


# LCA Athletics Covid Operations Plan

Players, Coaches, Athletic Trainers, and Officials Expectations	Spectator Expectations	Practices/Games/Tournaments Expectations
<ul style="list-style-type: none"> <li>• Must conduct daily symptom assessments before each practice or game.</li> <li>• Anyone experiencing symptoms must stay home.</li> <li>• Coaches must (1) Participate in COVID-19 education developed for them by the Ohio Department of Health, and (2) Educate their players on how to help prevent the spread of COVID-19 using resources provided by the Ohio Department of Health.</li> <li>• Promote good hand hygiene and respiratory etiquette.</li> <li>• No congregating before or after practices or games by players, coaches, athletic trainers or officials is permitted.</li> <li>• Must wear face coverings at all times, and players must wear face coverings when not on the field or court of play, except for one of the reasons stated in the Director’s Order for Facial Coverings throughout the State of Ohio signed July 23, 2020 or as it may thereafter be amended. Coaches and officials are not required to wear facial coverings when on the field of play during games and practices to allow the use of whistles.</li> <li>• Must strictly follow Ohio’s face coverings Order when out in public in order to reduce the risk of contracting COVID-19 and potentially spreading it during sports activities.</li> <li>• Coaches shall identify players at higher risk of developing serious complications from COVID-19, such as those with asthma, diabetes or other health problems, and take extra precautions to protect them.</li> <li>• Players should consider wearing face coverings while at home to protect family members who may be at higher risk.</li> </ul>	<ul style="list-style-type: none"> <li>• Spectators must conduct daily symptom assessments.</li> <li>• Anyone experiencing symptoms must stay home.</li> <li>• Family members must sit together, socially distanced from other individuals/family groups.</li> <li>• Six-feet social distancing must be maintained between individuals/family groups</li> <li>• No congregating before or after practices or games is permitted.</li> <li>• Spectators must wear face coverings at all times except for any of the allowable exceptions stated in the Director’s Order for Facial Coverings through out the State of Ohio.</li> </ul>	<ul style="list-style-type: none"> <li>• Six-feet social distance must be maintained between individuals except when necessary on the field or court of play.</li> <li>• Players, coaches, and officials are not to physically contact each other before or after practice, pregame and competitive play. (high-fives)</li> <li>• Ensure that facilities have adequate space for social distancing for players, coaches, athletic trainers, officials, parents/guardians, and spectators off the field or court of play.</li> <li>• No congregating before or after practices or games is permitted.</li> <li>• Contact the local health department weekly regarding the status of COVID-19 in the community.</li> <li>• Soccer, wrestling, basketball, and volleyball are limited to one team vs. team game/match a day, but multiple games/matches may be played between the same teams in one day.</li> </ul> 

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Equipment & Facilities/Venues Expectations	Suspected and Confirmed Cases Expectations	LCA Athletic Venues Spectator Capacity
<ul style="list-style-type: none"> <li>• Must have proper separation and must not be shared. If equipment must be shared, proper sanitation must be performed between users.</li> <li>• Do not share towels, facial coverings, water bottles/other drinks or food.</li> <li>• If possible, competing players/teams should not use the same equipment.</li> <li>• Spectators are limited to 15% of fixed seating capacity of each venue.</li> <li>• Time must be allotted between practice sessions to allow teams to exit fields/facilities prior to new teams arriving and for proper sanitizing for shared spaces and high-touch surfaces.</li> <li>• Promote good hand hygiene and respiratory etiquette.</li> <li>• Make hand sanitizer available at convenient locations.</li> <li>• Locker rooms will not be available.</li> <li>• Restrooms, weight training rooms, and athletic training rooms must be cleaned and sanitized frequently. Individuals must maintain social distancing as much as possible while in these rooms. Face coverings must be worn at all times while in these rooms.</li> <li>• Inside venues, ensure fans operate properly. Increase circulation of outdoor air as much as possible by opening windows and doors.</li> <li>• Food concessions are closed for the fall of 2020.</li> </ul>	<ul style="list-style-type: none"> <li>• Immediately isolate, and seek medical care for, any individual who becomes ill or develops symptoms.</li> <li>• Contact the local health department about suspected COVID-19 cases or exposure.</li> <li>• Coaches/administrators must work with the local health department to identify individuals who were potentially exposed to help facilitate contact tracing.</li> <li>• A team, school, or club must notify all athletes and parents/ guardians associated with the affected team regarding a positive test. Athletes and families must be reminded of proper daily health screening protocols.</li> <li>• If the affected individual participated in competitive play, the team is responsible for notifying any opponents played between the date of the positive test and 2 days prior to the onset of symptoms. If the teams, schools, or clubs reside in different counties, the health departments in each county should be notified to help facilitate effective contact tracing</li> <li>• An individual who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until (1) Meeting the CDC requirements for ending self-isolation using either a symptom-based or test-based strategy and (2) A documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.</li> <li>• Players, coaches, officials or other individuals who had close contact (within six feet of an infected individual for at least 15 minutes), or who had direct physical contact with the person, or who were coughed or sneezed on by the infected person, must self-quarantine for 14 days following exposure based on CDC guidance. Individuals may return to play afterward if they have not had any COVID-19 symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• AIA Sports Complex Seating Capacity 225 (15% of 1500)</li> <li>• LCA gym (volleyball) 75 (15% of 500)</li> </ul>