

# Guidance for Youth Sports and Athletic Activities Timeline For Reopening Youth Sports

## June 15th, 2020

- Low touch, outdoor youth sports and athletic activities (e.g., track and field, biking, tennis, golf, mini-golf, horseback riding, and cross-country, and baseball/softball/teeball) may resume practices without competition. Practices should consist of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer. Multiple groups may practice but must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.

## **JUNE 29, 2020**

- Low touch, outdoor youth sports and athletic activities may resume competition with up to fifty (50) spectators following the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer. Competitions, practices, and other activities must adhere to the social distancing guidelines in the next section.

### **Social Distancing Requirements League officials, coaches, and other responsible adults should do the following:**

- Establish procedures to ensure youth athletes are socially distanced to the greatest extent practicable at all times. League officials, coaches, and other responsible adults should emphasize physical and cardiovascular fitness and individual skill building activities and limit group/team

activities. League officials, coaches, and other responsible adults developing activities and practices should consider that older youth might be better able to follow directions for social distancing and take other protective actions. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator.) League coordinator will perform audit of practices during first week of practice. See attachment A)

- Modify workouts, exercise, skills training, practices, competitions to increase distance between athletes, coaches, officials, and spectators, to the greatest extent practicable. During rest periods or other periods of inactivity social distancing should be increased and congregating eliminated. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A)
- Space youth athletes at least six (6) feet apart on the field while participating in the youth sport or athletic activity during warmup, skill building activities, and simulation drills. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A)
- Ensure that during team/group practices, physical fitness workouts, exercises, or skills training where youth athletes are subdivided small groups, that each small groups remains together and separated from other groups to the greatest extent practicable. For example, groups should work through stations, rather than switching groups or mixing groups. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A)
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs. To encourage sportsmanship league officials, coaches, and other responsible adults should encourage alternative, socially

distanced, signs of mutual respect. (e.g. tip the cap, wave, salute, bow). (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A)<sup>[1][7]</sup><sub>[SEP]</sub>

- Eliminate, to the greatest extent practicable, touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles). Where practicable, league officials, coaches, and other responsible adults should provide individual, non- shared equipment to youth athletes. Where not practicable, league officials, coaches, and other responsible adults should encourage youth athletes to provide their own equipment and water bottles. (It will be recommended that players use their own bats and helmets. If helmets must be reused they will be sprayed with disinfectant between use. Bats will be whipped down between each inning. Catchers gear will not be shared. All players will be required to bring their own “labeled” water bottle.)
- Ensure that youth athletes in high-touch sports and activities only play “full contact” during game/competition situations. NA<sup>[1][7]</sup><sub>[SEP]</sub>
- Encourage parents and custodial adults to monitor their own child (e.g. younger children could sit with parents or caregivers). (See packet distributed to each player/parent regarding attendance policy)<sup>[1][7]</sup><sub>[SEP]</sub>
- Minimize the level of contact between youth athletes who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>. League officials, coaches, and other responsible adults are encouraged to offer virtual coaching and in-home drills for youth athletes at a higher risk for severe illness. (Pre-season packet will include questions to identify high-risk players. We will recommend high risk individuals not participate at this time.)<sup>[1][7]</sup><sub>[SEP]</sub>
- Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations. (Each player will be allowed two spectators. Approved spectators, umpires, players, and coaches will be

the only people permitted in attendance)

