

# KNOW YOUR CONCUSSION ABCs

Assess the situation    Be alert for signs and symptoms    Contact a health care provider



## Wisconsin Fact Sheet for Parents

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

### What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports **one or more** of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

### SIGNS AND SYMPTOMS OF A CONCUSSION

#### SIGNS OBSERVED BY PARENTS OR GURADIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

#### SYMPTOMS REPORTED BY YOUR CHILD

##### Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

##### Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

##### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

##### Sleep\*:

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

\*Only ask about sleep symptoms if the injury occurred on a prior day.

Materials adapted from U.S. Dept of HHS Centers for Disease Control and Prevention

# DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Difficult to arouse
- Severe headache or worsening headache
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care provider experienced in evaluating for concussion says they are symptom-free and provide written clearance to return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

## What should I do if my child or teen has a concussion?

1. Seek medical attention right away. A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.
2. Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while he/she is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.

3. Together with your child or teen, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning too soon to daily activities to quickly (especially physical activity and learning/concentration).

## How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's school administrators, teachers, school nurse, coach, and counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because he/she cannot keep up with schoolwork and learn as well after a concussion. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.

To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion). Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

To learn more about concussions go to:

[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion); [www.wiaawi.org](http://www.wiaawi.org); [www.nfhs.org](http://www.nfhs.org)



# KNOW YOUR CONCUSSION ABCs

Assess the situation    Be alert for signs and symptoms    Contact a health care provider



## Wisconsin Fact Sheet for Athletes

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can occur during practices or games in any sport or recreational activity.

### What are the signs and symptoms of a concussion?

Unlike a broken arm, you can't see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you are feeling, if symptoms are getting worse, or if you just "don't feel right." If you think you or a teammate may have a concussion, it is important to tell someone.

### COMMON SYMPTOMS OF A CONCUSSION:

Tell someone if you see a teammate with any of these symptoms:

- Appears dazed or stunned
- Forgets sports plays
- Is confused about assignment or position
- Moves clumsily
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes

Tell someone if you feel any of the following:

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Changes in your normal sleep patterns.

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

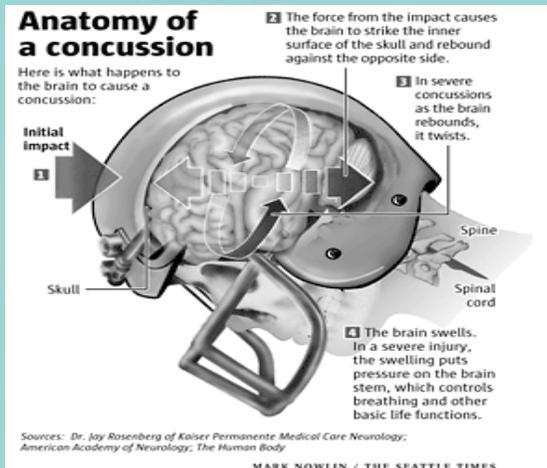


Materials adapted from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention

\*Wear the proper equipment for each sport and make sure it fits well.

\*Follow the rules of the sport and the coach's rule for safety.

\*Use proper technique.



If you have a suspected concussion, you should NEVER return to sports or recreational activities on the same day the injury occurred. You should not return to activities until you are symptom-free and a health care provider experienced in managing concussion provides written clearance allowing return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

## What should you do if you think you have a concussion?

1. Tell your coaches and parents right away. Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice/play. Tell your coach right away if you think you or one of your teammates might have a concussion.
2. Get evaluated by a health care provider. A health care provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury you may not participate again until evaluated by a health care provider and you receive written clearance to return to activity. You must provide this written clearance to your coach.
3. Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

## Why should you tell someone about your symptoms?

1. Your chances of sustaining a life altering injury are greatly increased if you aren't fully recovered from a concussion or head injury.
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion.
4. Telling someone could save your life or the life of a teammate!

## Tell your teachers

Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Have more time allowed to take tests or complete assignments,
- Suspend your physical activity (PE class and/or recess)
- Suspend your extracurricular activities (band, choir, dance, etc)
- Reduce time spent reading, writing, or on the computer.

