



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER INDIANAPOLIS – WELLNESS GUIDELINES YOUTH SPORTS 2023

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, the YMCA **respect** an athletes and spectators choice to wear a mask if desired.
- * 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 you or your child are asked to quarantine from your school or another organization please refrain from using the YMCA.

Spectators

- * Expect crowds and plan to arrive no more than **5 minutes** prior to games.
- * Help with crowding by using open areas for conversation after the game is finished.