

# Kassirer SPORTS

## COVID-19 Safety Guidelines

*[Guidelines updated as of 3/8/22 and are subject to change].*

### **ALL KASSIRER SPORTS COACHES, PLAYERS, AND FAMILIES MUST COMPLY WITH OUR COVID-19 SAFETY GUIDELINES IN ORDER TO PARTICIPATE.**

COVID-19 affects different people in different ways. Infected people have experienced a wide range of reported symptoms - from mild symptoms to severe illness.

- **Coaches and children should stay home if they show any symptoms of COVID-19 or have been exposed to anyone showing symptoms of COVID-19 within the last 14 days.** Please be respectful of everyone around you and stay home if you have any health concerns.

Symptoms may appear 2-14 days after exposure to the virus. People with the below symptoms may be positive for COVID-19:

- Fever and/or chills
- Cough
- Shortness of breath and/or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste and/or smell
- Sore throat
- Congestion and/or runny nose
- Nausea and/or vomiting
- Diarrhea

If someone is showing any of these below symptoms, they could be emergency warning signs of COVID-19 and you should seek emergency medical care immediately:

- Trouble breathing
- Persistent pain and/or pressure in the chest
- Sudden onset confusion
- Inability to wake and/or stay awake
- Bluish lips and/or face

**DO NOT PLAY IF YOU:** Are exhibiting any symptoms of COVID-19, have been in contact with someone who tested positive for COVID-19 in the last 14 days, OR are considered a "high-risk" individual with serious underlying health conditions including but not limited to: high blood pressure, chronic lung disease, diabetes, obesity, asthma, or whose immune system is compromised such as by chemotherapy for cancer and/or other conditions requiring such therapy.

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### **BEFORE EACH KASSIRER SPORTS CLASS:**

**Please pre-screen yourself and any family members by taking your temperature to check for a fever. PLEASE PLAN TO STAY HOME & email Laura/Rachel to let us know if you are showing any symptoms or have been exposed to anyone showing symptoms of COVID-19.**

- **Contact Info: [info@kassirersports.com](mailto:info@kassirersports.com)**
- Parents must provide a cell phone number upon registration where they can be reached during class in case of emergency.
- Only healthy children will be permitted to play in each class.
- Parent must list any allergies their child has when registering. This information will be notated on each Roster and provided to our coaches.
  - Allergies can cause runny noses and sneezing, which can be misinterpreted as symptoms of COVID-19.
- Coaches will sit out any players showing symptoms of COVID-19 while playing Kassirer Sports and immediately call his/her parents to pick up their child.
- Parents, Siblings, Care-Givers and Guardians are NOT permitted to enter the courts/field area before, during or after Kassirer Sports.
  - Only designated coaches and players listed on each site's roster are permitted during Kassirer Sports.
  - Parents/Guardians are NOT permitted to congregate around the class area and/or socialize during Kassirer Sports classes.

### **COMING TO CLASS:**

- If your child attends day care or is in Grade K, then the coach will meet you at your room and escort you to the class location.
- All other participants must come out to the designated class area to check-in with their coach. From there, the coach will direct participants to their assigned area while maintaining social distance.
- Parents are not permitted to stay and watch, socialize or congregate at class location.
- Parents are permitted to watch from a distance or from their car (only if class is not held at a school).
- **Masks are optional during outdoor class activities. Masks must be worn if class takes place indoors.**

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### **DURING KASSIRER SPORTS CLASSES:**

- As of March 12th, Masks are optional for outdoor activities.
- Coaches and participants must comply with each location's specific guidelines. (We will let you know in your confirmation if your site has any additional safety requirements).
- Each participant should bring their own water bottles which are clearly marked and avoid touching or using public water fountains.
- Bring tissues or a handkerchief for contained sneezing and coughing if you have allergies.
- Adhere to CDC guidelines by not touching your face (after handling a ball or racket).
- Each participant should bring their own hand-sanitizer and have it clearly marked.

### **WHEN PLAY HAS ENDED COACHES AND FAMILIES SHOULD:**

- Masks are optional outdoors.
- Parents wait outside to pick up their child at the designated pickup location.
  - If at a school site, coach will walk class to front of school for pick up.
  - If site is not at a school, coach should walk their group to meet parents at one designated pick up location.
  - If class is on a tennis court or enclosed area, then children should enter and exit in a single file line while maintaining a social distance.
- Remember, no child can be left unattended and must remain with their coach until they are met by an adult picking up.
  - Coaches charge \$1 per minute for time spent babysitting after class ends.
    - Parents should pick up promptly.
      - Parents should pay coaches cash for any time they spend babysitting after class ends if arriving late to pick up.
- Everyone is responsible for disinfecting their own equipment.
  - Clean and wipe down your rackets, racket bags, and water bottles.
  - Do not share equipment with others
- Use hand sanitizer in the car or wash your hands when you get home.



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**Please email us immediately at [info@kassirersports.com](mailto:info@kassirersports.com) if:**

- You notice anyone who is NOT complying with these COVID-19 Safety Guidelines
- You are aware of someone who has tested positive for COVID-19 at your location
- You have tested positive for COVID-19
- You have come into contact with someone who has tested positive for COVID-19

**The health and safety of our Kassirer Sports families, players, and coaches is our main priority. Please always be respectful of others and help mitigate the spread of germs.**

All parents, participants and coaches are required to acknowledge and sign these COVID-19 Safety Guidelines prior to registration or being hired to coach.