

YMCA Youth Sports Program COVID-19 Plans

- Y staff will provide hand sanitizer and cleaning spray stations on the fields/courts for coaches/players/spectators/staff to sanitize before, during, and after games.
- In order to help prevent the spread of the coronavirus and/or from games being canceled, all participants, coaches, and spectators are encouraged to follow these procedures and do their part to have a safe and successful season.
- Families must sit together and be at least six feet from the nearest spectators.
- Only members of the same household and grandparents are allowed to attend games.
- Program participants will not share water or food between non-family members.
- Participants will receive a welcome email before the start of the program that will list all guidelines for the program.
- Should games be canceled because of COVID-19, the games will not be made up. Programs will be paused or canceled if Hastings Public Schools close.
- Proactive communication will be used should changes/adjustments to programs that need to be made via Playerspace, email, the YMCA website, and the YMCA Facebook page.
- YMCA staff will clean and wipe down common touch areas that include door handles, team benches, and other areas every 60 minutes or on a needed basis.
- All officials will be temperature checked upon arrival to the sporting event.
- Immediately following your scheduled game(s), families should leave the facility/event right away.
- There will be no post-game handshake, but should wave and tell the other team "good game." Teams should avoid close huddles as much as possible.
- Programs may be modified to better accommodate guidelines.

Volleyball Procedures

- All spectators and coaches will be required to wear face coverings at all times. You will not be able to gain admission without a face covering. Special circumstances will be allowed for medical reasons, but will require explanation to YMCA staff upon arrival.
- Spectators are encouraged to bring their own seating, however, there will be limited bleachers available that will be first come first serve.
- Bleachers will be marked and spaced to adhere to social distancing. Families must sit together at all times.
- It is recommended that players and coaches wear masks for practices.
- Each court at the YMCA has an occupancy of 222 patrons.
- Teams and their families are required to sit together and on opposite sides on the court of their opponent. The home team will occupy the north and west side of the court(s) while the visiting team will occupy the south and east side of the court(s).
- Volleyballs will be sanitized by Y staff between games.
- YMCA sports staff (supervisors) will wear a face covering at all times.

Soccer and Flag Football Procedures

- All spectators and coaches will be required to wear face coverings at all times **unless six feet social distancing can occur**. Special circumstances will be allowed for medical reasons, but will require explanation to YMCA staff upon arrival.
- Teams and their families are required to sit together and on opposite sides on the field of their opponent. The home team will occupy the north and west side of the field while the visiting team will occupy the south and east side of the field.
- Each field will have X's marked around the perimeter of field(s) and spaced 12 feet apart. Families will occupy these spaces to adhere to six feet social distancing.
- Spectators will provide their own seating.
- YMCA staff will wear a face covering if six feet social distance is not possible.

Response Plan for Youth Sports Programs

1. What should I do if a participant discloses that they or someone in their household might have been exposed? **PARTICIPANT MAY STAY IN PROGRAM**

According to CDC guidance,

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>, participants should:

- Self-monitor for symptoms
- Practice social distancing and
- Follow CDC guidance if symptoms develop

During this time, participants are allowed to continue in the program until the person they are in close contact with tests positive or the participant personally experiences symptoms at which time they should stay home and follow #2 or #3.

2. What should I do if a participant discloses or it is determined that they have been in close contact with a person who tested positive for COVID-19? **PARTICIPANT REMOVED FROM PROGRAM** (Note: If the participant has a sibling in our program, the sibling also must be removed.)

According to CDC guidance,

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>, the participant should:

- Self-quarantine for 14 days from the last day they were in contact with the person that tested positive
- Self-monitor for symptoms
- Follow CDC guidance if symptoms develop

At the end of 14 days, the participant must be symptom-free for at least 72 hours prior to returning.

3. What should I do if a participant or volunteer coach tests positive for COVID-19? **PARTICIPANT & ALL IN CLOSE CONTACT REMOVED FROM PROGRAM** (Note: If the participant has a sibling in our program, the sibling also must be removed.)

According to CDC guidance,

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>, participants should:

- Self-quarantine for 14 days from the time they first experienced symptoms. If asymptomatic, Day 1 is considered the day they take the test.
- Self-monitor for symptoms
- Follow CDC guidance if symptoms develop

At the end of 14 days, the participant must be symptom-free for at least 72 hours prior to returning.

In the case of a team at games or practices, everyone who has been in close contact with the child or volunteer coach (staff, coaches, and participants) will be required to self-quarantine for 14 days from the last day they were in contact with the participant. Any games or practices during this 14-day period for that team will be canceled. In the case of a clinic or camp session, everyone who has been in close contact with the child (staff and participants) will be required to self-quarantine for 14 days from the last day they were in contact with the participant.

4. Can I require a child to go home (or stay home) if he or she is sick or experiencing symptoms or has other illness symptoms?

Yes, children who are sick or experiencing symptoms of COVID-19 or any other illness symptoms, should **NOT** be in Youth Sports. (Note: If the child has a sibling in our program, the sibling also must be removed.)

If the child is already onsite, the supervisor or volunteer coach should contact parent/guardian for immediate pick up. COVID-19 primary symptoms include:

- Fever
- Cough
- Shortness of breath or difficulty breathing

Other COVID-19 symptoms may include:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell