



# RETURN TO PLAY GUIDELINES

MINIMUM REQUIREMENTS // YMCA OF METRO ATLANTA

## HEALTH AND SAFETY PROTOCOLS

This document is to be used as the governance for the minimum requirements for all sports at the YMCA of Metro Atlanta as of May 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.

**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-branch programming, everyone will be subject to pre-screen and temperature checks. A YMCA employee or contracted coach will perform the temperature check and pre-screening questionnaire. If any person has a temperature greater than 100.4 degrees, they will be asked to leave the YMCA (field or facility).

#### Pre-screening questions include:

- In the last 24 hours, without the aid of medication, have you had a temperature of 100.4 F or greater?
- In the last 2 weeks, have you experienced any flu-like symptoms including the following: persistent cough, respiratory distress, chills, body aches, sore throat, and/or headache?
- In the last 2 weeks, have you had loss of taste and/or smell?
- In the past 2 weeks, have you been diagnosed with COVID-19?

**Hand sanitizer:** The YMCA will provide sanitization stations for hand sanitizing, however, we also ask all players to bring hand sanitizer for personal use as a backup.

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

**Staff, coaches and volunteers must wear masks at all times:** Any other adults interacting with the players or coaches during a training session, practice or game are required to wear appropriate face masks.

**Players must wear a mask until the start of practice/game:** Players must wear a mask upon exiting the car until arriving at their designated space and their coach signifies the start of practice/warm up. Players will also be allowed to wear masks during practice or games, but this will be a personal choice of the player's parent or guardian.

**Parents and observers, ages 3 & up, must wear masks during indoor training sessions, practices, and games:** Parents and observers, ages 3 & up, are recommended to wear masks during outdoor training sessions, practices, and games.

**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 training sessions, practices and games – whether indoor or outdoor.

**Parents and observers may or may not be allowed to accompany their player in Indoor facilities** based on capacity which is determined by the current state executive order. Some YMCAs may request spectators to remain in their vehicle (or in another designated location outside of the YMCA or activity room). Each YMCA will communicate to coaches, parents and staff what is allowed regarding spectating for each specific program.

**Parents and observers must bring their own chairs or seating.**

**Avoid "shared" equipment:** Players should have their own alternate color training top or pinny – Pinnies should not be shared. Players should have their own ball whenever possible, water bottle, towel, etc. Participants should bring their own snacks, and there should be no shared/team snacks.

**Reduce players touching practice 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.). Player and referee benches will be removed when possible, and players, referees and spectators will need to provide their own seating.

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

**Safety oversight:** YMCAs will have staff and/or contract coaches present at all facilities (indoor & outdoor) while there is training, practices or games occurring. The YMCA 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 corona virus) will be prohibited from attending training or games. Any coach or administrator who sees any adult attendee who displays any of these symptoms will be asked 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 a 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 10 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

**Training regarding adjustments to training sessions for coaches:** Ys will educate coaches on how to safely implement appropriate training sessions, practices and games by sport.

**Training regarding all required safety protocols for coaches:** Ys will educate coaches on all required safety protocols.

**Communication for parents and guardians:** Ys 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.

## WHAT HAPPENS NEXT?

The YMCA will continue to monitor the changing climate and adjust the return to play plan as necessary. This will involve following the guidance of our local and national governing bodies. The Y also understands that each family is dealing with varying circumstances and will be flexible and allow families to return to play as they feel comfortable. The YMCA will communicate any changes to our return to play guidelines as they occur.

**For more information about guidance from the CDC, please visit the following links:**

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>