



COVID-19
REOPENING
GUIDANCE
2020



June 22, 2020

Dear Volunteers, Parents and Families,

Given the COVID-19 crisis, I want to assure you that we are monitoring the situation closely. Based on information we have at this time, we will continue to operate Louisiana Youth Sports Network (LYSN) and its' programs for the remainder of the year to minimize disruption to you and your family. If the situation should change, we will notify you immediately.

Effective Monday, June 22nd, we will be taking extra precautions to ward off the spread of the COVID-19. We are taking these extra steps to support the health and safety of your children, your family, and our volunteers.

If the current situation changes and it becomes necessary to update our procedures or close our programs temporarily, we will notify you. Thank you for your understanding and patience as we implement these new procedures. Our goal is to minimize disruption, while at the same time keeping you, your family and our volunteers healthy and well. These are extraordinary times and we promise to be here for all of our participants. As always, "Membership Has Its' Privileges".

Sincerely,

A handwritten signature in black ink that reads "Leroy Hollins II". The signature is written in a cursive style with a bold, blocky "II" at the end.

Leroy Hollins II, Director
LOUISIANA YOUTH SPORTS NETWORK (LYSN)

Office #: 225.308.1147

Toll Free #: 888.774.3668

Facsimile #: 225.302.8607

TheFuture@LouisianaYouthSportsNetwork.com

www.LouisianaYouthSportsNetwork.com

[Facebook.com/LouisianaYouthSportsNetwork](https://www.facebook.com/LouisianaYouthSportsNetwork)

[Twitter.com/LAYouthSports](https://twitter.com/LAYouthSports)

[Instagram.com/LAYouthSportsNetwork](https://www.instagram.com/LAYouthSportsNetwork)

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June 22, 2020

Louisiana Youth Sports Network

The pandemic virus Coronavirus Disease 2019 (COVID-19) has caused serious health problems during the first half of 2020 to the entire populations of the world. It is a disease that cannot be taken lightly and all precautions must be taken to prevent the continuous spread. Due to the COVID-19, we hope that all of our Volunteers, Parents, and Student-Athletes are staying safe and practicing all required safety protocols. Our first and foremost goal is the SAFETY of all of our participants.

With our state moving to Phase I in May and heading towards Phase II in June, this is the best time to let you know that Louisiana Youth Sports Network (LYSN) and its' programs are still here and will do its' best to provide some sense of normalcy over the upcoming months. As we monitor the results from the State of Louisiana's Phase I/II and the case numbers it produce, we are preparing for the upcoming Phases and how Youth Sports can be implemented with the utmost safety of our communities at the forefront. We know many of you are itching to get back at it and our goal is to provide the safest environment and experience for all who participate in our programs. Through logic and not just high emotions, we can move forward and have a successful youth sports experience to close out the year.

PURPOSE

This guidance provides recommendations for student-athletes, coaches, officials, volunteers and other people who are associated with Louisiana Youth Sports Network's sanctioned programs and events. It suggests actions that individuals and groups can take to reduce the risk of exposure to COVID-19 by limiting the survival of the virus in the environment. Louisiana Youth Sports Network does not sanction any activities that do not adhere to these guidelines.

Louisiana Youth Sports Network will reopen our programs following a Phase procedure similar to the CDC and State of Louisiana structure process. The reopening Phases of Louisiana Youth Sports Network (LYSN) will be as follows:

- **Phase I: Conditioning** – this phase is a conditioning period only. No physical contact is allowed during this period. Participants will not be allowed to wear any equipment during this period. No drills that will create contact of two participants are allowed. TM
 - Start Date: June 22, 2020

- **Phase II: Contact Drills** – this phase is the first step to allowing physical contact with defined groups. Participants will be allowed wear equipment. Volunteers coaches will be allowed to implement drills that may have the participant in a closer proximity (decreasing the social distance) of a team member or volunteer for short periods of time.
 - Start Date: July 20, 2020

