



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BROOKS FAMILY YMCA

Spring Sports

COVID-19 SUPPLEMENT

Spring Sports

To ensure that the YMCA can provide a great sports season, we are asking that all parents and players help prevent the spread of Coronavirus (COVID-19). COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in YMCA programs and/or accessing the Brooks Family YMCA facility could increase the risk of contracting COVID-19. In order to keep your child and our staff safe, please find below the following additional steps and precautions the YMCA and your families will need to take during this fall sports season. You will be able to locate **Spring Flag Football**, **Spring soccer**, **Adult Volleyball** and **Homeschool PE** guidelines in this packet.

STAYING HOME WHEN APPROPRIATE

Players need to stay home when the following has occurred:

- Recent contact with a person with COVID-19 (within last two weeks).
- If they have tested positive for COVID-19
- If they are showing COVID-19 symptoms:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

HAND HYGEINE AND RESPIRATORY ETIQUETTE

Staff will teach and reinforce handwashing with soap and water for at least 20 seconds and increase monitoring to ensure adherence among campers and staff. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older players who can safely use hand sanitizer).

Players are encouraged to cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

FACE COVERING

Face coverings will be required for staff, coaches and spectators when they cannot social distance. Players and participants are to wear a face covering at all times unless they are on the field playing. Wearing a mask while actively playing is optional, but encouraged. This policy may change if the guidelines are adjusted by local health officials.

Flag Football

Practices:

Teams will be made up of 10-12 players with 1-2 volunteer coaches. There is one practice per week and one game on Sundays. Practices will be held at local schools or in local parks with games at local fields in Charlottesville or Albemarle County fields.

Each player will receive their own jersey and flag belt. Each player will also be required to wear a mouth-guard at practices and games but it is the responsibility of the parent to purchase a mouth-guard for their child. Mouth-guards will not be sold at games this season.

Coaches will be given team balls that are to be used by their team only. Coaches will also have a list of CDC health questions to help screen players before practices and games.

Games:

Each player is to have only have **TWO** spectators in attendance on any game-day. This is due to minimize crowd sizes and to ensure proper social distancing is in place. Spectators are to remain 6ft from others unless in the same household. This policy may be adjusted in accordance with local health guidelines. The Y will communicate all policy changes in an appropriate manner.

All Y staff will be required to wear a face covering at games. Players are not required to do so while playing, but are encouraged to do so. Spectators will be required to wear a mask at all times.

Each team will have their own game ball that will be switched when their team is on offense. Balls are to be wiped down by the referee before games and at halftime. There will be no handshakes or high fives at the beginning or ending of each game.

There will be no concession sales at games or practices.

Soccer Clinics

Clinic Sessions:

Sessions will be made up of 10-12 players with 1-2 instructors or what local government and CDC officials suggest. Each session will be on Saturday mornings and will last between half an hour and an hour.

Each player will have their own jersey and soccer ball. We recommend that each player bring their own ball, but balls will be provided if they do not have access to their own. Shin guards will also will required and cleats will be recommended, but not required. Close toed shoes will be a requirement for the clinics.

There will be no snacks or high-fives at the end of each session and scrimmages will be limited. Sessions will have a focus on drills and games to teach players the sport of soccer in a fun way.

Players will be asked to only have 1-2 spectators but this policy may change depending on local health guidelines this spring. **All spectators must be masked at all times.**

Hand sanitizer will be provided for players and spectators as well. Players will not be required to wear a mask while playing, but will be encouraged to do so. Spectators will have to wear a mask if they can't properly social distance or if they are actively involved with their children during the program.

Homeschool PE

Sessions will be held at the Brooks Y on Tuesdays at 1p. Classes will consist of no more than 20, with 2 staff. Classes will last 1hr and will run from February 23-May 11 (12 weeks).

All players will have to get their temperate taken upon arrival. Y staff will screen each player when they enter the gym. Any player with a temperature greater than 100.4 degrees F will not be allowed to attend.

Classes will be held outside when feasible (inside if it's raining) or when we are learning an inside based activity. Activities will consist of social distanced activities and games. Children are encouraged to wear masks but are not required. Staff will be wearing masks during the program.

Children can bring water bottles but snacks, high fives and handshakes will not be allowed. Parents are asked to wait outside or in their cars while the program is running.

Adult Volleyball

All players will have to get their temperature taken upon arrival. Y staff will screen each player when they enter the gym. Any player with a temperature greater than 100.4 degrees F will not be allowed to play.

Every player will have to wear a mask when entering the gym. They can choose to take their mask off when they are on the court playing but must put their mask back on when they exit the court.

The ball will be sanitized by the referee after each game.