To learn more about concussions, go to:

[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion); [www.wiaawi.org](http://www.wiaawi.org); [www.nfhs.org](http://www.nfhs.org)





# Spartans Youth Football, Inc.

## Program Rules and Regulations – SPRING NON-CONTACT

### A. Code of Conduct:

1. All players, coaches, and spectators shall conduct themselves in such a way as to reflect positively on themselves, their families, their community and their team.
2. Any player who is ejected from a game or participates in fighting before, during, or after a game or practice will be suspended from participating for the remainder of that game or practice plus the next scheduled game. The same suspension applies to any member of the playing squad who leaves the side line during a fight. Fighting will be construed to consist of: an invitation to fight-closely following an opposing player or teammate during a disturbance, making any taunting or obscene gesture or sound-punching or slugging with fists whether or not a punch is landed-wrestling or tackling an opponent outside a legal play situation.
3. Any player who exhibits non-exemplary conduct in or out of competition (including swearing, taunting, name calling, possession or use of tobacco, alcohol, drugs, trouble with the police, or other unacceptable conduct) may be suspended from the next competition by their coach or the board.
4. All persons associated with the Spartans Youth Football, Inc are required to avoid “conduct detrimental to the integrity of and public confidence of Spartans Youth Football, Inc and all events, games, practices, tryouts and meetings. This requirement applies to players, coaches, employees, volunteers, game officials and all other privileged to work for or be associated with Spartans Youth Football, Inc.

It is well understood that rules promoting lawful, ethical, and responsible conduct serve the interests of Spartans Youth Football, Inc, its players, coaches, employees and volunteers. Illegal or irresponsible conduct does more than simply tarnish the offender. It puts innocent people at risk and undermines public respect and damages the reputation of Spartans Youth Football, Inc

5. While criminal activity is clearly outside the scopes of permissible conduct, any player/coaches/volunteers who engage in criminal activity will be subject to discipline. It is not enough simply to avoid being found guilty of a crime. Instead, as a player/coach/volunteer of Spartans Youth Football, Inc you are held to a higher standard and expected to conduct yourself in a way that is responsible, promotes the values upon which Spartans Youth Football, Inc is based, and is lawful. Persons who fail to live up to this standard are guilty of conduct detrimental and subject to discipline, even where the conduct itself does not result in conviction of a crime. Discipline may be imposed by the Spartans Youth Football, Inc Board President or in some instances the Board itself whichever is appropriate.

This policy applies to all players, coaches, employees, volunteers, game officials and all others privileged to work for Spartans Youth Football, Inc. By acknowledging and agreeing to this form, you agree to the Personal Conduct Policy set forth above by Spartans Youth Football, Inc.

6. A player may be suspended at the discretion of the coach(es) with approval from the Board or by the Board for displaying unsportsmanlike conduct, insubordination, or disrespect to an official or coach. This applies to conduct during both games and practices. While the decision of the coach(es) and Board will be final, they must provide the parent(s) and/or legal guardian with an explanation for their actions.
7. The parent(s) and/or legal guardian of any player suspended for any of the above reasons may appeal the suspension to the Managing Board Members. There is no appeal process if a player is suspended or expelled by the Madison Metropolitan School District or the player’s school district.
8. Crowd behavior is an important element of any athletic event. Spectators and supporters of Spartans Youth Football, Inc are expected to conduct themselves in a positive manner. Athletes, coaches and officials are human beings—they are not perfect and never will be. Everyone involved in an athletic contest may make a mistake and errors are likely to happen. Even though winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and common sense. Coaches, parents and friends of players who attend a SPARTANS YOUTH FOOTBALL, Inc game are expected to adhere to the following:
  - a. Conduct themselves in a responsible manner during their stay at the site of the game.
  - b. Show respect for opponents.