With observance of the current & upcoming guidelines provided by the CDC, the State of Louisiana, the National Federation of State High School Associations (NFHS), USA Football, and our facilities partner, BREC, we will continue updating our participants on the reopening guidance for Louisiana Youth Sports Network (Louisiana Youth Football, Louisiana Youth Coaches' Alliance, Louisiana Youth Sports Officials, Louisiana Youth Cheerleading, Louisiana Youth Dance, Louisiana Youth Volleyball, and other programs) throughout the remainder of year 2020 as necessary. These guidelines will continue to take in account all the available safety measures to provide the most viable environment to conduct the safest programs possible. As more information comes available, the Phases referenced in this guidance will be updated to reflect the most recent information and will be further defined to ensure the continued safety of our member organizations.

The duration of the pandemic and social distancing restrictions is obviously unknown at this time, so we are urging these actions before interacting with the general public and our program participants.

PREVENTIVE ACTIONS – INDIVIDUALS (Volunteers/Parents/Student-Athletes)

- Be careful and consistent with cleaning your hands. Wash hands often with anti-bacteria soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Stay at home** if you have fever, respiratory symptoms or believe you are sick.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Sanitize hands after blowing your nose, coughing, or sneezing.
- Avoid close contact with people who are sick.
- Wear a cloth face covering while in public.
- Encourage social distancing through increased spacing, small groups, and limiting mixing between groups while in public.
- Regularly monitor developments and updates of local authorities, policies, and procedures.
- All participants will be required to complete an additional COVID-19 specific waiver in order to participate in any Louisiana Youth Sports Network sanctioned events. (See Appendix I for Volunteers' and Student-Athletes' Waiver Forms)

PREVENTIVE ACTIONS – MEMBERS (TEAMS/SQUADS)

- All group activities must be conducted outdoors during Louisiana Youth Sports Network's Phase I/II. There must be a minimum distance of 6 feet between each individual at all times.
- Up to 50 individuals (including volunteers and student-athletes) may gather outdoors for practice. Non-participating adults and siblings should remain at a distance from the practice location.
- Cloth face coverings should be worn by all volunteers during practices.
- All coaches and student-athletes should be screened for signs/symptoms of COVID-19 prior to any organized practice. Screening includes a temperature check where fever is considered 100.4 degrees or above. Louisiana Youth Sports Network will be providing every group participating in our programs an Infrared No Touch Thermometer upon their registration in any of our upcoming programs.
- Ask the parent/guardian to confirm that the student-athlete has not taken fever reducing medication in the last 24 hours and does not have shortness of breath, sore throat, or a cough.
- Make a visual inspection of the student-athlete for signs of illness, which could include flushed cheeks, rapid breathing or difficulty breathing, fatigue, or, in young children, extreme or unusual fussiness.
- Responses to screening questions for each person should be recorded and stored in Louisiana Youth Sports Network's new sports management system (*Game Guardian Systems' The Sports Administrator*) so that there is a record of everyone present in case a student-athlete develops COVID-19. Register/Login at GameGuardianSystems.com
- Any person with positive symptoms reported should not be allowed to take part in practices and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any practices during Louisiana Youth Sports Network's Phase I. Speak to the parents of student-athletes with health conditions to ensure that participation in the physical activities is approved by the student-athletes' physician.
- There should be a selected group of volunteers assigned to screen student-athletes at the beginning of each practice with a designated medical station.
- Hand sanitizer should be plentiful and available to individuals at all practices. Volunteers and student-athletes must sanitize hands upon arrival and after all practices. Supervise student-athletes when they use hand sanitizer to prevent ingestion.
- All student-athletes should bring their own water bottle. Water bottles must not be shared. Hydration stations should not be utilized.