- Decrease team sizes to the greatest extent practicable. (Rosters will be limited to 10 players)<sup>[[L]]</sup><sub>[[SEP]]</sub>
- Eliminate travel competitions or scrimmages outside of the local community (e.g., <sup>[[L]]</sup><sub>[[SEP]]</sub>neighborhood, town, or community). (Participants will be limited to athletes living or attending school in Nelson and Washington Co.)<sup>[[L]]</sup><sub>[[SEP]]</sub>
- Educate staff and youth athlete families about when they should stay home and when they can return to activity. (See packet distributed to each player/parent regarding attendance policy)<sup>[[L]]</sup><sub>[[SEP]]</sub>
- Direct coaches, staff, families, and youth athletes to stay home and/or seek medical attention if they have tested positive for or are showing symptoms of COVID-19. (See packet distributed to each player/parent regarding attendance policy)<sup>[[L]]</sup><sub>[[SEP]]</sub>
- Prohibit individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19, from participating in youth sports and athletic activities. (See packet distributed to each player/parent regarding attendance policy)<sup>[[L]]</sup><sub>[[SEP]]</sub>
- Identify staff to help maintain social distancing among youth athletes, coaches, umpires/referees, and spectators. (One adult from each team will be identified as the Covid-19 compliance liaison)<sup>[[L]]</sup><sub>[[SEP]]</sub>
- Prohibit sick coaches, staff members, umpires/officials, or youth athletes from returning until they have met CDC's criteria to discontinue home isolation (See packet distributed to each player/parent regarding attendance policy) <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.
- Prioritize outdoor, as opposed to indoor, practice and play as much as possible. (No indoor activity will be permitted. Locker rooms and indoor hitting facility will remain closed and locked.)<sup>[[L]]</sup><sub>[[SEP]]</sub>
- Create distance between youth athletes when explaining drills, rules, or other

instruction. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A)<sup>[[SEP]]</sup>

- Emphasize physical and cardiovascular fitness individual skill work and drills to the greatest extent practicable. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A)<sup>[[SEP]]</sup>
- Direct youth athletes to wait in their cars with their parent or other custodial adult until just before the beginning of a practice, warm-up, game, or other activity. (See packet distributed to each player/parent regarding attendance policy)<sup>[[SEP]]</sup>
- Eliminate the use of carpools or van pools. When riding in an automobile to a sports event, encourage youth athletes to ride to the sports event with persons living in their same household. (See packet distributed to each player/parent regarding attendance policy)<sup>[[SEP]]</sup>
- Stagger arrival and drop-off times or locations by group or put in place other protocols to limit contact between groups and with parents, custodial adults, and spectators as much as possible. For example, league officials, coaches, and other responsible adults should increase the amount of time between practices and competitions to allow for one group to depart before another group enters the facility. (We will schedule a full hour between games and practiced to allow for teams to enter and exit facility prior to the next group arriving. High touch surfaces will be treated with disinfectant between each game or practice.)<sup>[[SEP]]</sup>
- Limit youth sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19. (Participants will be limited to athletes living or attending school in Nelson and Washington Co.)

- Stage, to the greatest extent practicable, intra-squad scrimmages instead of playing games with other teams to minimize exposure among players and teams. (Season will be limited to 12 games)<sup>[L][SEP]</sup>
- Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county). (Each player will be allowed two spectators. Approved spectators, umpires, players, and coaches will be the only people permitted in attendance)
- Designate a youth sports program staff person to be responsible for responding to COVID- 19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them. (Dr. Roger Robinson DPT from Kort will be the league’s Covid-19 coordinator and will be available telephonically at all times.)
- Establish protocols for notifying staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation). (See packet distributed to each player/parent regarding attendance policy)<sup>[L][SEP]</sup>
- Implement flexible sick leave policies and practices for coaches, officials, and staff that enable employees to stay home when they are sick, have been exposed, or caring for someone who is sick. (See packet distributed to each player/parent regarding attendance policy)<sup>[L][SEP]</sup>
- Develop policies for return-to-play after COVID-19 illness. (See packet distributed to each player/parent regarding attendance policy)<sup>[L][SEP]</sup>
- Virtually train coaches, officials, and staff on all safety protocols. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A)<sup>[L][SEP]</sup>