# Spartans Youth Football, Inc.



- c. Always be positive in support of their SPARTANS YOUTH FOOTBALL, Inc teams.
  - d. Recognize and acknowledge good performances made by both teams.
  - e. Respect officials and accept their decisions. The coaches will handle all discussions with the officials on calls and disagreements. We enjoy parents, etc. cheering on the team and players but please keep all comments to yourself in order that players, coaches and officials will not overhear them.
  - f. Be gracious in both victory and defeat.
  - g. Absolutely no carrying or consuming any alcoholic or controlled substance while on the premises or attending a Spartans Youth Football, Inc event.
  - h. Uphold the Madison School District policy, which prohibits the use of tobacco products on Madison school property. Failure to adhere to any of these expectations may result in the coach(es) or parent representative asking such person(s) to leave the game site. They may also be subject to further consequences. Other parents present at the game are expected to support the coach(es) and parent representative. If this individual does not leave their team will forfeit the game.
9. All players are expected to attend all practices and all games unless with an excused absence or by the coach. The player or player’s parent(s) will notify the head coach prior to the game or practice if the player will be unable to attend. Persistent failure to notify the coach and obtain an excused absence may result in discipline or removal from the program.
10. Each player is responsible for proper care and safekeeping, and return of uniforms and equipment. Each player is financially responsible for lost, stolen or negligent damage of uniforms and equipment. Ordinary wear and tear is accepted. If equipment is not returned, the player will not be allowed to play in SPARTAN YOUTH FOOTBALL, Inc until it is returned.

**11. Code of Conduct Disciplinary Action Plan**

<u>Action</u>	<u>Consequence</u>
Suspended from School	Suspended from Program
Tardy to Class	Extra Running at Practice or Reduced Playing Time
Unexcused School Absence	Extra Running at Practice or Sit Next Game per MMSD Rule
Tardy to Practice/Game	Extra Running at Practice or Adjust Playing Time
Unexcused Practice/Game Absence	Extra Running at Practice or Adjust Playing Time
Excused Practice/Game Absence	Adjust Playing Time
Poor Sportsmanship at Practice/Game	Extra Running at Practice or Adjust Playing Time or Sit Out Game
Negative Comments on “Academic Card” (I.e. Disrespecting Teacher, Missing Homework, etc.)	Extra Running at Practice or Adjust Playing Time or Sit Out Game
Failing Class	Extra Running at Practice or Adjust Playing Time
Failing Class Two Weeks in a Row	Extra Running at Practice or Sit Next Game per MMSD Rule
Unsatisfactory/Missing Academic Card (Must Hand-in on Friday)	Extra Running at Practice or Adjust Playing Time or Sit Out Game
Continual Reminders (I.e Talking when coach is talking,	Sit Out Practice or Sit Out Game



# Spartans Youth Football, Inc.



Screwing around During Practice, etc.)

Weekly Practice Performance

Extra Running at Practice or Adjust Playing Time

(I.e. Not Hustling, Not Giving Full Effort, etc.)

**Participation in athletics and in Spartan Youth Football, Inc is a privilege, not a right. Students earn this privilege by following the policies set for them by the Board and Coaching Staffs. The things that are expected of you in the classroom are the same things that are expected of you as a member of the Football Team.**

As coaches we do understand that coaching at the “Youth” level their maybe extenuating circumstances relating to some of the disciplines. However... we will follow the Terms and Conditions of the Program Rules and Regulations established by the Board as close as possible. It will be the responsibility of each Student/Athlete to turn in their “academic Cards” on day designated by your coach at practice before your Saturday game.

## 12. Suspension Schedule:

- a. First offense: 1 game suspension
- b. Second Offense: 2 game suspension
- c. Third Offense: Removal from Program

## **B. Academics:**

1. “A strong mind and strong body” is one description of the relationship between academics and athletics. SPARTANS YOUTH FOOTBALL, Inc supports this relationship. If a player is suspended from attending school by their school, then the player is suspended from playing in the next scheduled game. The suspension from playing becomes effective the first game following confirmation of the suspension with the school by the coach(es). The player’s parent(s) are expected to notify the player’s coach(es) before the next scheduled practice or game upon learning of their child’s suspension from school. During the suspension period the player will not be allowed to practice with the team or participate in any SPARTAN YOUTH FOOTBALL, Inc activities. This policy is in lieu of the suspension schedule set forth in Section A. Item 4 above and cannot be appealed.
2. A “Weekly Academic Report” is required to be turned in by the player before each game. An Academic Report Card (See attached Report Card) will be handed out by your coach and will be the responsibility of each player. Your coach will determine which day of practice prior to Saturday Game to turn in a “satisfactory” report. If a player receives “unsatisfactory” reports and/or comments regarding behavior problems, the coach may require the player to perform extra drills or effect playing time. Multiple “unsatisfactory” reports and/or comments will effect playing time and/or game suspension.

## **C. Player Primary Residence & Eligibility Requirement:**

1. SYF will require all participants registering for Spring Football season must have their primary residence within Madison Metropolitan School District in order to participate.

