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# YOUTH SPORTS RETURN TO SAFE PLAY

## RETURN TO SAFE PLAY GUIDELINES Health & Safety Protocols

This document describes the steps the YMCA of Snohomish County is taking to meet the strict requirements of the CDC, Snohomish County Health District, and the Governor's guidelines for a safe return to playing youth sports. The health and safety of your player is our top priority.

### 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-snoco.org/reopening-waiver](http://www.ymca-snoco.org/reopening-waiver). The waiver will be made available to you during your player's first practice or game.

#### Facial Coverings

Staff, coaches, and other volunteers are required to wear a facial covering for the entire duration of all practices and games. **Players are not required to wear a facial covering during play.** Players must wear a facial covering until immediately before play begins. Players may choose to wear a facial covering during play.

Spectators must wear a facial covering at all times while in our facility or program venue.



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## Temperature Checks and Pre-Screening

A temperature check and pre-screening questionnaire will be completed for every staff, player, volunteer, coach, and all other non-spectators prior to the start of play.

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

Pre-screening questions include:

- In the last 24 hours have you had a temperature of 100.4 or greater?
- In the last 2 weeks have you experienced any flu-like symptoms, including: respiratory distress, chills, body aches, sore throat, and/or headaches?
- In the last 2 weeks have you had a loss of taste and/or smell?
- In the last 2 weeks have you been diagnosed with COVID-19?

## Hand Sanitizer

The YMCA will provide sanitization stations for hand sanitizing. Players are encouraged to bring their own personal hand sanitizer. Players must sanitize their hands before beginning play.

## Minimized Physical Touching

All coaches and players must avoid high fives, handshakes, and other sorts of celebratory physical contact. Players and coaches must maintain six feet of physical distance when huddling. We realize that this can be difficult, and will encourage coaches and players to find new ways to celebrate success with their teammates.

## Reducing Touch Points

In order to reduce the number of shared touch points, the setup and teardown of equipment (cones, goals, nets, etc.) will be the responsibility of coaches or YMCA staff only.

## Shared Equipment

Shared equipment will be used during games, tournaments, and some drills. Players should purchase their own ball and accessories for practice and continued use after the season. Y staff will sanitize equipment before and after play.



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## Facility Structures Cleaning and Use

All facilities that are accessible during play 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 spectators to maintain appropriate physical distance.

## Snacks

Players may bring food and beverages if they are prepared in individual, pre-packaged form.

## Spectators

No spectators are allowed except for one adult parent/guardian/caregiver for each player. Spectators must maintain six feet of physical distance from other spectators. Occasionally alternative ways to view the practice/game area will be available. These include (but aren't limited to) adjacent outdoor areas, tracks above or around gymnasiums, and forms of private livestreaming.

# EDUCATION AND COMMUNICATION

## Coach Training and New Physical Distancing Practices

All volunteer coaches receive training from Y staff on how to implement and enforce safe practices for players. Coaches will facilitate practices and games that comply with the guidelines described in the Y's **RETURN TO SAFE PLAY** guidelines.

## Staff Training

YMCA staff have been trained on COVID-19 health and safety requirements and the contents of the Y's **RETURN TO SAFE PLAY** guidelines. Y staff are responsible for ensuring coaches and other volunteers meet the expectations described in these guidelines.

## Sport-Specific Communications to Guardians

These guidelines are applied in unique ways to each sport. Additional safety practices and protocols for your player's sport will be communicated to you before their first practice and posted online.



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## WHAT IF SOMEONE GETS SICK

If a staff member, coach, or player is diagnosed with COVID-19, they will not be permitted to return to play until they meet the following criteria:

- At least 14 days symptom free AND
- At least 24 hours with no fever without the aid of fever-reducing medication AND
- All symptoms have improved

The safety of your player is our top priority, especially during these difficult times. In accordance with guidance from Washington State and local health officials, we will require that any player who came in contact with a staff member, coach, or player who has been 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.

## SPORT RISK CATEGORIES

The Office of the Governor has determined that certain sports belong to specific categories of risk.

### Low Risk Sports

The following have been defined as Low Risk: tennis, swimming, pickleball, golf, cross country, track and field, no-contact cheer and dance.

### Moderate Risk Sports

The following have been defined as Moderate Risk: softball, baseball, t-ball, soccer, indoor soccer, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, gymnastics, crew, bowling.

### High Risk Sports

The following sports have been defined as High Risk: football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, martial arts competitions.



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## COUNTY COVID ACTIVITY LEVEL

The Office of the Governor dictates what activities are and aren't permitted based on Snohomish County's COVID activity level. As of October 15 Snohomish County has: **MODERATE COVID ACTIVITY.**

### Moderate Activity Implications

Due to Snohomish County's moderate level of COVID activity, the following restrictions are in place:

- Games are permitted for low and moderate risk sports, but **NOT PERMITTED** for high risk sports
- No tournaments are allowed
- Spectators are limited to one adult guardian for each player

### High Activity Implications

If Snohomish County increases to high COVID activity, the following changes will take effect:

- Games permitted for low risk sports, but **NOT PERMITTED** for moderate and high risk sports
- Team practices will be limited to groups of six participants, separated by a buffer zone
- Spectators will continue to be limited to one adult guardian for each player

### Low Activity Implications

When Snohomish County decreases to low COVID activity, the following changes will take effect:

- Games permitted for low, moderate, **and** high risk sports
- Tournaments will be allowed
- Sports spectator limit is eliminated

The YMCA of Snohomish County monitors changes to state and local guidelines in order to maintain the safest programming possible for Y members and program participants. If future changes to guidelines or Snohomish County's COVID-19 activity level impacts your player's sport we will notify you as soon as possible.

Youth development is a defining characteristic of the YMCA's history and mission. Thank you for trusting the YMCA. The safety of players, your family, and our community is our top priority.