



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA OF GREATER INDIANAPOLIS – COVID GUIDELINES YOUTH SPORTS FALL AND WINTER 2021-2022

## PARENTS AND ATHLETES

### Practice Good Hygiene

- \* **Wash hands** before and after activities.
- \* Leave **unnecessary equipment** at home.
- \* **Cover** coughs and sneezes with your elbow or tissue.
- \* It is your choice, however following CDC guidance, the YMCA **recommends** athletes and spectators wear masks indoors, especially if they are unvaccinated.
- \* All participants must **bring their own water**.

### Take Care of Yourself

- \* You're feeling sick **or** your child are feeling sick (even if it seems like a cold) rest is best, please refrain from using the YMCA until you feel better.
- \* If your child begins to feel ill during practice, you will be called pick them up.
- \* If someone in your household tests positive for COVID, and your child is unvaccinated, please refrain from using the YMCA for 14 days.
- \* If you or your child are asked to quarantine from your school or another organization please refrain from using the YMCA for 14 days.
- \* If your child tests positive for COVID, please refrain from using the YMCA for 14 days or until your quarantine period has been completed.

### Arrival and Departure

- \* **Review screening questions** upon arrival.

### Spectators

- \* Arrive no more than **5 minutes** prior to games.
- \* Spectators are limited to **immediate family** only when games are indoors.
- \* Use open areas for conversation after the game is finished.

# COACHES, STAFF, & VOLUNTEERS

## Promote and practice Good Hygiene

- \* **Wash hands** before and after all activities, allow time for your athletes to do the same.
- \* **Wear your mask at all times**, covering your nose and mouth, be supportive of athletes and spectators who chose to wear a mask.
- \* Review **screening** questions prior to entering the Y or practice area.
- \* Bring your own **water bottle**.
- \* End of game and players will say "Good Game!" with a thumbs up.

## Masks

- \* All YMCA Staff, volunteers, coaches, and officials must wear a mask, indoors.
- \* If the class, clinic or league is outside, YMCA staff, volunteers, coaches, and officials may remove their mask as long as they remain socially distanced from others (minimum of 6 feet).

## Take Care of Yourself

- \* You're feeling sick (even if it seems like a cold), refrain from using the YMCA until you feel better.
- \* If a child feels ill during practice, socially distance them from others, and call the for pick up.
- \* If you are in close contact of someone who tests positive for COVID, and your are unvaccinated, please refrain from using the YMCA for 14 days.
- \* If you test positive for COVID, let your supervisor know, and refrain from using the YMCA throughout your quarantine period.
- \* Review screening questions prior to arrival.

## Create a Great Enviroment

- \* Use your coaching space to practice **social distancing**.
- \* Keep a **loose huddle**; space kids apart.
- \* Congratulate other teams and end practice with a "no contact" gesture (air 5, elbows up, cheer)

## GAME DAY

- \* All visitors, athletes, and staff/volunteers should review the health screenings and refrain from using the Y if they have tested positive for COVID, experiencing symptoms, or have been in close contact.
- \* Coaches, YMCA staff, and Volunteers will be wearing masks indoors
- \* Following CDC guidance, the YMCA encourages and will support participants and spectators, if they chose to wear masks.
- \* Spectators who are not YMCA members will be asked to sign in at the member service desk.
- \* To limit crowds please arrive no more than 5 minutes prior to your game.
- \* Enhanced cleaning procedures will remain in place, between games.
- \* Spectators are limited to immediate family members.
- \* Encourage additional hand washing.
- \* Participants and Spectators will be asked to exit the gymnasium after their game or practice. We encourage participants to continue your conversations with other team members and families outdoors.