- Prohibit congregating of youth athletes, spectators, families, coaches, officials, and other persons prior to or following practices or athletic events. (See packet distributed to each player/parent regarding attendance policy)
- Maintain a complete list of coaches, youth athletes, and league officials present at each event to include the date, beginning and ending time of the event, plus, name, address, and phone contact to be made available upon request from local health department (This list will be maintained by each team's Covid-19 team liaison and emailed to Covid-19 league coordinator following each contest.)
- Ensure team meetings occur virtually or over the phone. (No in person team meetings will be permitted. Additionally we will not permit pre-game plate meeting, post-game team handshakes, during mound trips only coach and pitcher are permitted and must maintain 6 ft distance.)
- Alert the local health department of the event prior to competitive tournaments. (NA)
- prohibit spitting or eating of seeds, gum, or similar products. (Food and gum will not be permitted in team sitting/standing area)
- Share these requirements with all youth athletes, coaches, spectators, officials, and employees prior to the beginning of the program. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A) **Facilities holding youth sports and athletic activities, as well as league officials, coaches, and other responsible adults should do the following:**
- Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and youth athletes remain at least 6 feet apart. (The offensive team will be allowed 1 hitter, 1 batter in designated on-deck circle, and 1 player 1st base coach. This will mean there is a maximum of 7 players spread in the open area social distantly marked player sitting/standing area)

- Establish flexible worksites (e.g., telework), flexible work hours (e.g., staggered shifts), and policies for social distancing between employees, staff, and others (NA)<sup>[L]</sup><sub>[SEP]</sub>
- Stagger the use of lockers, and clean and disinfect locker rooms between uses. (Locker rooms will remain locked)<sup>[L]</sup><sub>[SEP]</sub>
- Install touchless sensors on sinks and hand dryers to the greatest extent practicable. (Hand sanitizer will be provided with recommendation of frequent usage)<sup>[L]</sup><sub>[SEP]</sub>
- Install digital check-in and registrations as well as touch-free entries and exits to the greatest extent practicable. (NA)
- Eliminate “lost and found” bins, vending stations, saunas, steam rooms, water coolers, water fountains, and vending stations to the greatest extent practicable. (NA)
- Ensure that controls are established to ensure social distancing in locker rooms, including disabling lockers to enforce six (6) feet of social distancing. Facilities holding youth sports and athletic activities should discourage use of locker rooms or consider measures to socially distance youth athletes (e.g. closing every other locker or groups of lockers in order to space out usage) and sanitize frequently. (No indoor activity will be permitted. Locker rooms and indoor hitting facility will remain closed and locked.)<sup>[L]</sup><sub>[SEP]</sub>
- Dugouts or other areas where social distancing is not possible should not be used. (Dugouts will be roped off)

•

## • **Cleaning and Disinfecting Requirements** <sup>[L]</sup><sub>[SEP]</sub>

- Create and post a cleaning and sanitizing plan specific to the youth sport or athletic activity, describing how additional cleaning and sanitizing will be implemented. (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached



list)<sup>[1]</sup><sub>SEP</sub>

- Sanitize equipment and used items before, during, and after every event. If equipment cannot be sanitized during the activity, only participants of a single team/group must use equipment and items related to the activity and opposing participants or group members must avoid touching that equipment. (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached list)<sup>[1]</sup><sub>SEP</sub>
- Set aside touched or shared equipment that requires sanitation and encourage youth athletes to keep their individual equipment separate from the equipment of other athletes. (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached list)<sup>[1]</sup><sub>SEP</sub>
- Ensure that their programs, including locker rooms, common areas, breakrooms and restrooms are properly cleaned and ventilated. (Locker rooms will not be used)<sup>[1]</sup><sub>SEP</sub>
- Ensure that staff members/employees and youth athletes practice hand hygiene frequently. For younger youth athletes assistance may be required. (Hand sanitizer will be provided with recommendation of frequent usage)<sup>[1]</sup><sub>SEP</sub>
- Provide hand sanitizer (as appropriate), handwashing programs, tissues and waste baskets in convenient locations to the greatest extent practicable. (Hand sanitizer will be provided with recommendation of frequent usage)<sup>[1]</sup><sub>SEP</sub>
- Establish a cleaning and disinfecting process that follows CDC guidelines to address when any individual is identified, suspected, or confirmed as a COVID-19 case. (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached list)<sup>[1]</sup><sub>SEP</sub>
- Ensure employees do not use cleaning procedures that could re-aerosolize infectious particles. This includes, but is not limited to, avoiding practices such as dry sweeping or use of high-pressure streams of air, water, or

cleaning chemicals. (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached list)<sup>[1]</sup><sub>SEP</sub>

