



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Shiawassee Family YMCA

RETURN TO PLAY HEALTH AND SAFETY PROTOCOLS

This document is to be used as the governance for the minimum requirements for all sports and programs at the Shiawassee Family YMCA as of January 2021 and until further notice of a change is provided by the YMCA.

NON-NEGOTIABLE SAFETY PROTOCOLS

Waiver: A waiver must be completed for each player, coach and volunteer before returning to play. Waivers are available at the front desk and only need to be signed one time.

Temperature Checks and Pre-Screening: A temperature check and pre-screening questionnaire must be completed for every staff, coach, volunteer, and player prior to the start of practice or game at an outdoor Y occupied facility. For any in-facility programming, everyone will be subject to pre-screen and temperature checks. This will take place as you enter the facility. If any person has a temperature greater than 100.4 degrees, they will be asked to leave.

Hand sanitizer: The Y will always have hand sanitizer available, however, we also ask all players to bring hand sanitizer for personal use as backup.

Minimize physical touching between players and coaches: All players and coaches should avoid high fives, handshakes, huddles, or other types of physical touching.

Masks: Everyone is required to wear appropriate face masks anytime they are in the facility, including players. Masks should always cover the nose and mouth. Face shields are not appropriate face masks for players to wear, as they could break and cause injury. Masks must also be worn during outdoor practices and games if 6 feet of social distancing cannot be maintained. This goes for all coaches, players, volunteers, staff, and spectators.

Parents and observers must social distance during training sessions, practices and games:

Parents and other observers must social distance from any person not living in their household during practices and games – whether indoor or outdoor. The bottom row of the bleachers in the gym should not be used in order to additional distance between players and spectators.

Parents and observers may or may not be allowed to accompany their player in indoor

facilities: The number of spectators allowed per player (for indoor games) will vary based on the location of the event and current state/county guidelines. Our room capacity limits will be enforced, as will distancing. Each program will communicate to coaches, parents and staff what is allowed regarding spectating for each specific program. Spectators may be asked to remain in their vehicle or another designated location outside the activity room. No observers will be allowed in the room for Judo or Gymnastics.

Avoid shared equipment: Players should have their own ball whenever possible, water bottle, towel, etc. Participants should wait until they leave to have snacks and there should be no shared/team snacks.

Reduce players touching equipment: The handling of all training items, i.e., cones, flags, goals, etc. will be limited to coaches. Shared equipment will be cleaned frequently.

Avoid large gatherings or lines of players: Coaches will avoid having players stand or assemble in lines, small groups, or huddles. Coaches will alter their training methods to incorporate appropriate social distancing (maintaining 6' distancing between players when providing instruction, etc.). Players must remain on team bench when not playing in the game.

Facility structures cleaning and use: Any facilities that are accessible during training, practices and games will be cleaned and disinfected regularly. Railing, door handles and other surfaces that are touched frequently will also be cleaned and disinfected regularly.

Increased signage throughout facilities and fields: The Y will post signage throughout facilities and fields wherever possible to remind all players, coaches and spectators to maintain social distancing.

Safety oversight: The Y will have staff and/or coaches present at all facilities (indoor and outdoor) while there is training, practices or games occurring. The Y staff, in partnership with coaches and volunteers, will monitor fields and facilities to help maintain appropriate social distancing and enforcement of all protocols.

Staff and coaches should monitor for symptoms: Any coach, player, parent, referee, and/or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending practices or games. Any coach or administrator who sees any adult attendee who displays any of these symptoms should ask that person to leave. A minor who is displaying any of these symptoms will be safely isolated until an adult responsible for the minor can remove the minor.

WHAT IF SOMEONE GETS SICK

When the Y is made aware that a player, coach, ref, or staff member has tested positive for COVID-19:

- If the Y is made aware of a positive test, communication will be sent to any potentially impacted staff, coaches, volunteers, and participants.
- The player, coach, ref or staff member will be asked to self-quarantine and will not be permitted to return until at least 10 days have passed since symptoms first appeared, at least 24 hours with no fever without fever-reducing medication, AND a doctor's note or negative COVID test has been provided.

WHAT IF A PERSON HAS HAD DIRECT EXPOSURE TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID

We ask that any person who has had direct exposure follows the CDC guidelines below before returning to practice or games:

What is considered direct exposure?

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period:

- Person with COVID-19 who has symptoms (in the period from 2 days before symptom

onset until they meet criteria for discontinuing home isolation; can be laboratory-confirmed or a clinically compatible illness)

- Person who has tested positive for COVID-19 (laboratory-confirmed) but has not had any symptoms (in the 2 days before the date of specimen collection until they meet criteria for discontinuing home isolation)

Note: This is irrespective of whether the person with COVID-19 or the contact was wearing a mask or whether the contact was wearing respiratory personal protective equipment (PPE).

Recommended Precautions for the Public

- Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times
- Self-monitor for symptoms
 - Check temperature twice a day
 - Watch for fever, cough, or shortness of breath, or other symptoms of COVID-19

EDUCATION AND COMMUNICATION

The Y will educate coaches on how to safely implement appropriate training sessions, practices and games by sport.

The Y will educate coaches on all required safety protocols.

The Y will send communication to parents and guardians prior to the first session regarding all safety requirements and protocols for the YMCA and for the sport in which their child is participating. Any updates to protocols and procedures will also be communicated. Parents and guardians should make sure all contact information we have on file is up-to-date so messages are received.

WHAT HAPPENS NEXT?

The Y will continue to monitor the changing climate and adjust the return to play plan as necessary. This will involve following the guidance of local and national governing bodies. Updates and changes will be communicated as they occur.