- Student-athletes should wear their own appropriate practice clothing, and individual clothing/towels should be washed and cleaned after every practice.
- There should be no shared athletic equipment (towels or sports specific equipment) between student-athletes.
- All athletic equipment, including balls, should be cleaned and disinfected after each use and prior to the next practice.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next student-athlete. Contact with other student-athletes is not allowed during Phase I.
- Workouts should be conducted in “pods” or “static groups” of student-athletes with the same 5-10 student-athletes always working out together by age group or by positions. This ensures more limited exposure if someone develops an infection.
- When not directly participating in practices, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide.
- Upon entering Phase II, athletic equipment such as football helmets and other pads should be worn by only one individual and not shared. Louisiana Youth Football strongly suggests the utilization of helmet shields on all football helmets.
- Student-athletes must be encouraged to shower immediately upon returning home.

PREVENTIVE ACTIONS – LYSN PROGRAMS

- All group activities will be conducted outdoors during Louisiana Youth Sports Network’s Phase I/II. There will be a minimum distance of 6 feet between each individual at all times.
- Cloth face coverings should be worn by all volunteers during activities.
- All staff, volunteers, coaches, and student-athletes will be screened for signs/symptoms of COVID-19 prior to any organized activities. Screening includes a temperature check. Louisiana Youth Sports Network will be providing an Infrared No Touch Thermometer at every sanctioned activity. This procedure will be incorporated in our traditional registration process (Fan Days) and Game Day check-ins.
- Responses to screening questions for each person will be recorded and stored in Louisiana Youth Sports Network’s new sports management system (Game Guardian Systems’ The Sports Administrator) so that there is a record of everyone present in case a student-athlete develops COVID-19.

- Any person with positive symptoms reported will not be allowed to take part in any sanctioned activities and should contact his or her primary care provider or other appropriate health-care professional.
- Social distancing during sanctioned games. Appropriate social distancing will be maintained on sidelines/benches during games and events.
- Along with guidelines for stadium usage from BREC, Louisiana Youth Sports Network will be providing social distancing measures regarding entry and seating in all stadiums (Home Teams/Visiting Teams/Families/etc.).
- Similar to many of the public restaurants, Louisiana Youth Sports Network will be providing guidelines on how concession stands will operate which will include the 6 feet social distancing elements when in lines.
- Before exiting Phase II, Louisiana Youth Sports Network may move the start of the season back to better understand the state of the COVID-19 pandemic at that time.

IN CASE OF SICKNESS

It is important to establish a space to isolate volunteer or student-athletes who may become sick and be prepared with a cleaning and disinfecting process.

- Implement isolation measures if a volunteer or student-athlete becomes sick. Ensure proper adult supervision of an isolated student-athlete as needed and based on age.
- Immediately contact their emergency contact listed on volunteer or student-athlete's registration form to get the sick volunteer or student-athlete home as soon as possible.
- Use gloves if required to touch the person who is sick.
- If a sick volunteer or student-athlete has been isolated in a facility, clean and disinfect surfaces in the isolation area after the sick volunteer or student-athlete has gone home.
- Clean and disinfect all equipment previously used by the person who is sick before allowing usage again by any other participant.
- The person sick should immediately contact and follow the advice of their medical provider.
- Be ready to consult with the local health authorities if there are cases at any activities or an increase in cases in the local area.
- When the communicable disease is no longer present as evidence by a written physician's order and isolation period, the volunteer or student-athlete may be allowed to return.
- Reminder: **PEOPLE WHO FEEL SICK SHOULD STAY AT HOME.**





STUDENT-ATHLETE WAIVER AND RELEASE AGREEMENT
FOR
COMMUNICABLE DISEASES

In return for my child (a "Student-Athlete") being allowed to participate in the Louisiana Youth Sports Network programs (the "Network"),