- Clean and disinfect frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible. Use of shared objects and equipment (e.g., balls, bats, gymnastics equipment) should be limited, or cleaned between use by each individual if possible. (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached list)<sup>[1]</sup><sub>SEP</sub>
- Ensure there are adequate supplies of shared items to minimize sharing of equipment to the extent possible (e.g., protective gear, balls, bats, water bottles); otherwise, limit use of supplies and equipment to one group of youth athletes at a time and clean and disinfect between use. (It will be recommended that players use there own bats and helmets. If helmets must be reused they will be sprayed with disenfectant between use. Bats will be whipped down between each inning. Catchers gear will not be shared. All players will be required to bring there own “labeled” water bottle.)
- Ensure that, if food is offered at any event, meals be pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food and utensils. Offer hand sanitizer or encourage hand washing. (We will not open a concession stand)<sup>[1]</sup><sub>SEP</sub>
- Ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors. Do not open windows and doors doing so poses a safety or health risk (e.g., risk of falling or triggering asthma symptoms) to players or others using the facility. (NA)
- Support healthy hygiene by providing supplies including soap, paper towels, tissues, and <sup>[1]</sup><sub>SEP</sub>no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for

coaches, staff and older players who can safely use hand sanitizer).  
(Hand sanitizer will be provided with recommendation of frequent usage)<sup>[L]</sup><sub>[SEP]</sub>

- Should close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached list)
- Should wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached list)

### **Screening and Illness Requirements League officials, coaches, and other responsible adults should** <sup>[L]</sup><sub>[SEP]</sub>

- Conduct daily health checks (e.g., symptom checking) of coaches, officials, staff, and youth athletes safely and respectfully to the greatest extent practicable. (Coaches, players, and officials will be required to complete participant screening tool and turn in prior to each game/practice)
- Use examples of approved screening methods found in CDC's supplemental Guidance for Child Care Programs that Remain Open as a guide for screening children, and CDC's General Business FAQs for screening staff. (See attached participant screening tool)<sup>[L]</sup><sub>[SEP]</sub>
- Staff members who demonstrate symptoms of COVID-19 must be tested for the illness. (See attached participant screening tool)<sup>[L]</sup><sub>[SEP]</sub>
- Should direct coaches, staff, families, and youth athletes that test positive for COVID-19 to follow the recommendations of their local health department on when to return to the youth sport or

activity. (See attached participant screening tool)

- Ensure that when a youth athlete shows a fever or other contagious symptoms, the youth athlete is moved to a in a safe, secluded area until the youth athlete's parent or custodial adult can pick-up the youth athlete. (Any players exhibiting symptoms will be separated from others in an open area and parents or guardian will be contacted. In the event the participant is a driver they will be asked to leave and parents will be contacted)
- Notify all league families and youth athletes of a diagnosed case of COVID19 in the program, while still protecting the privacy of the diagnosed individual. (In the event any participants become Covid-19 positive, contact tracing will be initiated, all parents/guardians will be notified, facilities will be shut down for 1 day prior to complete sanitation)
- Encourage coaches, staff, umpires/officials, and families of youth athletes to self-report to the youth sports organization if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days. (Coaches, players, and officials will be required to complete participant screening tool and turn in prior to each game/practice)

## • Personal Protective Equipment (PPE) Requirements

League officials, coaches, and other responsible adults should do the following:

- • Wear face coverings at all times, unless doing so would represent a serious risk to their health or safety. (Coaches and officials will be required to follow CDC guidelines regarding the use of face coverings)
- Ensure youth athletes wear cloth face coverings or masks when not actively participating in the youth sport or athletic activity, unless

doing so would represent a serious risk to their health or safety. Youth athletes who are five (5) years of age or under should not wear masks due to increased risks of suffocation and strangulation. (Players not on the field will be required to follow CDC guidelines regarding the use of face coverings)