## **D. Team Rosters:**

1. 3<sup>th</sup> through 8<sup>th</sup> Grades:
  - a. A level split will be declared by the Director(s) of Spartan Youth Football, Inc when necessary.

## **E. Coaches:**

1. All coaches are required to be certified each year under an approved Certification program. These programs include, but not limited to USA Football, NYSCA and ASEP.

## **F. Practices:**

1. Practices will be held on specific days and at specific times based on grade level and individual team Coaches schedule.



# Spartans Youth Football, Inc.



2. The Practice Schedule and Location Map will determine which teams will practice on which days and which practice area.

## **G. Season:**

1. The season begins the first day teams are allowed to practice. Game schedule will be determined prior to the start of the season based on total number of teams/programs that are participating in the current season.

## **H. Playing Time:**

1. All players who are in "good standing" according to these Rules and Regulations will be eligible to play. A player who violates any part of these Rules and Regulations will be subject suspension solely at the discretion of Spartans Youth Football, Inc.

## **I. Release Statement:**

**Release of Claims for Personal Injury and Property Damage:** In consideration of granting my child permission to participate in the Dane County Are Youth Football League, I, the undersigned parent or guardian, of said child hereby consent to such participation and specifically agree to the following terms: I hereby release and discharge **Board of Directors, USA Football, Heads UP Football and Spartans Youth Football, Inc** from all liability, claims, demands, actions, judgements and executions which the undersigned ever had, or has now, or may have, or claim to have against such listed, for all personal injuries and injuries to property, known or unknown, caused by or arising out of participation in this football league, including games, team member activities, practices, and/or any activities incidental thereto, during the season. I hereby waive, indemnify, release and forever discharge **Board of Directors, USA Football, Heads Up Football and Spartans Youth Football, Inc** from all claims for injury, damage, medical costs and other such related costs that may result from my child's participation in this football league. I understand and am aware of the fact that by participating in the football season, I, on behalf of my child, assume certain risks of injury to my child. I am willing to assume the risks of such injury including, but not limited to any injury which may be caused by other participants or spectators. I understand and am aware that the potential risk of injury from football is significant, including the potential for permanent paralysis, bodily injury, total and potential disability, and death, and while particular rules, equipment and personal discipline exist, the risk of serious injury does exist. By my signing this document and by my child's participation, I, knowingly assume all such risks, both known and unknown, that may occur while a participant in this league. I agree that if any claim for my child's personal injury or wrongful death is commenced against **Board of Directors, USA Football, Heads Up Football and Spartans Youth Football Inc.**, I shall defend, indemnify and hold harmless from any and all claims or causes of action by whomever or wherever made or presented for my child's personal injuries, property damage or wrongful death. I acknowledge that I have read the above paragraphs herein and have not relied upon any representation, that I am fully advised of the potential dangers of football and understand these waivers and releases are necessary to allow youth football leagues to exist in the present form. Significant exclusions apply to the insurance coverage, including or no liability coverage for certain claims of personal injury or property damage by a player. If the law renders any part of this agreement unenforceable, the remainder of this agreement shall never the less remain enforceable to the full extent allowed by the laws of the State of Wisconsin. This agreement affects your legal rights and you may wish to consult an attorney concerning this agreement.

### **1. Fitting and Use of Equipment:**

- a. Gamee jerseys will be supplied.
- b. Cleats are not supplied and should be restricted to no more than ½ inch. It is recommended all cleats be molded plastic.

### **2. Preparation for practice or contest:**



# Spartans Youth Football, Inc.



- a. Wear all protective equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan from your coach.
- b. Is sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
- c. Wear outer and under garments that are appropriate for humidity and temperature.
- d. Players should ingest the equivalent of 4-6 glasses of water each day.
- e. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if their impairment affects judgement or perception.
- f. Remove all jewelry and metal hair fasteners.
- g. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the program President prior to participation in any SPARTANS YOUTH FOOTBALL, Inc, activity.
- h. Players will not wear the Spartan issued game jersey to practice, unless directed by their coach.

