

BRAD AKINS YMCA GUIDELINES & PROCEDURES FOR RESUMING YOUTH SPORTS

The health and safety of our participants, parents, spectators, volunteers, officials and staff remain our highest priority. With that in mind, the following guidelines and procedures will be implemented in youth sports programs effective July 1, 2020 and continuing indefinitely:

Stay Home when Appropriate

- Players, parents, coaches, spectators and officials should stay home and not attend programs or activities if sick, have fever, tested positive, currently under a quarantine, or are showing symptoms of COVID-19.
- Individuals that have recently had close contact with a person with COVID-19 (close contact defined as within 6 feet for a period of 15 minutes or longer) should not attend programs or activities.
- Players, coaches, parents/guardians and spectators who are high-risk should seek approval from medical professional prior to attending any activity.

Communicate Potential or Confirmed Exposure

- All players, coaches, and officials are encouraged to self-report to the YMCA if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
- In addition, players that start to feel ill during an activity should inform parents and/or coach, isolate from others and go home or to a healthcare facility.

Use Cloth Face Coverings

- Face coverings are recommended for all not actively participating in the activity (parents and spectators), especially when physical distancing is difficult.
- Coaches/Instructors are encouraged to wear face coverings.
- Any participant who prefers to wear a cloth face covering during an activity is allowed to do so.

Maintain Physical Distancing

- Coaches and parents should help to maintain social distancing among youth and adults.
- Spectators should maintain 6 feet distance between others that are not in their household.
- Players should be spaced at least 6 feet apart whenever possible, such as when participating in warmups, explaining drills or the rules of the game, skill building activities and simulation drills.
- Players are encouraged to wait in their vehicle with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group until program starts.
- It is recommended that individuals ride to activities with persons that live in their same household and limit carpools.
- Limit the number of players sitting in confined player seating area, such as on benches, by having players spread out into other areas as needed.
- Coaches and players should vacate field/facility immediately at conclusion of activity to avoid contact with the next group.
- Parents and spectators are not permitted on the game field before, during or after activity.

- If inclement weather, persons should return to their personal vehicles and not congregate together.

Follow Proper Hygiene and Etiquette

- All persons should wash hands with soap and water for at least 20 seconds frequently. Hand washing or use of hand sanitizer that contains at least 60% alcohol should be used after using the restroom, before and after eating, and before and after use of any shared equipment.
- All persons should cover their coughs and sneezes with a tissue or use the inside of their elbow.
- High fiving, fist/elbow bumps, handshakes, group celebrations and spitting are not allowed.

Do not share Personal Belongings and Equipment

- Players' personal belongings should remain physically separated from other players' personal items.
- Players are encouraged to bring their own equipment whenever able and clean after use.
- All personal belongings should be labeled with the owner's name to ensure items not shared.
- All participants should bring their own water bottle labeled with their name. At no times should players share water bottles.
- It is recommended that all players bring their own snack; however, if provided to players they should be pre-packaged and handed out to each player ensuring no player shares food.
- Use of shared objects and equipment should be limited as much as possible.
- If scrimmage vests are used, they should not be shared and cleaned after each use.

- At no time should items such as mouth guards or whistles be shared.

Follow Procedures for When Someone Gets Sick

- Immediately isolate a sick person away from others and direct them to be transported home or to a healthcare facility, depending on the severity of the symptoms.
- Instruct individuals that had direct contact with a sick person to go home and follow CDC guidance for community related exposure.
- Inform persons that they should not return to activities until they have met CDC's criteria to discontinue home isolation.
- Close off areas used by a sick person to others and do not use areas until they are cleaned and disinfected.
- Notify persons potentially exposed to a known COVID-19 diagnosis and advise those who had close contact to follow CDC guidance.
- Respect the safety and privacy of the COVID-19 individual by not sharing name or personal details on that individual when notifying others of potential exposure.
- Report situation to local health officials.

COACHES/INSTRUCTORS

In addition, coaches are expected to follow safety protocols, such as those listed below.

- Recognize signs and symptoms of COVID-19 and follow safety precautions and guidelines.
- Encourage players to wait in their vehicle with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group until program starts.
- Maintain 6 feet distance from players and officials at all times.

- Space players at least 6 feet apart whenever possible, such as when participating in warmup, explaining drills or the rules of the game, skill building activities and simulation drills.
- Design practice transitions to ensure distance between players is maintained.
- Only allow coaches to set up activities and move equipment to limit contact on equipment.
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Limit the number of players sitting in confined player seating areas by allowing players to spread out into other areas.
- Consider within-team scrimmages instead of scrimmaging with other teams to minimize exposure.
- If informed of confirmed COVID-19 case, contact the YMCA and do not share with anyone the individual's name. The YMCA will seek consent from adult participant or parent of a minor participant before considerations given to sharing the individual's name.

YMCA COVID-19 PROTOCOLS

The YMCA has implemented several strategies to mitigate COVID-19 risks.

- Stagger schedules and increase time between schedules whenever possible to limit contact between persons as much as possible.
- Encourage persons to physically distance a minimum of 6 feet from others not in their household.
- Promote healthy hygiene practices, such as hand washing before and after activities, encouraging persons to cover coughs and sneezes and reminding players to not high five one another.
- Educate coaches, officials, and staff of all safety protocols.

- Ask players to not share equipment, such as balls, practice vests, water bottles, etc.
- Encourage players to wear a face cover when not actively participating and allow players that opt to wear a cloth face covering when participating to do so.
- Encourage coaches to wear a cloth face covering.
- Request parents and spectators to wear a cloth face covering.
- Conduct training for coaches virtually when appropriate.
- Expect any organization that uses park facilities to follow these considerations.
- Follow state guidelines in relation to group gatherings to determine if events can be held.
- Identify the Sports Director as the designated COVID-19 point of contact responsible for responding to COVID-19 concerns.
- Regularly clean and disinfect park facilities, such as restroom facilities and other indoor areas.
- Inform others with potential direct contact of confirmed COVID-19 person.
- Be prepared and follow procedures if someone in the program gets sick.
- Report any known COVID-19 case to local health officials.
- Publicize any facility closures and/or restrictions related to limiting COVID-19 exposure.

All protocols are subject to change pending patron compliance and any new established guidelines.