



Under the Lights and Cottonwood Heights Recommended Safety Guidelines

Risk Warning: League Directors should disseminate information to all staff, coaches, players, parents, and spectators about the coronavirus risk and practices that should be undertaken to mitigate risks. Information should be disseminated by way of email, social media, coach talks, and public announcements.

Social Distancing: All players, coaches, staff, and spectators should practice social distancing of 6 ft. or more wherever possible, especially in common areas. Of course, this won't always apply to players while engaging in the sports activity.

Symptom Check: Players, Officials and Spectators will need to have a Symptom check before entering the facility or game field. All players, coaches and family members should be asked to take their own temperature before leaving the house and they should stay at home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses for contagious disease. Coaches are responsible for having symptom check every player.

Any reading of 100.4 or higher will result in a denial of entry to play.

Personal Protective Equipment (PPE): All coaches, officials and staff are recommended to wear PPE such as face-masks whenever applicable. Players shall wear face-masks upon their or parents choice.

Waiver/Release: Waiver/release agreement forms should be updated to address the risk of communicable diseases such as COVID-19 in addition to injury.

Coronavirus Risk Warning:

It is suggested that seniors or others with compromised immune systems not participate in or attend this event due to risk of infection

Wash your hands and/or use hand sanitizer upon entrance, during the event, before and after you eat, and as you leave. Hand washing and hand sanitizer stations are provided.

Avoid touching your face including your eyes, nose, and mouth.

If a player, coach or spectator is repeatedly sneezing or coughing, you may have to ask them to leave the premises immediately for the safety of others.

Mouthguards: When a player removes their mouthguard during play, that player must come out of the game to sanitize the mouthguard. All mouthguards must remain in the mouth while player is on the playing field. (Mouth guards are not required)

Spacing Of Player Equipment: Player equipment should be spaced accordingly to prevent close contact.

Limit Team Shared Equipment: The use of team shared equipment should be limited whenever possible and should be sanitized after each use.

Water Fountains: Should be closed with tape and signage stating that they are not to be used at your field/facility

Spread Out Scheduling Of Games: There should be enough time between games to allow one group to vacate the premises before the next group enters.

Hygiene/Hand Washing/Touching Face/Laundrying: Players and coaches should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze. Facilities and sports organizations should provide hand washing and hand sanitizer stations and should schedule mandatory use at breaks. Carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes should be laundered after all workouts.

Cleaning/Disinfecting: UTL staff should use disposable disinfectant wipes on all training areas, equipment, common areas, door handles, water fountains and bathrooms, etc. on a regular basis.

Water Bottles: Water and sports drink jugs should no longer be provided by sports facilities or sports organizations. Athletes and coaches should bring their own water bottles to all team activities to help to reduce transmission risk. Individuals should take their own water bottles home each night for cleaning and sanitation. Visiting teams should also bring their own water bottles.

No Handshakes/Celebrations: Obviously with social distancing practices, players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, and group celebrations.

Meetings: Whenever possible all meetings should be done by phone or video conference. If in person meetings must occur, make sure that it is held outside when possible and follow all social distancing procedures.

Limiting Spectator Attendance: Limit spectator risk by limiting attendance to essential staff and limited family members.

Questions or Concerns Contact Ethan Jones via email at ethan@cottonwoodheights.com