## **J. Emergencies:**

1. Because of the nature of football, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and be managed with basic first aid. However, some may need more intense management and may also require the rest of the team members to:
  - a. Stop all practices, scrimmages, or drills. DO NOT move the injured player.
  - b. Call the coach to manage the situation.
  - c. Sit or Kneel in close proximity.
  - d. Assist by:
    - Calling 911 for additional assistance
    - Bringing first aid equipment or supplies to the site
    - Keeping onlookers away
    - Directing the rescue squad to the accident site

## **K. Amending SPARTANS YOUTH FOOTBALL, Inc Rules and Regulations:**

1. Spartans Youth Football, Inc program is designed to benefit a wide variety of youth athletes. Many Different factors have gone into our Rules and Regulations, which are subject to being amended by the board at any time without prior notice. These rules and regulations are structured to ensure safety, fairness and even competition in all grades.

### **Program Rule and Regulations: ACKNOWLEDGMENT**

My electronic Signature certifies that we (Parent/Guardian and Player/Athlete) have read, understand and agree to adhere to all areas contained herein to the Spartans Youth Football, Inc Program Rules and Regulations.



# HYGIENE POLICY

Handwashing, Cough, & Sneeze Etiquette

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## SYF HYGIENE POLICY

Spartans Youth Football, Inc (SYF) is fully committed to safeguarding the health and safety of all coaches, volunteers and players (a/k/a participants). For this reason, effective immediately, all SYF participants, regardless of position or authority, must comply with the following personal hygiene policy:

- All participants will be required to use hand sanitizer before a practice or game.
- All participants shall follow proper cough and sneeze etiquette.

### Hand Washing/Sanitizer Policy

SYF is responsible for explaining to all participants when to wash hands or use hand sanitizer.

Wash hands with soap and water for at least 20 seconds as frequently as possible, or use hand sanitizer when hand washing isn't available.

Participants must sanitize or wash hands, at a minimum:

- At the beginning of each practice or game,
- Before touching a participant to administer first-aid
- After touching mask,
- After using the restroom,
- Before and after consuming food,
- After sneezing, coughing, or blowing nose,
- Prior to leaving a game or practice.

Participants are responsible for replenishing or letting the person-in-charge know when handwashing supplies or hand sanitizer are low.

### Cough & Sneeze Etiquette

SYF is responsible for explaining cough and sneeze etiquette to all participants. To help stop the spread of germ participants should:

- Cover mouth and nose with a tissue when coughing or sneezing
- Throw used tissues in the trash
- If don't have a tissue, cough or sneeze into elbow, not hand



# HYGIENE POLICY

Participant Illness for COVID-19

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## SYF PARTICIPANT ILLNESS POLICY

Spartans Youth Football, Inc (SYF) is fully committed to safeguarding the health and safety of all coaches, volunteers and players (a/k/a participants). For this reason, effective immediately, SYF enacts the following policy applicable to all participants, regardless of position or authority:

- All participants will self-monitor for symptoms of illness prior to arriving at SYF activities.
- Participants who have any symptoms of fever OR respiratory illness will not be allowed to participate as reinforced by the illness reporting agreement for COVID-19
- Participants living in a household where a member(s) or another close contact tested positive for COVID-19 will not be permitted at SYF activities.
- As part of the registration process for the season, participants are required to sign an agreement indicating they understand the policy and agree to follow the guidelines.

# PARTICIPANT HEALTH REPORTING AGREEMENT

## For COVID-19 Response

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

### Participants should self-monitor daily for these COVID-19 symptoms:

1. Cough
2. Shortness of breath or difficulty breathing
3. Fever  $\geq 100.4$ F
4. Chills
5. Muscle pain
6. Sore throat
7. New loss of taste or smell

This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

### Participants must report if they are diagnosed with COVID-19:

- by a positive lab test, or
- diagnosis from a health care provider (without lab testing)

### Participants must also report COVID-19 Exposures:

- Living with a person that has been diagnosed with COVID-19, or
- Having close contact with a person that has been diagnosed with COVID-19

### As part of the registration, players/parents agree to:

1. Self-monitor prior to participating in team activities.
2. Promptly report symptoms, positive diagnosis or exposure to COVID-19 to the Coach and SYF Board.
3. Follow the exclusions and/or restrictions that may be required of me.

**Coaches, league directors, volunteers and umpires need to document their agreement via eform.**

### I understand and agree to follow all health reporting processes and best practices adopted by SYF to prevent the spread of COVID-19 including but not limited to:

1. Self-monitor prior to participating in team activities.
2. Report symptoms, positive diagnosis or exposure to COVID-19 to the Coach and Board. Board Member must report to the SYF President and Vice President.
3. Follow the exclusions and/or restrictions that may be required of me.
4. Communicate virtually whenever possible.
5. Limit in-person meetings and gatherings outside of practices or games.
6. Practice frequent hand hygiene.
7. Wear masks in compliance with the current PHMDC guidelines.

