

## **Youth Sports Parent COVID-19 Program Adjustment Information**

Welcome to YMCA Winter Youth Sports. We continue to closely monitor CDC guidelines and State/Local requirements in regard to COVID-19 safety. We also have policies and practices in place with other YMCA programs and services that we will follow to ensure consistency for our staff, volunteers, and members. The items below are subject to change based on current COVID-19 conditions.

Parent(s) should conduct the following self-health screen before each practice and game. Please stay home if you or your child(ren) have any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle Pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees
- Known close contact with a person who is lab confirmed to have COVID-19, or if they have symptoms of illness.

In addition, the following adjustments have been made for indoor sports programs:

- All players, coaches, staff and spectators will wear a mask when entering, exiting or walking through any building
- All players, coaches and officials will check-in at a health screen table at your game location and conduct a temperature check. Individuals with temperatures above 100 will not be allowed to participate.
- On game days, signs signifying check-in table location, social distancing, and other reminders related to COVID safety will be displayed in and near gyms.
- Social distancing of six feet for parents/spectators not in same family is required at all games and practices.
- Players are required to social distance and wear mask on sidelines when not in game.
- Coaches will wear mask and that can be easily pulled over mouth/nose when in close interaction with participants, coaches, and or parents. Coach must wear a mask when not actively coaching or when they are near players.

- All spectators, non-playing participants, scorekeepers and volunteers must wear a mask.
- Parents and coaches should bring own hand sanitizer for their family and use when possible.
- Coaches will ensure social distancing when “huddling” for team discussions.
- Player equipment and belongings should be labeled and kept separate from other players’ belongings.
- No end of game handshakes rather verbalizing “good game”, air high fives or wave.
- Ball and players’ benches will be disinfected between games.
- Due to occupancy requirements and to follow social distancing recommendations one spectator is allowed per player.
- Gym must be cleared before next teams enter therefore teams and spectators must vacate site immediately following game to prevent crowding.
- No concession sales. No shared team water coolers.
- Due to the close contact it creates across family units, carpooling is strongly discouraged.
- Any COVID symptoms or diagnoses of COVID should be reported to YMCA Youth Sports Director as soon as possible. An appropriate action and communication plan will be implemented given the details of the case.

***Additional/altered requirements may be implemented by the facility the YMCA is utilizing for activities. Alterations may also be made relative to changing COVID conditions at large.***

Thank you for your patience and understanding as we do our best to provide a safe environment for all. We will keep you posted regularly of changes to policies and procedures.