Youth Sports Safety Guidelines

Youth Sports plays an important role in the health of our youth, the development of our youth, and serves as a positive outlet for our youth. The Gateway Region YMCA’s priority is to provide Youth Sports programming in a safe and effective manner. Program modifications have been put in place for the safety of our program participants. The YMCA takes into account guidance from the CDC, local government authorities, Y-USA, and recognized sporting bodies.

Staff, parents and participants should not attend practices or games if they answer YES to any of the following questions:

- Have you or anyone in your household traveled out of the country or to a domestic hot spot in the last 14 days?
- Have you or anyone in your household had a fever or taken fever-reducing medicine in the last 72 hours?
- Have you experienced any cold or flu-like symptoms within the last 72 hours (to include loss of taste/smell, cough, sore throat, respiratory illness, difficulty breathing)?
- Have you or anyone in your household had close contact* with or cared for anyone confirmed COVID-19 in the last 14 days?
- Have you or anyone in your household had close contact* or live with anyone who has been told to self-quarantine in the last 14 days?

*Close contact includes:
  - You spent a PROLONGED period of time in the same room without medical grade PPE. Someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection)
  - You had DIRECT PHYSICAL CONTACT with the person (e.g., kissing, hugging).
  - You SHARED eating or drinking utensils with them.
  - You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you).
Medical professionals treating COVID-19 patients should shower and change clothes prior to coming into our facilities.

If a positive case is confirmed in a program, the participant affected will be sent home immediately. If the participant’s parent/guardian is not present, we will escort the participant to a designated isolation room or an area away from others. The YMCA will notify parents and participants that were in close contact. Those impacted will be asked to quarantine per the local health department guidelines. Parents and participants will be able to return once they are cleared per the local health department guidelines.
Resocialization of Sports in the St. Louis Region:

CDC COVID-19 Youth Sports Recommendations:
https://www.youtube.com/watch?v=LMBzjaVRChY

Sports Modifications

Officials and Supervisors

- All staff will have their temperature checked by the Manager on Duty upon entering the facility. Recommend staff take their own temperature at home to ensure no fever before arriving. Any staff with a temperature above 100°F will be sent home.
- All officials, supervisors, and coaches will be required to wear face masks
- Officials will remove their face mask while officiating in order to be able to blow their whistles

Program Management and Cleaning

- Reduced roster sizes per health department guidelines
- Virtual coach’s meetings prior to the start of the program
- Games and practice times will be scheduled to avoid overlap
- Participants will be asked to bring their own water bottle. No sharing of water bottles, and each bottle should be clearly marked with the participant’s name
- Participant seating will be marked off
- Team huddles should be eliminated
- No handshakes or fist bumps should take place
- Parents, participants, coaches, and officials should wash their hands or utilize hand sanitizer before and after practice and games
- Any jerseys used during practices or games should be washed daily and should not be shared with other players
- Equipment used during activities will be disinfected with an EPA certified product between each use
- Balls and other equipment utilized during practices and games will be disinfected as much as feasible during the activity
- Bench seating will be provided for participants only and will be sanitized after each practice or game
- Snacks can be brought in but must be individual, pre-packaged items

Parents/Guardians

- No parents/guardians are allowed to attend practice for indoor sports. Parents/guardians should remain in their cars during this time and be on property where the practice is taking place. No congregating should be allowed in the parking lot or fields.
- Parents/guardians (2 max) are only allowed to attend practice for outdoor sports and should practice physical distancing and wear a face mask
- Parents/guardians (2 max) are allowed to attend games but should practice physical distancing and wear a face mask
- Parents/guardians must bring their own chairs for indoor and outdoor games
- Parent seating areas will be marked off