8. Maintain social distancing with other participants.
9. Follow heightened cleaning and sanitizing of space and equipment.

## SYF RULES FOR ILL PARTICIPANTS

A SYF board member must help prevent the spread of COVID-19 by teaching participants the importance of not attending SYF activities when sick.

### Exclusions and Restrictions

	What should the participant do?	When can the participant return to SYF activities?
If you have been <b>diagnosed</b> and are <b>symptomatic</b>	<ul style="list-style-type: none"> <li>• If you have symptoms of COVID-19, call your healthcare provider for advice and to discuss testing.</li> <li>• Isolate yourself in your home, and do not go out when you are sick. Practice excellent hygiene and if you have others in your home, isolate yourself in one room (if possible).</li> <li>• Cover coughs and sneezes. Do not share personal household items. Clean your hands often. Clean all "high-touch" surfaces like doorknobs often.</li> <li>• Monitor your symptoms and call your health care provider if symptoms worsen.</li> </ul>	Stay home and avoid others until you have been: <ul style="list-style-type: none"> <li>• 72 hours without a fever (without fever-reducing medicine),</li> <li>• your symptoms improve,</li> <li>• <b>AND</b> it has been 10 days since the first day you had symptoms.</li> </ul>
If you have a positive COVID-19 viral test and are <b>asymptomatic</b>	Monitor your health for fever, cough, and shortness of breath for 10 days.	Asymptomatic individuals with lab-confirmed COVID-19 should remain in isolation until: <ul style="list-style-type: none"> <li>• At least 10 days have passed since the collection date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms.</li> </ul> NOTE: patients who develop COVID-19 symptoms during this period should extend isolation precautions for at least 10 days from the date of symptom onset (see above).
If you may have been <b>exposed</b> to a person with COVID-19 but are not sick	Monitor your health for fever, cough, and shortness of breath for 14 days after your last contact with the sick person.	Stay home; do not go to work/school/MBSC activities. Avoid public places for 14 days.  NOTE: patients who develop COVID-19 symptoms or test positive during this period should extend isolation precautions for at least 10 days from the date of symptom onset (see above).

**Participants with no known exposure to COVID-19, are not exhibiting symptoms of COVID-19, and have not tested positive for COVID-19 may participate unrestricted as long as all business best practices are followed.**



# PROTECTIVE MEASURE POLICY

For COVID-19

## SYF PROTECTIVE MEASURE POLICY

Spartans Youth Football, Inc. (SYF) is fully committed to safeguarding the health and safety of all players, coaches and volunteers (a/k/a participants). For this reason, effective immediately, SYF enacts the following policy applicable to all participants, regardless of position or authority:

### Participants shall:

- Maintain six feet physical distancing from others whenever possible
- Be required to wear a face covering as outlined in [public health orders](#)
- Maintain physical distancing and minimize contact between other participants
- Not have any direct person to person contact (i.e., no hand shaking, no high fives, no hugs)

### SYF shall:

- Require all participants to wear face covering as outlined in [public health orders](#)
- Limit in-person meetings and use other means of communications such as Zoom, Skype and email, that are not in person
- Limit number of participants present on the premises at any given time to [current order limits](#)
- No parent spectators at practices (drop-off and pick-up only)
- Limit number of spectators at games at any given time to [current order limits](#)
- No food of any kind, including candy, gum, sunflower seeds.
- No sharing of water bottles between players. Players may bring a water bottle as long as it stays in the bench area. Water fountain at the indoor practice facility will be unavailable. Coaches shall stagger water breaks.
- Spread out stations at practice, drills, and individual player gear storage so participants can remain six feet apart at all times
- Stagger start and end times; no arrivals before allowed start time
- Provide tape, chalk or other means of marking floors/ground in high traffic areas to show people how to properly space
- Post [physical distancing signage](#) throughout the premises reminding everyone to practice physical distancing
- Provide special accommodations for vulnerable participants or those unable to wear face covering
- Open doors at the indoor practice facility to increase air flow when it makes sense.