



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall Sports 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/games/sessions 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 11 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/session) or when players are actively eating or 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 and outdoors when social distancing is not possible.
- Staff, coaches and volunteers will undergo continuous training to review best practices for social distancing, cleaning and minimizing exposure.
- Leagues and academies will be limited to 10 per team/group and will remain the same throughout the season to limit exposure.
- No games or scrimmages will be held in non-league programs to limit the amount of physical contact during each session. Skills and drills will focus more on an individual as recommended by the CDC and NCDHHS.
- Players will be given breaks throughout practices/games/sessions to sanitize hands and equipment.
- Players will refrain from shaking hands, giving high fives and fist bumps.
- Practice/game/session times will be staggered to minimize exposure to different groups.

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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- Players are strongly encouraged to provide their own equipment for each practice/game/session to help minimize equipment sharing.
- All equipment should be cleaned before and after each use.
- Players must provide their own water for each practice/game/sessions and should not share water with others.
- Sanitation stations will be made available for players to use.
- Restrooms will be disinfected regularly by YMCA staff and should be limited to emergency use only.
- Players will need to remain in their vehicles until their practice/game/session time.
- Spectators are strongly discouraged to attend any practices or sessions that do not require parent participation.
- Spectators will be limited for games. For outdoor games, please bring your own chair. Bleachers will be available inside but you must sit on a designated mark to maintain social distancing. Bring your own chair is strongly encouraged.
- Benches and bleachers will be sprayed with cleaning solution by YMCA staff regularly.
- Vulnerable populations are strongly encouraged to stay at home, even for games. We are hoping to offer live-streaming of all league games.
- **COVID-19 Refund Policy:** Should the YMCA have to cancel fall 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.

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