



Tahoma Bears Junior Football & Cheer

Covid-19 POLICY

The Tahoma Bears Junior Football & Cheer club realizing that the virus that causes COVID-19 can infect those that participate in competitive sports, especially those involving close contact between participants, coaches and officials shall implement this safety plan and protocols to help mitigate the spread of Covid-19 and do our best keep to keep members of the club of all ages safe and healthy.

The following are minimum guidelines to reduce COVID-19 transmission risks for players, staff (team and league), parents/guardians, and spectators. The use of the term “event” applies to all practices, games, tournaments, and other approved activities.

By signing this waiver you agree on behalf of yourself, your athlete and your immediate family to the following:

- **To Follow all State And Local COVID-19 Guidelines:** In addition to these minimum guidelines, you agree to should follow all state and local guidelines as regards COVID-19 and youth sports including but not limited to start dates and limitations on crowd sizes, masks and social distancing guidelines.
- **To Stay Home When Appropriate:** Players, staff, parents/guardians, and spectators should stay home (or the motel under isolation if at a tournament) when they are showing signs of COVID-19, have a temperature, or have had close contact with a person with COVID-19.
- **If COVID Symptoms Exhibited At Event:** If your athlete or family member exhibits symptoms during an event, you should immediately leave the event.
- **Duty To Disclose, Quarantine, And Return To Activity:** If your athlete or a family member has tested positive for COVID-19, exhibits symptoms but has not been tested, or has had close contact, you must immediately disclose this information by email to the President@tbjfc.org or call/text 206-300-5309. You must remain in quarantine until meeting state or CDC Criteria For Discontinuing Home Isolation. Return to activity should be cleared by the TBJFC Athletic Director or President who may require written clearance from a health care professional.
- **You agree to Daily Screening of your athlete:** We will conduct pre-event observation and/or questioning of all players and staff about the existence of any COVID-19 symptoms including cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit, or known close contact with person who is lab confirmed to have COVID-19.
- **Social Distancing:** All players, parents/guardians and spectators not of the same household should practice social distancing of 6 ft. whenever possible.

- **Coaches and Player Face Coverings:** Coaches and Players are encouraged to wear face coverings in close contact areas and situations where applicable. This includes to and from the field. Players are allowed to wear face coverings in competition should they choose to do so and long as they don't compromise their safety.
- **Parent / Spectator Face Coverings:** Parents and spectators will follow the state, county and venue guidelines which will be clearly communicated prior to any event.
- **Personal Hygiene:** Staff, players, parents/guardians, and spectators should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use hand sanitizer (at least 60% alcohol), abstain from touching their face (mouth, nose or eyes), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. If no tissue is available, then coughing or sneezing into one's elbow is recommended. In addition as a back up, players and staff should have their own hand sanitizer available for use.
- **Water Bottles:** No team or dugout coolers should be provided. Parents/guardians should provide separate marked water bottles or sports drink for their child.
- **No Contact: No Handshake Policy:** No contact policies may be implemented for the customary game-related activities such as pre-game coaches' handshakes, umpire-coach-player introductions, and post-game handshakes between members of opposing teams. Instead, officials, players, and coaches should use verbal queues such as saying "good game", without shaking hands, high-fiving, or fist-bumping.
- **Personal Food or Snacks:** If food or snacks are brought to practices or games, there should be no sharing of food or snacks, except between members of the same household.

TBJFC RESERVES THE RIGHT TO AMEND THESE GUIDELINES AT ANY TIME DURING ANY SEASON IN ACCORDANCE WITH COUNTY STATE HEALTH OFFICIAL GUIDELINES, VENUE RESTRICTIONS AND GUIDELINES, LEAGUE AND YOUTH SPORTS GOVERNANCE AGENCIES..