

**YMCA of Middle Tennessee | Youth Sports  
Indoor Sports  
COVID-19 Safety Guidelines  
V2 | 10.02.20**



Please note and understand that the knowledge and circumstances around COVID-19 are changing constantly, and we will continue to adjust our guidelines to ensure a safe and healthy sports environment. Consider the guidelines as “living guidelines,” meaning the included criteria and recommendations are based on known factors at the time of writing. As more information becomes available concerning COVID-19, these guidelines may be amended and will be released at that time.

### Screening

1. **Screen questions for all staff, coaches, and officials** upon arrival at the check in table each day with the following questions. Those who answer ‘yes’ to any of these questions will not be permitted on the premises. Players and spectators will not go through the screen questions.
  - Have you been in close contact with a confirmed case of COVID-19 in the past 14 days? (Note: This does not apply to medical personnel, first responders, or other individuals who encounter COVID-19 as part of their professional or caregiving duties while wearing appropriate PPE.)
  - Are you experiencing any CDC listed COVID-19 symptoms? (fever or chills, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)
  - Have you had a fever in the last 48 hours?
  - Are you awaiting the results of a COVID-19 test or have a tested positive for COVID-19 within the past 14 days?
2. **Temperature checks for all staff, coaches, and officials.** Players and spectators will not have temperature checks. Those with temperatures above 100.4 degrees Fahrenheit will not be permitted on-premises.
  - Screen questions and temperature checks will be logged at each location by YMCA staff.
3. **If a positive COVID-19 test is reported to the YMCA,** teams impacted will be notified while keeping the individual’s identity confidential. If there is a report on your team of positive COVID-19 case (players, guardian, someone in the household unit, spectator) call or text: 615-200-8721 | 24/7
4. **It is recommended that persons more vulnerable or at-risk** for COVID-19 as identified by the CDC (e.g. due to age or severe underlying medical conditions) take extra precaution or refrain from attending or participating for the time being. Where possible, it is recommended that players travel to the venue alone or with a member of their immediate household.

### Social Distancing

1. **Staggering arrival and drop off times.** Game times will be adjusted to allow 30 minutes or more before the next teams arrive. Once your game is over, everyone must leave the area immediately to allow the next group in behind them. Congregating will not be permitted on the premises. The arriving team may not arrive until 15 minutes before their scheduled time.
2. **For team benches** each player will have their own chair which will be placed 6 feet apart.
3. **Limit physical contact** by refraining from high-fives, handshake lines, first bumps, and hugs.
4. **Limit group sizes and mixing.** Keep groups small and to the extent possible, avoid mixing between groups.
5. **Coaches review social distancing guidelines** often during practices and games to remind players and spectators.

6. **Spectators Social Distancing** | should maintain at least six feet of separation from others not from the same household, including in seating areas or bleachers, and refrain from entering players' areas. Limited seating will be available in the gyms. We ask spectators to practice social distancing and to save seats for those individuals needing to sit instead of stand.
7. **Spectators Capacity**
  - a. **Practices** | we recommend a max of one adult plus siblings per participant.
  - b. **Games** | we recommend a max of two adults plus siblings per participant.

## Safety Protocols

1. **Cloth face-coverings or face shield protocols**
  - a. **YMCA Staff** | required to wear a face-covering/shield at all times.
  - b. **Coaches** | required to wear a face-covering/shield at all times.
  - c. **Officials** | required to wear a face-covering/shield at all times. Officials will utilize a hand held electronic whistle to call them game.
  - d. **Spectators** | required to wear a face-covering/shield at all times.
  - e. **Players** | are encouraged to wear a face-covering but not required.
    - A face-covering can be a cloth face mask, plastic face shield, a gator scarf, etc. Anything that will cover your mouth and nose.
    - Masks will be made available for anyone how does not have one.
2. **Players are encouraged to bring their equipment during practices only** to limit the sharing of equipment. Equipment will be sanitized before each practice by all players. This will be closely monitored by the coaches.
3. **Players will be asked to bring their own water bottle.** Shared or team drinks or coolers are prohibited.
4. **The YMCA will provide game balls.** The game ball will be disinfected during each quarter and half time. Game balls will be replaced with a new ball prior to each game starting. Participants are discouraged from bringing their own ball to games. Coaches may bring a ball for warm-up.
5. **Snacks can be brought in individual, pre-packaged food.** Any unpackaged shared team food is not permitted at this time.
6. **A designated location will be used for each team for the pre and post-game huddles.** When meeting, practice social distancing.

## Sanitation

1. **All coaches, players, spectators, and officials are encouraged to wash or sanitize their hands** upon arriving and leaving each day. Players and coaches should regularly wash their hands or use hand sanitizer between activities while on-site.
2. **Chairs, bleachers, and equipment will be disinfected between each game** by YMCA staff.
3. **Hand sanitizer will be available at the coaches check-in table.** Players will be asked to use hand sanitizer before and after practices and games.
4. **Coaches will encourage their players to cover their coughs and sneeze** with a tissue or to use the inside of their elbow.
5. **Coaches and players should increase their hygiene practices.** Wash hands more frequently, avoid touching your face, and practice good respiratory etiquette when coughing or sneezing.
6. **Uniforms should be washed as soon as possible after the game.**

These guidelines are designed to allow our sport to play but still take positive actions to help slow the spread of the Covid-19 virus. We all must take an active role in making sure that these guidelines are followed.

These policies and procedures are subject to change at any time. Any changes will be communicated to participants and coaches in advance.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

If you have a specific question about this plan or COVID-19, please contact Brian Harter at 615-200-8721 for more information. You can also find more information about COVID-19 at [www.cdc.gov](http://www.cdc.gov).