

## **"CONTACT-LESS" HEALTH PROTOCOLS**

### **✓ CHECKLIST FOR AUSTIN VELOCITY ATHLETES**



*Per Governor Abbott "Effective June 3, 2020, youth sports may operate in Texas."*

*The following are the minimum recommended health protocols for all youth sporting activities in Texas. Youth sports organizers may adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all employees, contractors, volunteers and participants.*

*The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable*

*Please note, public health guidance cannot anticipate every unique situation. Youth sports organizers should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization. Youth sports organizers should also be mindful of federal and state employment and disability laws, workplace safety standards, and accessibility standards to address the needs of both workers and customers.."*

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### ***Health Protocols for Austin Velocity Athletes Prior to Practice:***

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- ✓ All athletes will be screened before coming to the gym or sand courts:
  - Any athlete who has any of the following new or worsening signs or symptoms of possible COVID-19 will be sent home. These include:
    - ✓ Cough
    - ✓ Shortness of breath or difficulty breathing
    - ✓ Chills
    - ✓ Repeated shaking with chills
    - ✓ Muscle pain
    - ✓ Sore throat
    - ✓ Feeling feverish or a measured temperature over 100°F
    - ✓ Diarrhea
    - ✓ Loss of taste or smell
    - ✓ Known close contact with a person confirmed to have COVID-19
    - ✓ Headache
  - Athletes with new or worsening signs or symptoms listed above will not be allowed to return to practice until:

- If an athlete was diagnosed with COVID-19, the athlete may return to practice when all three of the following criteria are met
    1. At least 5 days (120 hours) have passed *since recovery* (no fever)
    2. The athlete has *improvement* in symptoms (e.g., cough, shortness of breath)
    3. At least 10 days have passed *since symptoms first appeared*;
  - An athlete who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the athlete is assumed to have COVID-19, and the athlete may not return to practice until the athlete has completed the same three-step criteria above
  - If an athlete has symptoms that could be COVID-19 and wants to return to practice before completing the above self-isolation period, the athlete must obtain a medical professional's note clearing them for return based on an alternative diagnosis.
- ✓ Athletes must wash or sanitize their hands upon entering the gym or upon arrival at sand courts.
  - ✓ To the extent possible, athletes shall maintain at least 6 feet separation from other coaches and players, during breaks in play or activity.
  - ✓ Athletes must wear a face mask at all times.
  - ✓ All athletes and coaches will be listed on a "contact tracing" roster with name and emergency contact information. This information shall be retained for 30 days following practice date.

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### ***Health Protocols for Austin Velocity Athletes During Practice:***

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- ✓ During breaks, athletes should wash or sanitize their hands following the prescribed CDC guidelines.
- ✓ Players shall bring their own water bottles. Water fountains are closed.
- ✓ No spectators allowed.
- ✓ To avoid contamination and multiple cleaning of the entrance, doors will only be opened by a coach at the beginning and end of practice.
- ✓ Only one athlete in the bathroom at a time.