



Brooks Family YMCA

YOUTH SPORTS RETURN TO PLAY

The Brooks Family YMCA is excited to be playing winter basketball this year. This winter's format will be LEAGUE PLAY for basketball.

The YMCA has the best interests of your children in mind and we will be following local state and local health guidelines to ensure a fun and safe season for each player.

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 sporting equipment to practice.
- If possible, do not participate in carpooling to and from games.
- Please arrive no earlier than **5 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 outside the gym upon your arrival.
- 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 (1)** parent/guardian may attend games. No spectators are allowed for practices. Parents must bring their children into the Y and check in with the sports staff where temperatures will be taken.
- Sanitize hands (hand sanitizer will be provided)
- Wear a mask at all times while inside the facility (players may remove during active play only) and stay 10 feet socially distanced apart.

DURING PRACTICE AND GAMES

- Only **one** head coach and **one** assistant coach is allowed for games and practices.
- Do not share water or water bottles.
- No high fives, handshakes, no knuckle bumps and no hugs.
- No sharing of uniforms or clothing.
- Participants should bring their own ball for practices and pre-game warm-ups. Game balls will be sanitized at halftime by Y staff.
- 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 track in the gym.
- Parents and spectators may bring their own chairs. Bleachers will not be available.

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

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|-----------------------|-------------------------|-----------------------------|
| • 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.

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!