



LTAA COVID-19 Guidelines

(Based on CDC guidelines and recommendations)

The following guidelines will be followed at each event:

- Every athlete and coach should be symptom free prior to each activity
- Coaching staff and parents/guardians will be required to wear cloth or disposable face coverings when they are in close proximity of any other person. Please remember that Face coverings are for the protection of yourself and everyone that you interact with.
- Coaching staff will be expected to take attendance to facilitate potential contact tracing if necessary
- Athletes are encouraged to wear cloth or disposable face coverings on the way to the field and when leaving the field
- Face coverings are not required to be worn by athletes during play
- Dress at parent car or come to the event already dressed
- No bags or extra equipment can be brought to the field for practice
- No sharing of water coolers, water bottles or food
- Players will follow social distancing guidelines while on sidelines and during breaks
- Unnecessary physical contact will be discouraged including huddles, high fives, fist bumps, handshakes, etc
- Number of spectators per player should be minimized and social distancing must be maintained on sidelines

Quarantine guidelines

- If your child comes in contact with someone who tested positive within 14 days prior and/or has been directed to quarantine by other authorities (eg, school, health department), he/she will not be able to return to play until at least 10 days have passed **OR** he/she has a negative COVID-19 test.
- If your child has COVID-19 symptoms or has tested positive for COVID-19 with symptoms, LTAA requires that **both** of the following criteria are met before returning to play:
 - At least 10 days have passed since symptoms first appeared.
 - At least 24 hours with no fever without fever-reducing medication **AND** other symptoms of COVID-19 are improving.
- If your child tested positive for COVID-19 but had no symptoms, he/she can return to play after 10 days have passed since the date of the positive test **AND** he/she has remained symptom free.