

Madison Ultimate Frisbee Association

HYGIENE POLICY

Handwashing, Cough, & Sneeze Etiquette

Madison Ultimate Frisbee Association is fully committed to safeguarding the health and safety of all players, coaches, and volunteers. For this reason, effective immediately, all Madison Ultimate Frisbee Association participants, regardless of position or authority, must comply with the following personal hygiene policy:

- All participants will be required to frequently use hand sanitizer, at least as often as each time prior to entering or exiting the field of play.
- All participants shall follow proper cough and sneeze etiquette.

Handwashing Policy

Madison Ultimate Frisbee Association (MUFA) is responsible for providing information to all participants on how to hand wash: Use hand sanitizer or wash hands with soap and water for at least 20 seconds as frequently as possible. **It is unlikely that your activity will be at a location with access to running water and soap, and all participants are required to bring their own container of hand sanitizer for individual use to any MUFA activity.**

Failure to follow these guidelines will result in removal from MUFA activities without opportunity for a refund of league or event fees.

MUFA is responsible for explaining to all participants when to hand wash/sanitize hands. Participants must wash hands or use hand sanitizer, at a minimum:

- At the beginning of each game
- Each time before entering the playing field,
- Each time when exiting the playing field,
- After touching mask,
- After using the restroom,
- After sneezing, coughing, or blowing nose,
- When hands are visibly soiled, and
- Prior to leaving the fields.

Participants are responsible for supplying their own hand sanitizer for events.

Cough & Sneeze Etiquette

MUFA is responsible for explaining cough and sneeze etiquette to all participants. To help stop the spread of germ all participants should:

- Cover mouth and nose with a tissue when coughing or sneezing
- Throw used tissues in the trash
- If you don't have a tissue, cough or sneeze into elbow, not hand

Madison Ultimate Frisbee Association

ILLNESS POLICY

MUFA is fully committed to safeguarding the health and safety of all participants. For this reason, effective immediately, MUFA enacts the following policy applicable to all participants, regardless of position or authority:

- All participants will self-monitor for symptoms of illness prior to event arrival.
- Participants who have any symptoms of fever OR respiratory illness will not be allowed to participate or attend any activities as reinforced by the participant illness reporting agreement for COVID-19
- Participants living in a household where a member(s) or another close contact tested positive for COVID-19 will not be permitted to attend or participate in any MUFA activities.
- Participants are required to sign a participant illness agreement indicating they understand the policy and agree to follow the guidelines. **Failure to follow these guidelines will result in removal from MUFA activities without opportunity for a refund of league or event fees.**

PARTICIPANT HEALTH REPORTING AGREEMENT

For COVID-19 Response

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Participants should self-monitor daily for these COVID-19 symptoms:

1. Cough
2. Shortness of breath or difficulty breathing
3. Fever $\geq 100.4^{\circ}\text{F}$
4. Chills
5. Muscle pain
6. Sore throat
7. New loss of taste or smell

This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

Participants must report if they are diagnosed with COVID-19:

- by a positive lab test, or
- diagnosis from a health care provider (without lab testing)

Participants must also report COVID-19 Exposures:

- Living with a person that has been diagnosed with COVID-19, or
- Having close contact with a person that has been diagnosed with COVID-19

I understand the Participant Health Reporting Agreement for COVID-19 and agree to:

1. Self-monitor prior to attending or participating in any MUFA event or activity each day.
2. Report symptoms, positive diagnosis or exposure to COVID-19 to the MUFA board via a google form.
3. Follow the exclusions and/or restrictions that may be required of me.

I understand and agree to follow all best practices adopted by MUFA to prevent the spread of COVID-19 including but not limited to:

1. Maintain social distancing with all other participants on sidelines and any time that I am not actively playing on the field.
2. Wear PPE (at a minimum, double-layered cloth face coverings) required by MUFA per Public Health Madison & Dane County guidance.
3. Practice frequent hand hygiene, as per the hygiene policy.
4. Modify game play per MUFA guidelines to help prevent the spread of COVID-19.
5. Report any and all COVID-19 diagnoses or exposures to the MUFA board via a google form. In addition, I am responsible for reporting any COVID-19 diagnoses or exposures to my team captain, who is also required to notify the MUFA board as well as opposing team captains per MUFA policy.
6. Follow heightened cleaning and sanitizing of all equipment.

Participant Name (please print) _____

Participant Signature _____ Date _____

WORK RULES FOR ILL PARTICIPANTS

All participants must help prevent the spread of COVID-19 by not attending any MUFA events while sick.

Exclusions and Restrictions

Participant is not allowed to attend or participate in ANY MUFA activities.

	What should the participant do?	When can the participant return to MUFA activities?
--	---------------------------------	---

<p>If you have been diagnosed and are symptomatic</p>	<ul style="list-style-type: none"> • If you have symptoms of COVID-19, call your healthcare provider for advice and to discuss testing. • Isolate yourself in your home, and do not go out when you are sick. Practice excellent hygiene and if you have others in your home, isolate yourself in one room (if possible). • Cover coughs and sneezes. Do not share personal household items. Clean your hands often. Clean all "high-touch" surfaces like doorknobs often. • Monitor your symptoms and call your health care provider if symptoms worsen. 	<p>Stay home and avoid others until you have been:</p> <ul style="list-style-type: none"> • 72 hours without a fever (without fever-reducing medicine), • your symptoms improve, • AND it has been 10 days since the first day you had symptoms. <p>Participants must receive explicit clearance from the MUFA board via (policy) before they can return to play or attend any MUFA event. Attendance or participation in a MUFA event before receiving clearance is grounds for immediate dismissal from the league without a refund and potential permanent ban from MUFA activities.</p>
<p>If you have a positive COVID-19 viral test and are asymptomatic</p>	<p>Monitor your health for fever, cough, and shortness of breath for 10 days.</p>	<p>Asymptomatic individuals with lab-confirmed COVID-19 should remain in isolation until:</p> <ul style="list-style-type: none"> • At least 10 days have passed since the collection date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms. <p>NOTE: patients who develop COVID-19 symptoms during this period should extend isolation precautions for at least 10 days from the date of symptom onset (see above).</p> <p>Participants must receive explicit clearance from the MUFA board via (policy) before they can return to play or attend any MUFA event. Attendance or participation in a MUFA event before receiving clearance is grounds for immediate dismissal from the league without a refund and potential permanent ban from MUFA activities.</p>

<p>If you may have been exposed to a person with COVID-19 but are not sick</p>	<p>Monitor your health for fever, cough, and shortness of breath for 14 days after your last contact with the sick person.</p> <p>You should not attend or participate in any MUFA activities for the 14 day duration.</p>	<p>Stay home; do not participate or attend any MUFA activities. Avoid public places for 14 days.</p> <p>NOTE: patients who develop COVID-19 symptoms or test positive during this period should extend isolation precautions for at least 10 days from the date of symptom onset (see above).</p> <p>Participants must receive explicit clearance from the MUFA board via (policy) before they can return to play or attend any MUFA event. Attendance or participation in a MUFA event before receiving clearance is grounds for immediate dismissal from the league without a refund and potential permanent ban from MUFA activities.</p>
---	--	---

Participants with no known exposure to COVID-19, are not exhibiting symptoms of COVID-19, and have not tested positive for COVID-19 may participate in MUFA events in accordance with the return to play guidelines set forth.