



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SKY Family YMCA COVID-19 Youth Sports Safety Guidelines

To ensure participant health and safety, as well as the enjoyment of our facilities and programs, we will continue to review and update these guidelines regularly to remain in line with federal, state, and local guidelines. Any updates to guidelines during the season will promptly be communicated.

1. No one should attend a practice or a game if not feeling well, has a fever, currently under quarantine, or has been in contact with someone with COVID-19 in the last 14 days. Personal health and safety are the responsibility of all players, volunteers, and spectators.
2. If a positive COVID-19 test is reported to the YMCA, teams impacted will be notified, while keeping the individual's identity confidential.
3. Players should wash their hands before and after each practice, especially for sports that contact between players or players handling/touching the same object(s).
4. Team sizes shall be no larger than 10 players.
5. Coaches are responsible for ensuring social/physical distancing is maintained between players as much as possible. This means additional spacing between players during drills or while waiting to participate.
6. All staff and volunteers will be required to wear face coverings. Participants and Spectators are encouraged to wear face coverings but are not required.
7. Players should bring their own water bottles and drink containers.
8. Players should not arrive earlier than 10 minutes for practices, as to allow those scheduled before to exit safely.
9. Games and practices will be scheduled with additional transition time to allow time for teams to clear the area and for staff to disinfect equipment. Please do not arrive more than 10 minutes early for games, as not to crowd exiting teams or interfere with staff cleaning.
10. After the game, there will not be any handshakes, congratulation lines, or parent tunnels. We ask teams to participate in our Sportsmanship gesture by waiving to the other team and shouting "GOOD GAME".
11. Avoid having large group team meetings before or after the game. When meeting, practice social distancing.
12. Post-Game snacks/drinks will be suspended for the time being.
13. Spectators are asked to social distance with groups they did not arrive at the facility with.
14. When there is a lightning delay, all players and spectators shall leave the facility and seek socially distancing safe shelter in their vehicles
15. In the case of a heat-related illness, YMCA staff will move participant to cooling area when possible to cool down. YMCA staff will disinfect area upon leaving. In the event there is not access to cooling facilities and/or there is not an athletic trainer, 911 should be called.

The SKY Family YMCA

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