- Recommend to the parents of children over five (5) that their child wear a mask and provide information about the benefits of masking. (NA)
- Establish a policy as to whether to allow parents, custodial adults, or other spectators attend youth sports competitions or events if the individual refuses to wear a face covering or comply with social distancing guidelines. (We will recommend parents, guardians and other spectators follow CDC social distancing and face covering guidelines.)<sup>[SEP]</sup>
- Ensure gloves are available to staff members, coaches, volunteers engaging in high-touch activity to the greatest extent practicable provided that they do not create additional hazards while being worn. (Gloves and hand sanitizer will be available in each dugout)
- Ensure, to the greatest extent practicable, that cloth face coverings or masks be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible. (Addressed above)
- Provide youth athletes and their families information on proper use, removal, and washing of cloth face coverings. (Provided in pre-season parent informational packet)<sup>[SEP]</sup>
- Establish a policy as to whether youth athletes, who do not adhere to these guidelines or its own policy on requiring masks, will be allowed to participate in that youth sport or athletic activity. League officials, coaches, and other responsible adults may choose not to allow a youth athlete to participate if the athlete refuses to wear a mask or comply with social distancing guidelines. (We will recommend parents, guardians and other spectators follow CDC social distancing and face covering guidelines. In the event guidelines are not being followed violator will be reminded of the

CDC guidelines.)

- Ensure that staff, volunteers, coaches, youth athletes are trained how to properly clean cloth face coverings and masks. (We be included in pre-season coaches and umpire training.)
- Ensure that staff, volunteers, coaches use gloves when cleaning equipment, facilities, or other items requiring sanitation. (We be included in pre-season coaches and umpire training.)

- **Training and Safety Requirements** <sup>[L]</sup><sub>[SEP]</sub> Facilities holding youth sports and athletic activities (e.g. competitions, recitals, tournaments, practices, games) should do the following: <sup>[L]</sup><sub>[SEP]</sub> Place conspicuous signage at entrances and throughout the facility alerting youth athletes and spectators of the guidelines for the facility and the event. Signage should inform youth athletes and spectators about good hygiene and new practices. <sup>[L]</sup><sub>[SEP]</sub>

- Establish procedures for disinfecting high-touch surfaces (seating, locker rooms, etc.). (Coaches and team Covid-19 liaison will have a checklist to preform before, during and after each game/practice. Please see attached list)
- Post signage at entrance that no one with a fever or symptoms of COVID-19 may enter the facility. (Will be posted at each park entrance and all field entrances.)
- 
- Implement, to the greatest extent practicable, reserved seating for spectators at higher risk for severe illness per CDC guidelines. (All spectators will have family sitting area separated 8-10 feet from other family seating areas. Spectators will be asked to bring their own food, drink, and chairs. Additionally they will be asked to throw trash away after game. Reminders will be read on loud speaker between each inning)
- Ensure employees are informed that they may identify and

communicate potential improvements and/or concerns in order to reduce potential risk of exposure at the workplace. All education and training should be communicated in the language best understood by the individual receiving the education and training. (We will have a Covid-19 Hotline to report unsafe activities and recommended improvement ideas)<sup>[L][L]</sup><sub>[SEP]</sub>

- Broadcast regular announcements on public announcement system, encouraging COVID- 19 prevention and new policies and behaviors that prevent spread of COVID-19. (Reminders will be read on loud speaker between each inning)
- Establish scheduling policies to ensure additional time is available to clean and disinfect between uses, where a facility is shared. (We will reserve a full hour between all scheduled activities)<sup>[L][L]</sup><sub>[SEP]</sub>
- Ensure parents, custodial adults, youth athletes, and spectators are informed that they may identify and communicate potential improvements and concerns in order to reduce the risk of exposure at the workplace. All education and training should be communicated in the language best understood by the individual receiving the training. (We will have a Covid-19 Hotline to report unsafe activities and recommended improvement ideas)<sup>[L][L]</sup><sub>[SEP]</sub>
- Place emphasis on progressive training where general conditioning is emphasized first, followed by strength and body conditioning and then moving on to anything sports specific. (Coaches, umpires, and officials will be educated on this prior to first practice. Education will occur via Zoom call led by Covid-19 league coordinator. League coordinator will perform audit of practices during first week of practice. See attachment A)<sup>[L][L][L][L]</sup><sub>[SEP][SEP]</sub>