



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

## Winter Basketball Safety Guidelines

- Participants will be required to sign a waiver prior to the season.
- Everyone should know and remember to practice your Ws! Wear a cloth covering over your nose and mouth. Wait 6 feet apart and avoid close contact. Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- No one should attend practice or game if not feeling well, has a fever, currently under a 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, coaches, volunteers and staff.
- If a positive COVID-19 test is reported to the YMCA, those impacted will be notified, while keeping the individual's identity confidential. Any player, coach, volunteer or staff may be readmitted to the program with a note signed by a physician or a negative COVID-19 test.
- Due to the Governor's order, everyone 5 years of age and older are required to wear a face covering unless they have an exemption. If you or your child has an exemption, please discuss this with the Program Director. Everyone who is required will need to provide their own well fitted, clean face covering for themselves and wear them indoors and outdoors especially when social distancing cannot be maintained. Face coverings do not need to be worn during strenuously exercising (for example during your child's practice/game) or when players are actively drinking.
- All staff, coaches and volunteers will undergo a health screening and temperature check upon entrance each day.
- All staff, coaches and volunteers will be required to wear a face covering indoors. During games, players will be required to wear a face covering while sitting on the bench when they are out of the game.
- Staff, coaches and volunteers will undergo continuous training to review best practices for social distancing, cleaning and minimizing exposure.
- Please do not arrive or enter the gym more than 10 minutes prior to your practice or game. Practices and games will be scheduled 10-15 minutes apart to allow for spectators to enter and exit and for staff to clean in between practices and games. Please exit promptly after your practice or game so staff can begin cleaning and to avoid gatherings in between practices and games. Teams that have a break in between games are still required to exit the building and then return at their next game time.
- Teams will be limited to 10 players and will remain the same throughout the season to limit exposure. No more than 2 coaches will be permitted on the bench at games.
- Travel to other YMCA or off-site locations may be required for games.

### YMCA OF NORTHWEST NORTH CAROLINA SPORTS

775 West End Boulevard Winston-Salem, NC 27101

P 336 721 2100 F 336 721 2106 [www.ymcanwnc.org/sports](http://www.ymcanwnc.org/sports) A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.



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- Players will be given breaks throughout practices to sanitize hands and equipment. Players are encouraged to bring their own sanitizer to games to use during quarter breaks and substitutions.
- During the pregame, players will spread out along the half court line to allow for social distancing. Players will refrain from shaking hands, giving high fives and fist bumps. We encourage teams to be creative with fun ways to say “good game.”
- All equipment should be cleaned before and after each use. Players are discouraged from bringing their personal ball to games but may bring a ball for practice.
- Players must provide their own water for each practice/game and should not share water with others.
- Restrooms will be available indoors and will be disinfected regularly by custodial staff.
- Limited seating (bleachers) 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 standing.
- Benches and bleachers will be sprayed with cleaning solution by YMCA staff regularly.
- Post-game snacks/drinks for teams are suspended for the winter basketball league.
- Jerseys should be washed as soon as possible after games.
- Vulnerable populations are strongly encouraged to stay at home.
- **COVID-19 Refund Policy:** Should the YMCA have to cancel winter sports in whole or partially due to a stay-at-home order or for any other reason, the YMCA will issue a pro-rated system credit to be used for any YMCA programming/membership at a future date. If needed, a participant may request a pro-rated refund via their original payment method following the instructions given at the time of cancellation.

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