



COVID-19 Safety Guidelines

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

[Guidelines updated as of 9/01/21 and are subject to change].

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**

Coaches must bring non-contact thermometer & printed roster with emergency/parent contact information to each class, ready before kids arrive.

- 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.
 - Coaches will meet participants at the entrance to tennis courts for check-in and to take/record each player's temperature. Participants with temperature registering over 100 degrees will be sent home (*coaches will take a player's temperature twice with a 5-min. break to verify, as sometimes there are misreadings*).
 - Coach will allow each participant to enter class in a single file line while maintaining a 6' social distance.
- 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 will drop off their kids with coach at the front of the class area and must maintain a social distance of 6' at all times.
 - Parents/Guardians are NOT permitted to congregate around the class area and/or socialize during Kassirer Sports classes.

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DURING KASSIRER SPORTS CLASSES:

- 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).

COMING TO CLASS:

- If class is at a school, kids 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.
- If class is not at a school, parents must bring child to coach one at a time to check-in at entrance to class location. Coach will instruct child on where to proceed to get ready to play in the class 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).
- **Coaches and kids MUST wear a facial mask during class activities.**
- We recommend that coaches and players wear athletic gloves for the entire time they are in class, however they are optional, not required. We recommend baseball, golf, gardening, running or football gloves. (any full finger athletic gloves will suffice).

ORGANIZING STUDENTS:

- Each coach will have the same group of kids weekly.
 - If we have more than 8 students, we will divide the kids into 2 classes by age/gender/level.
 - Each class will be assigned to a coach. 8-1 max.
- Once groups have been established, coaches will NOT swap or switch kids.
- Children shall not change from one group to another during a session and should be contained to the area assigned for their specific group.
- The groups may not mix or interact with each other.
- All kids will be partnered with 1 other child for the entire session and play with the same child weekly to mitigate the spread of germs.
 - Partners will be assigned based on gender, age and level. (The goal is to pair kids properly on the first day based on age + level). On some occasions if children are absent day 1, coach may need to finalize partners during class 2.

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- Coaches will keep a record of the assigned groups and partners. If level is similar, relatives will be grouped together.
- Coach will assign each pair to a defined area / court so all students will maintain a social distance without coach having to remind them constantly.
- Each coach will teach kids individually by moving from child-to-child to provide instruction. This way, each child can maintain social distance from the other children, as well as the coach, and still receive instruction.
- Coaches may not touch other students in any way.
 - Coaches may not high-five, shake hands or fist bump another coach parent or child. Coaches will create a Cheer with their players instead!
 - No hugging or physical contact of any kind with students or other coaches while at Kassirer Sports.
- Coaches will utilize cones or markers to organize students and keep kids 6' apart during skills practice, instruction and games. Only coach touches their own cones.
- Coach stands at least 6' from each player when providing personalized instruction so that kids and coaches maintain social distancing at all times.
- Tennis: Only singles play and instruction will be permitted on 18' nets for tennis and pickleball to social distance.
- Soccer & Basketball: No scrimmages. Players will focus on improving individual ball handling and shooting schools and offensive and defensive footwork.
- 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.
- Participants should set up their belongings along the side of the class, so that they are spaced out 6' apart during water breaks.
 - During water breaks, kids and coaches should go directly to where they set up their water, etc. and maintain social distancing.
 - Coaches should remind kids to use their hand sanitizer at the end of each water break, if they remove their gloves.
 - Participants/Coaches should not share items including: hand-sanitizer, water bottles, sun screen, gloves, rackets and/or towels.

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WHEN PLAY HAS ENDED COACHES AND FAMILIES SHOULD:

- Continue to wear your face mask and gloves until you are in your car.
- Avoid post Kassirer Sports socializing with coaches, parents or participants.
- Leave the class location as soon as play has ended.
- Parents wait outside to pick up their child after class has ended.
 - 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.
- Coaches & Students will limit their distance to a minimum of 6' while waiting for parents outside of the courts.
- 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.
 - Coaches, parents and children should all wear masks during drop-off & pick-up.
- After putting your equipment away; enter your car and take your gloves off.
- Use hand sanitizer in the car.
- Wash your hands, clothes, and gloves when you get home after each class.

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Please email us immediately at 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.