



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring Sports Safety Guidelines

- Participants will be required to sign a waiver prior to the season.
- **For Outdoor Sports:** Spectators should be limited to those in the player's household. Spectators are encouraged to stay in their car for practices and only attend games.
For Indoor Sports: Spectators should be limited to those in the player's household. This is to help ensure we meet capacity and gathering limits set by the Governor and 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 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 (**most recently #180**), everyone 5 years of age and older are required to wear a face covering indoors 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, officials, coaches, volunteers, parents and spectators.
- Face coverings do not have to be worn outside unless social distancing cannot be maintained. Examples of when wearing a face covering outdoors is required are 1) during the pre-game devotion when teams are gathered at midfield, 2) players and coaches on the sidelines during games or practices, 3) spectators sitting or passing by within 6 feet of another person, 4) speaking closely with a staff member or anyone else, but are not limited to just these examples.
- Face coverings are not required while a player is actively practicing or playing in an outdoor sport. Everyone including players must wear a face covering at all times indoors. Face coverings may also be removed when players are actively drinking (indoors or outdoors).
- All staff, officials, coaches and volunteers will undergo a health screening and temperature check upon entrance each day.
- Staff, coaches and volunteers will undergo continuous training to review best practices for social distancing, cleaning and minimizing exposure.

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 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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- Please do not arrive or enter the field or gym more than 10 minutes prior to your practice or game. Practices and games will be scheduled 5-10 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 field or building and then return at their next game time.
- Teams will be limited to a maximum number of players and those players will remain the same throughout the season to limit exposure. No more than 2 coaches will be permitted in the bench area during games.
- Travel to other YMCA or off-site locations may be required for games.
- 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/half-time breaks and substitutions.
- During the pregame, players will spread out along midfield or 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 should bring their own 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 outdoors at limited locations) 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.
- We encourage spectators to bring their own chairs for outdoor sports. Spectators should sit on the opposite side from the bench area which is reserved for the players. Spectators should sit at least 3 yards from the sideline.
- Bench areas and bleachers will be sprayed with cleaning solution by YMCA staff regularly.
- Post-game snacks/drinks for teams are discouraged for all spring sports programs.
- 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 spring 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.

Last Updated: March 1, 2021

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