



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **Youth Sports Safety Guidelines**

Youth Sports play an important role in the health of our youth, the development of our youth, and serves as a positive outlet for our youth. The YMCA of Callaway County's priority is to provide programming in a safe and effective manner. Program modifications have been put in place for the safety of our program participant and will continue to be reviewed and modified as needed. The YMCA considers guidance for the CDC, Callaway County Health Department, Y-USA, and recognized sporting bodies.

Staff members and coaches will adhere to the guidelines laid out in the SAFEGUARDING OUR HEALTH Protocol. We also ask that parents and participants not to attend practices or games if they answer YES to any of the following questions:

- Have you or anyone in your household had a fever or taken fever reducing medicine in the last 72 hours?
- Have you experienced any cold or flu like symptoms such as those listed on the SAFEGUARDING OUR HEALTH protocol within the last 72 hours?
- Have you or anyone in your household had close contact\* with or cared for anyone confirmed COVID-19 in the last 14 days?
- Have you or anyone in your household had close contact\* or live with anyone who has been told to self-quarantine in the last 14 days?

\*Close contact includes:

- Prolonged period of time in the same room without proper PPE.
- You were within 6 feet of an infected person for at least 15 minutes.
- You had direct physical contact with the person.
- You shared eating or drinking utensils with the person.
- You came into contact with their respiratory secretions such as being coughed or sneezed on.

## **SPORTS MODIFICATIONS**

### **Officials and Supervisors**

- All officials, supervisors, and coaches will be required to wear face masks during indoor sports and activities when social distancing is not possible throughout the activity.
- It is recommended that officials and coaches wear a face mask at outdoor sports and activities if social distancing is not possible throughout the activity.
- Officials will remove their face mask while officiating in order to blow their whistle.

### **Program Management and Cleaning**

- Reduced rosters
- Virtual or outdoor meetings amongst coaches whenever possible
- Games and practices will be scheduled to avoid overlap
- Participants will be asked to bring their own clearly marked water bottle. No sharing of water bottles.
- Participant seating will be marked off
- Team huddles should be eliminated
- No handshakes or fist bumps
- Parents, participants, coaches, and officials should wash their hands or utilize hand sanitizer before and after practice and games
- Any jerseys used during practices or games should be washed daily and not shared with other players
- Equipment used will be disinfected with between each use
- Equipment utilized during practices and games will be disinfected as much as feasible during the activity
- Bench seating will be provided for participants only and will be sanitized after each practice or game
- Snacks can be brought in but must be individual, pre-packaged items

### **Parents/Spectators**

Please see current Spectator Guidelines

**At any time these guidelines may be changed or added to as needed for the safety of the participants. Sports and activities will be postponed or cancelled if that is the safest outcome for the participants.**