



**BE A TEAM
PLAYER**

YOUTH SPORTS

YMCA OF SNOHOMISH COUNTY

**RETURN TO SAFE
PLAY GUIDELINES**

Return to Safe Play Guidelines

Health & Safety Protocols

This document includes requirements of the CDC, Snohomish County Health District, and the Governor's regulations for returning to safe youth sports.

NON-NEGOTIABLE SAFETY PROTOCOLS

WAIVER: All players, coaches, and volunteers must complete a COVID-19 waiver before returning to play. Review the waiver here: www.ymca-snoc.org/waiver.

TEMPERATURE CHECKS AND PRE-SCREENING: A temperature check and pre-screening questionnaire will be completed for every staff, player, volunteer, coach, and any other non-spectator prior to the start of each practice.

All temperature checks and pre-screening questionnaires will be completed by a trained YMCA employee. If any person has a temperature of over 100.4 degrees, they will be asked to leave the YMCA field or facility.

Pre-screening questions include:

1. In the last 24 hours, without the aid of medication, have you had a Temperature of 100.4 or greater?
2. In the last 2 weeks have you experienced an flu-like symptoms, including the following: respiratory distress, chills, body aches, sore throat, and/or headaches?
3. In the last 2 weeks have you had a loss of taste and/or smell?
4. In the last 2 weeks have you been diagnosed with COVID-19?

HAND SANITIZER: The YMCA will provide sanitation stations for hand sanitizing. Players are encouraged to bring their own personal hand sanitizer.

MINIMIZED PHYSICAL TOUCHING: All coaches and players should avoid High Fives, handshakes, and other types of physical touching. We understand that this can be difficult, and will encourage coaches and players to find new ways to celebrate successes with their teammates.

STAFF AND COACHES WILL WEAR MASKS: Staff, coaches, and other volunteers who come in contact with players are required to wear a cloth facial covering or mask for the entire duration of practice and training sessions. If a player chooses to wear a mask or facial covering, it must be provided by their parent or guardian. Players will not be required to wear a mask or facial covering while participating in vigorous activity.

ALL OBSERVERS MUST MAINTAIN SOCIAL DISTANCE: Parents, guardians, and all other observers not from the same household must maintain appropriate social distance during training sessions and practices. There may also be times when parents or guardians may be asked to remain in their car due to space limitations.

AVOID SHARED EQUIPMENT: Players are asked to bring their own ball whenever possible. The YMCA will provide equipment when needed. Y staff will sanitize equipment before and after each player use.

REDUCING TOUCH-POINTS: The handling of equipment (cones, goals, flags, etc.) will be the responsibility of the coach or YMCA staff to reduce the number of shared touch-points.

AVOID LARGE GATHERINGS: Coaches divide participants into small groups of 5. Each group will maintain a buffer zone of separation. Coaches will alter their practice methods to allow for appropriate social distancing (maintaining 6 feet of social distance at all times).

FACILITY STRUCTURES CLEANING AND USE: All facilities that are accessible during practice and training will be cleaned and sanitized regularly.

INCREASED SIGNAGE THROUGHOUT FACILITY AND FIELDS: The YMCA will post signage throughout the facility and fields whenever possible to remind all players, coaches, staff, and observers to maintain appropriate social distance whenever possible.

SNACKS: Food and beverages may be brought in individual, pre-packaged form.

EDUCATION AND COMMUNICATION

COACH TRAINING AND NEW SOCIAL DISTANCING PRACTICES: YMCA staff will educate coaches on how to implement safe practice and training for players, ensuring that appropriate social distance is maintained at all times.

REVISED TRAINING: All YMCA staff, coaches, and volunteers will receive new training designed to ensure social distancing, sanitation, and other health and safety protocols are enforced at every practice and training.

COMMUNICATION TO PARENTS/GUARDIANS: Additional information about safety requirements and other protocols will be shared with parents/guardians prior to the first practice.

WHAT IF SOMEONE GETS SICK

If a staff member, coach, or player is diagnosed with COVID-19, they must meet the following requirements before returning to practice and training:

1. At least 14 days since symptoms first appeared AND
2. At least 24 hours with no fever without fever-reducing medication AND
3. All symptoms have improved

Safety is our top priority, especially during these difficult times. Following the guidance of Washington government and health officials, we will require that any child who came in contact with a staff member, coach, or player diagnosed with COVID-19 quarantine for 14 days. We will protect the identity of the staff member, coach, or player diagnosed with COVID-19 unless there is a reason to inform you of their identity.

Additional COVID-19 RESOURCES:

www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html
www.snohd.org/498/COVID-19-Info-for-Community-Organization