

CMSA COVID-19 Guidelines
Updated: 10/3/2020

I. General Registration Procedures

- a. All members are advised to consult their own medical care provider before returning to play in Phase 4. Members with the following conditions are advised to consider delaying their return to play until Illinois enters Phase 5.
 - i. Diabetes
 - ii. Chronic lung condition (including asthma)
 - iii. Severe obesity
 - iv. Chronic kidney disease
 - v. Heart conditions
 - vi. Immunocompromised
 - vii. Age greater than 65 years
- b. The CMSA waiver will include the following language (in addition to the current language about medical risks).
 - i. I understand that an inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death and I voluntarily assume all risks related to exposure to COVID-19.

II. General Game/Practice procedures

- a. Athletes, coaches, and officials must undergo a healthcare screening on the day of any on-field activity (see screening procedure). It is recommended players arrive at least 15 minutes prior to their game to complete screening.
- b. Hand hygiene will be essential. CMSA will supply hand sanitizer at any facility that does not have it readily available.
 - i. Sports that provide portable toilets are strongly urged to budget for a hand hygiene station.

- c. During competitions spectators can be present. They should wear a face covering and practice social distancing.
- d. Players/officials/coaches are required to wear a face covering that covers their nose and mouth (surgical masks, bandanas, gaiters, buffs are all acceptable).
- e. Sharing of water bottles is prohibited.
- f. Social distancing should always be maintained when off the field/court.
- g. Huddles should not take place.
- h. Handshakes, fist bumps, high fives should not take place.
- i. Equipment should be disinfected with EPA certified products between uses.
 - i. Each sport should establish a 'schedule' for equipment disinfecting (examples):
 1. Footballs – halftime
 2. Soccer balls – halftime
 3. Softballs – half-inning, rotate a new ball into play
 - ii. Volunteers responsible for disinfecting equipment must wear gloves.

III. Screening procedure

- a. Upon arrival for the game/practice a CMSA volunteer will provide all athletes, officials, and coaches with a questionnaire. The questionnaire will ask the following:
 - i. Please indicate which of the following statements is true:
 1. You are experiencing any of the following symptoms: Fever (>100 degrees), new or worsening cough, sore throat – different than seasonal allergies, new loss of smell/taste, diarrhea or vomiting. *If this statement applies you cannot participate in today's games/events.*
 2. You and/or a household member or other close contact has been diagnosed with COVID-19 in the past 14 days. *If*

this statement applies you cannot participate in today's games/events.

3. You are currently under an order to self-isolate by a health care provider or governmental agency. *If this statement applies you cannot participate in today's games/events.*

4. None of the previous statements apply to me. *You can participate in today's games/events.*

b. If anyone indicates any of statements 1-3 are true that person must leave the facility. The person will not be allowed back to play until they can answer questions 1-3 false and question four as true. Any person exposed to COVID-19 through a household member or other close contact is still required to wait 14 days before returning to play. A COVID-19 negative test result does not cancel the CDC recommended 14 day quarantine after being exposed to a close contact who tested positive for COVID-19.

i. It is recommended all leagues communicate the questionnaire to all players each week before they come to the field. Players should be asked to self-screen at home and NOT to proceed to the fields if any of statements 1-3 are true. It cannot be said enough IF YOU ARE EVEN A LITTLE SICK: STAY HOME!

c. Participants for whom statement 4 is true will be given a wristband indicating they are clear to play/participate. Wristbands will be provided to all sports. A different color wristband must be used each week.

d. After screening all participants should sanitize their hands.

e. Screening documentation will be kept on file for 1 year and then destroyed.

IV. Medical Eligibility Coordinator

a. CMSA will establish a Medical Eligibility Coordinator to maintain confidentiality of members.

- i. It is recommended that an individual only serve in this position for 6-12 months at a time.
 - ii. The medical eligibility coordinator will initially be responsible only for the disposition of positive cases of COVID-19. However, their mandate may be expanded to other medical issues.
- b. Disposition of positive cases of COVID-19
 - i. CMSA is told by any participant (athlete/official/coach) they have tested positive for COVID-19 within 24 hours of participating in a CMSA sport:
 - 1. Contact the Medical Eligibility Coordinator with:
 - a. Name of participant
 - b. Sport
 - c. Games participated in
 - 2. The Medical Eligibility Coordinator will:
 - a. Contact all individuals who participated with the individual to inform them of potential exposure. They will NOT disclose the individual's name.
 - ii. To return to play after a positive test for COVID-19 the following conditions must be met:
 - 1. No fever for 72 hours (without the aid of fever reducing medications)
 - 2. Improvement of respiratory symptoms
 - 3. Minimum of 10 days since the onset of symptoms
 - 4. Note of clearance from medical provider submitted to the Medical Eligibility Coordinator
 - 5. The Medical Eligibility Coordinator will be responsible for informing league commissioners if anyone from their sport is not eligible to play for medical reasons.
 - 6. The note of clearance should be filed confidentially for 1 year and then destroyed.
- c. Disposition of positive findings on the daily questionnaire

- i. If any participant indicates statements 1-3 are true on the daily questionnaire the Medical Eligibility Coordinator must be contacted with:
 - 1. Name of participant
 - 2. Sport
- d. Other procedures
 - i. If requested, CMSA will provide names of individuals who had potential exposure to COVID-19 to contact tracing/health agencies.
 - ii. The contact tracing agency will reach out to individuals and determine the risk of exposure and what steps need to be taken. It will be up to the individual to follow these steps and answer all screening questions honestly.

V. Individual Sport Expectations

- a. Prior to registration being opened for a sport, the commissioner must submit the following along with their budget:
 - i. A brief description of how they will manage the questionnaire
 - 1. Communication each week to all players
 - 2. On site
 - a. Who will staff the process
 - b. Where will it be located
 - ii. A brief description of the equipment sanitization process
 - 1. What equipment will be disinfected
 - a. Who is responsible
 - b. How often
 - iii. If necessary, a commissioner can request additional items (PPE, etc) to be funded by the CMSA core budget