome have tested positive for COVID-19 or corresponding antibodies. Similar cases of MIS-C also been reported in other states and countries. These cases have been found in children and young adults who had no other infectious cause identified. Healthcare providers have noted that this inflammatory syndrome has features that are similar to Kawasaki disease and toxic shock syndrome, but are not quite the same. There is limited information currently available about the clinical presentation but children with this syndrome may require intensive care in a hospital. MIS-C is a rare condition. However, because it is life-threatening, it is important that parents know the signs and symptoms so they can get help right away.

***What are the signs and symptoms of MIS-C?***

Most children have a fever (a temperature of 100.4°F or 38°C or greater) lasting several days, along with other symptoms. Other common symptoms may include:

- Irritability or sluggishness

- Abdominal pain without another explanation
- Diarrhea
- Vomiting
- Rash
- Conjunctivitis, or red or pink eyes
- Enlarged lymph node (“gland”) on one side of the neck
- Red cracked lips or red tongue that looks like a strawberry
- Swollen hands and feet, which might also be red

***Is MIS-C contagious?***

MIS-C is not contagious. However, it is possible that your child has another underlying infection that may be contagious. Until more is known about this condition, hospitals that are treating children with MIS-C are taking the same precautions they take for patients with COVID-19.

***When should I call my child’s doctor or seek emergency care?***

You should call your child’s doctor immediately if your child becomes ill and has had continued fever. Your doctor will ask about any signs or symptoms your child has and use that information to recommend next steps. If your child is severely ill, you should go to the nearest emergency room or call 911 immediately.

**BLOOMINGDALE AND BUTLER YOUTH CLUB - FOOTBALL/CHEERLEADING  
2020 SEASON**

**WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19  
ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT  
AND HEALTH HISTORY QUESTIONNAIRE**

In consideration of being allowed to participate on behalf of Bloomingdale and Butler Youth Club (BBYC) athletic program and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS BBYC their officers, coaches, agents, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

**I confirm the following (circle one):**

Has your child been diagnosed with COVID-19? **YES or NO**

Has a member of the child's household or close contact been diagnosed with COVID-19? **YES or No**

Within the last 14 days, has your child presented symptoms of COVID-19, including fever, shortness of breath, loss of sense of taste or smell, dry cough, runny nose, sore throat? **YES or NO**

**(initial here)\_\_\_\_\_ I acknowledge that I am responsible for notifying the head coach of the team or a BBYC Board Member, within twenty four (24) hours, upon learning that circumstances to the questions above have recently changed. I understand that failure to comply in a timely manner may place at risk BBYC coaches, volunteers and, most importantly, the children athletes and their families.**

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)** This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, **EVEN IF ARISING FROM THEIR NEGLIGENCE**, to the fullest extent provided by law.

Name of athlete/participant: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Parent guardian/signature: \_\_\_\_\_

Date signed: \_\_\_\_\_

# BLOOMINGDALE AND BUTLER YOUTH CLUB

## RETURN TO PLAY WAIVER

I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_ attest to the following:

- 1) I have had no fever for at least seventy-two hours (72) without taking medication to reduce fever during that time.

Date of last fever of 100.4 degrees or higher: \_\_\_\_\_.

- 2) My respiratory symptoms (cough and shortness of breath) have improved and my doctor believes I am healthy to return to aerobic activities (i.e. football/cheerleading) as evidenced by the attached doctor's clearance note.

- 3) At least ten days have passed since my fever and/or respiratory symptoms began.

Date fever and/or respiratory symptoms began: \_\_\_\_\_

Athlete name: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_

Date: \_\_\_\_\_

Date returned to play: \_\_\_\_\_

