



YMCA OF GREATER RICHMOND

# YOUTH SPORTS RETURN TO PLAY

The YMCA OF GREATER RICHMOND is so excited to be back **returning to play** this winter! This winter's format will be **LEAGUE PLAY** for basketball, volleyball and indoor soccer!

The YMCA has the best interests of your children in mind and we will be following YMCA Sports safety and health precautions under COVID-19 for YMCA Winter Sports. While some things have changed and we are not quite "back to normal" yet, we are excited to provide opportunities for your children to be **#healthyandactive** this winter!

# PLEASE OBSERVE THE FOLLOWING GUIDELINES



**Wear a cloth face covering**



**Stay home when you are sick**



**Wash your hands**



**Social distancing of 10 feet**



**Sanitize**



**Do not share**

## BEFORE ARRIVAL

- Parents, please check your child’s temperature before attending any practice or game. Please keep your child at home if temperature is at or above 100.4 degrees or child is feeling unwell. Please notify the sports director if your temperature is above 100.4 degrees or if your child exhibits any of the symptoms of COVID-19 or has a confirmed case of COVID-19 in the last 14 days.
- Wash hands thoroughly before practice/games.
- Bring own hand sanitizer.
- Bring own sporting equipment to practice.
- If possible, not participate in carpooling to and from games.
- Please arrive no earlier than 10 minutes prior to practice or game time. Stay in your car until the previous practice/game has ended and sports players have begun exiting the building.

## ARRIVAL

- There will be a check-in station in the lobby upon your arrival.
- Volunteer Coaches, please take your temperature with the thermometer provided and scan the QR code provided to answer health screening questions.
- Participants will have their temperature taken by a Y staff member and will be asked health screening questions.
- Parents/Spectators will be asked health screening questions.

- One parent/guardian may attend practice/games for children ages 10 and younger, socially distanced on the sidelines with a face mask on. For groups ages 11 and older, parents may drop the child at the facility and either wait in their car or return at the end of the practice/game. Parents may stay in car, walk on track or work out (members only), but may not sit in or outside the practice/game area.
- Sanitize hands.
- Wear a mask at all times while inside the facility (players and coaches may remove during active play only) and stay 10 feet socially distanced apart.

## **DURING PRACTICE AND GAMES**

- Do not share water, food or training equipment.
- No high fives, handshakes, no knuckle bumps and no hugs.
- No sharing of uniform or clothing.
- Participants should bring their own ball for practices and pre-game warm-ups.
- Practice 10-foot social distancing and wear a mask during warmups, when on the sideline or in between plays.
- All participants, fans, families and staff should remain 10 feet apart on designated socially distanced spots along the sidelines of the gymnasium.
- Parents and spectators may bring their own chairs; bleachers will not be used.

## **DEPARTURE**

- Sanitize hands immediately after play. Hand sanitizer will be placed at the entrance/exit of each gymnasium.
- Wear a mask at all times in the facility.
- Wash all participant's clothing and equipment after each practice/game.

## **COVID-19 SYMPTOMS**

- |                       |                           |                             |
|-----------------------|---------------------------|-----------------------------|
| • Fever               | • Sore throat             | • Headache                  |
| • Cough               | • Congestion / runny nose | • Muscle / body aches       |
| • Shortness of breath | • Nausea / vomiting       | • New loss of taste / smell |
| • Fatigue             | • Diarrhea                | • Chills                    |

# PROGRAMMING PROCEDURES



## BASKETBALL

YMCA Youth Basketball Leagues are resuming play in accordance with Phase 3 guidelines in place by the CDC, Virginia Governor’s mandates and USA Basketball guidelines.

- Participants should bring their own basketball for practices (marked with name) and use only their ball.
- Game balls are provided by the YMCA and are frequently sanitized, with multiple clean balls onsite for more frequent equipment switches and disinfection.
- 15-30 minutes will be scheduled between end time for one group and start time for the next group.
- Practices should focus on skills and drills activities that keep participants and coaches 10 feet apart.



## INDOOR SOCCER

YMCA Youth Indoor Soccer Leagues are resuming play in accordance with Phase 3 guidelines in place by the CDC, Virginia Governor’s mandates and US Youth Soccer guidelines.

- Participants should bring their own indoor soccer ball for practices (marked with name) and use only their ball.
- Game balls are provided by the YMCA and are frequently sanitized, with multiple clean balls onsite for more frequent equipment switches and disinfection.
- 15-30 minutes will be scheduled between end time for one group and start time for the next group.
- Practices should focus on skills and drills activities that keep participants and coaches 10 feet apart.



## VOLLEYBALL

- Participants should bring their own volleyball for practices (marked with name) and use only their ball.
- Game balls are provided by the YMCA and are frequently sanitized, with multiple clean balls onsite for more frequent equipment switches and disinfection.
- 15-30 minutes will be scheduled between end time for one group and start time for the next group.
- Practices should focus on skills and drills activities that keep participants and coaches 10 feet apart.



## TAE KWON DO / DANCE / CHEERLEADING / GYMNASTICS

YMCA Sports Activities are resuming play in accordance with Phase 3 guidelines in place by the CDC & Virginia Governor's mandates.

- Children should stand on 10' x 14' spaced dots at all time and remain at least 10 feet from all other participants and instructors at all times.
- All equipment must be sanitized before and after use. No sharing of equipment between participants.
- Parents may not remain inside the classroom or the hallways for any indoor programming. Parents are asked to wait in their cars or exercise (members only) during class and return when the program concludes. No group gatherings are allowed.



## RETURN TO (SAFE) SPORT

Please abide by these recommendations when making a decision to report to sport if a participant has a suspected or confirmed COVID-19 infection:



- Cannot attend events until at least 72 hours since fever resolution without use of fever-reducing medications and respiratory systems and at least 10 days have passed since symptoms first appeared, or
- If you tested positive and never had any symptoms, 10 days have passed since the date of your first positive test and you continue to have no symptoms, or
- When the doctor releases you from home isolation.

**Thank you for helping us keep everyone safe on the court!  
We look forward to seeing you at the Y!**