



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Homeschool YMCA PE Safety Guidelines

- Participants will be required to sign a waiver prior to their first PE class.
- Spectators will be limited to ONE person per student for class. This is subject to change at a later date.
- 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 class 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 students, parents 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 student 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 (**most recently #181**), 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 **at all times. This includes staff, students, parents and spectators.**
- **Face coverings must be worn even when strenuously exercising (for example during your child's PE class). Face coverings may only be removed when players are actively drinking.**
- Please do not arrive or enter the gym more than 10 minutes prior to your class. Please follow directions sent to you by Sports Director on entering and exiting the building.
- Teams will be limited to 10 players and will remain the same throughout the season to limit
- Students must provide their own water for each class 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.
- Vulnerable populations are strongly encouraged to stay at home.

YMCA OF NORTHWEST NORTH CAROLINA SPORTS

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