- I understand and accept that participation includes possible exposure to and illness from communicable infectious diseases, including but not limited to the novel coronavirus (SARS-CoV-2) that causes coronavirus disease 2019 (COVID-19) and other viral respiratory illnesses. While precautions, safety, and hygiene protocols may reduce the risk, the risk of serious illness and death does exist;
- I willingly agree to comply with the Network's COVID-19 Reopening Guidance and any further direction regarding the prevention of the spread of a communicable disease provided by the Network;
- I release and agree not to sue the Louisiana Youth Sports Network, its directors, coaches, volunteers, sponsors, and affiliates from all present and future claims that may be made by the Student-Athlete, me, my family, estate, heirs, or assigns for property damage, personal injury, or wrongful death arising as a result of the my participation in the Network and caused by the ordinary negligence of the parties listed above, wherever, whenever, or however the same may occur;
- I understand and agree that those listed above are not responsible for any injury, disability, illness, property damage, or even death arising out of the Network, even if caused by their ordinary negligence. I am voluntarily allowing my Student-Athlete to participate in the Network.
- I also agree to indemnify and hold harmless those listed above for all claims arising out of my Student-Athlete's participation in the Network and all related activities.

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I understand that this document is intended to be as broad and inclusive as permitted by the laws of the state of Louisiana and agree that if any portion of this Agreement is invalid, the remainder will continue in full legal force and effect. I am of legal age and am freely signing this Agreement. I have read this form and understand that by signing this form, I am giving up legal rights and remedies.

I represent that I am a parent/legal guardian of the Student-Athlete named below and I agree that the terms of this waiver and release are binding on the Student-Athlete and me. I hereby acknowledge that I have read this waiver and release agreement and I understand the risk and terms involved with my Student-Athlete's participation.

Name Of Student-Athlete _____

Parent/Guardian Signature _____ Date _____



VOLUNTEER WAIVER AND RELEASE AGREEMENT
FOR
COMMUNICABLE DISEASES

In return for me (a "Volunteer") being allowed to participate in the Louisiana Youth Sports Network programs (the "Network"),

- I understand and accept that participation includes possible exposure to and illness from communicable infectious diseases, including but not limited to the novel coronavirus (SARS-CoV-2) that causes coronavirus disease 2019 (COVID-19) and other viral respiratory illnesses. While precautions, safety, and hygiene protocols may reduce the risk, the risk of serious illness and death does exist;
- I willingly agree to comply with the Network's COVID-19 Reopening Guidance and any further direction regarding the prevention of the spread of an communicable disease provided by the Network;
- I release and agree not to sue the Louisiana Youth Sports Network, its directors, coaches, volunteers, sponsors, and affiliates from all present and future claims that may be made by me, my family, estate, heirs, or assigns for property damage, personal injury, or wrongful death arising as a result of the my participation in the Network and caused by the ordinary negligence of the parties listed above, wherever, whenever, or however the same may occur;
- I understand and agree that those listed above are not responsible for any injury, disability, illness, property damage, or even death arising out of the Network, even if caused by their ordinary negligence. I am voluntarily participating in the Network.
- I also agree to indemnify and hold harmless those listed above for all claims arising out of my participation in the Network and all related activities.

I understand that this document is intended to be as broad and inclusive as permitted by the laws of the state of Louisiana and agree that if any portion of this Agreement is invalid, the remainder will continue in full legal force and effect. I am of legal age and am freely signing this Agreement. I have read this form and understand that by signing this form, I am giving up legal rights and remedies.

I hereby acknowledge that I have read this waiver and release agreement and I understand the risk and terms involved with my participation. I agree that the terms of this waiver and release are binding on me.

Name Of Volunteer _____

Signature _____

Date _____

June 22, 2020

Louisiana Youth Sports Network



Please use this form for on-site screening only. All data should be entered in the Game Guardian Systems' "The Sports Administrator" software so there would be an electronic record of all participants screened at practices and games. (Print out as many sheets as needed)

COVID-19 Coach/Student-Athlete Monitoring Form (For Practice Use Only)

Name	Time	Circle Yes/No Below										Date:
		Fever		Cough		Sore Throat		Shortness Of Breath		Close Contact, or cared for someone with COVID-19		Temp (if higher than 100.3°F)
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	