

# YOUTH SPORTS HEALTH & SAFETY

## COVID-19 PREVENTION PROTOCOLS

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In order to keep all participants safe, we have instituted the following health and safety protocols for all team practices and games:

### GENERAL HEALTH & SAFETY PROTOCOLS:

- All coaches, players and spectators must conduct a self-health screen before each practice and game.
- Coaches, players and spectators will not be allowed to participate if:
  - They have tested positive for COVID-19 or awaiting COVID-19 test results and have not completed the 10 day/1 day fever free/symptom improvement quarantine requirement
  - They are showing any of the [symptoms associated with COVID-19](#)
  - They have come in close contact with someone who had been recently diagnosed with COVID-19 – [Definition of Close Contact](#)
- Cleaning and disinfecting protocols will occur between practices and games

### INDOOR SPORTS

- All individuals entering the facility will have their temperature taken
- All coaches, players, and spectators will be required to wear a mask at all times
- Spectators (per player) are limited to one adult and dependents within the same household
- Spectators must maintain social distancing at all times
- Coaches, players and spectators must bring their own water.
- Touchless “good-game” or postgame acknowledgements will replace handshakes/high-fives

### OUTDOOR SPORTS

- All coaches and players will receive a temperature check upon arrival
  - All coaches will be required to wear a mask
  - All spectators are strongly encouraged to wear a mask
  - All players will wear a mask on the sidelines and when not on the field of play
  - We encourage limited numbers of spectators (ie adults and dependents from the player’s household)
  - Areas will be marked around the field and spectators must maintain social distancing at all times
  - All coaches, spectators and players must bring their own water
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## COVID-19 SELF-SCREENING

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COVID-19 self-screenings must be completed by all coaches, players and spectators prior to each team practice and games. Coaches, spectators and

### 1 – DO YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- FEVER OF 100 degrees Fahrenheit or higher
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### 2- HAVE YOU TESTED POSITIVE FOR COVID-19 WITHIN THE LAST TWO WEEKS?

### 3- HAVE YOU COME IN CLOSE CONTACT WITH SOMEONE WHO HAS COVID-19?

Close Contact is defined by the following:

- Has been within 6 feet of someone who has COVID-19 for a combined total of 15 minutes or more over a 24-hour period or
  - Has provided care at home to someone who is sick with COVID-19 or
  - Has had direct physical contact (hugged or kissed) with someone who has COVID-19 or
  - Shared eating or drinking utensils with someone who has COVID-19 or
  - Had been sneezed on or coughed on by someone who has COVID-19
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## COVID-19 FAQs

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| <b>Are masks required for players?</b>   | <p>For indoor sports - all players must wear a mask while engaging in indoor sporting events.</p> <p>For outdoor sports – all coaches must wear a mask. Players must wear a mask while waiting on the sideline.</p>   |
| <b>Are masks required for coaches?</b>   | <p>Yes. All coaches must wear their mask at all times.</p>  |
| <b>Are masks required for spectators?</b>  | <p>Masks are strongly encouraged for all spectators.</p>  |
| <b>Temperature checks?</b>   | <p>For all indoor practices and games, temperature checks are required. For outdoor games, coaches and players will have their temperature checked. Coaches must complete a self-temperature and health assessment check prior to attending outdoor team practices. Parents will be asked to complete a temperature check and health assessment on their child prior to attending practice.</p> |
| <b>What should my child expect when arriving for practices or games?</b>   |   |
| <b>What if my child has a new or worsening symptom associated with COVID-19?</b>                                       | <p>Please contact your YMCA Youth Sports Director</p>   |
| <b>What if a coach or a child tests positive for COVID-19?</b>   | <p>Please contact your YMCA Youth Sports Director</p> <p>Any coaches, players, or spectators who test positive for COVID-19 will be asked to quarantine for 10 days beginning with symptom(s) onset and the last day fever free/symptom improvement.</p>  |
| <b>What if someone is determined to have been in close contact with a person who has tested positive for COVID-19?</b> | <p>Please contact your YMCA Youth Sports Director</p> <p>Anyone who is considered a close contact will be asked to quarantine away from the team for 14 days beginning with symptom(s) onset and the last day fever free/symptom improvement.</p>   |
| <b>What if someone within the household tests positive for COVID-19?</b>   | <p>Please contact your Youth Sports Director</p> <p>For coaches, players, or spectators who have been identified as a close contact to someone within the same household who tested positive for COVID-19, they will be asked to quarantine for 14 days to monitor their symptoms.</p>  |
| <b>What is the definition of “close contact?”</b>  | <p>Per CDC, for COVID-19, close contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2</p>  |

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|  | days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.       |
| <b>Does my child need to bring their own water bottle?</b> | Yes. It is also highly encouraged for parents to bring additional water in the event that the child runs out of water during team practices or games. |