



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Metropolitan Fort Worth

Sports Department: Return to Safe Play - Indoor Sports

The YMCA of Metropolitan Fort Worth is committed to offering safe sports activities during this unprecedented time. While this is a new and uncertain environment, we are going to navigate this together through knowledge, information and shared responsibility. The health and safety of all involved is everyone's main priority. The YMCA will continue to monitor current state and local guidelines so that we can help keep youth stay active while maintaining everyone's safety. We reserve the right to increase or decrease expectations based on the ever-changing information. In order to continue to offer our sports activities, we must all do our part to keep the area safe.

Screening:

All coaches, parents, referees, gym monitors and staff will be provided with a copy of these protocols and will be required to self-enforce these protocols in order to attend practices, games and/or clinics.

Criteria for attending/participating in sporting events associated with the YMCA:

- No signs or symptoms of COVID-19 (requiring negative responses to the below questions) in the past 14 days.
- No close sustained contact with anyone who has been sick within 14 days of the sporting event.
- Please see the Symptom Checklist (last page) to determine if anyone attending an event meets any of the symptom criteria.

Practice, Clinic and Game Protocols:

- Only players, coaches and staff on the court.
- No shared equipment. Each player is expected to bring their own ball, water and hand sanitizer with their name on it.
- Postgame snacks and drinks **should not** be handed out.
- **Social Distancing**
 - In order to manage social distancing in the gym, only **TWO** adult spectators may attend each event per participant (siblings of players are not limited).
 - No spectators on the bleachers. Spectators need to bring their own chairs and observe social distancing rules between members of different households.
 - If at any time, State or Local orders require us to reduce the number of spectators, each team must comply.
 - All spectators must follow social distancing guidelines as outlined by the State, Local and Municipal Authorities which includes maintaining a 6-foot distance between you and other spectators. At risk spectators including elderly or those with underlying health conditions should consider not attending our events.



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- **Face Coverings**
 - If approaching a staff member, medical staff or any individual that is not in your immediate family a mask or face covering is mandatory.
 - **Face Coverings are mandatory for everyone (over the age of 10) that is entering the gym. Staff, Referees, Coaches and Spectators/non-participants must wear a face covering at all times. Players may remove their face coverings while participating in practices, games or clinics. Failure to comply with the face covering requirement could result in penalties for your team which could include your removal or your Coach's removal.**
- **Arriving/Exiting Facilities**
 - Please do not arrive or enter the gym any sooner than 15 minutes in advance of game, practice or clinic time. **Each person entering the gym will have their temperature checked by a YMCA staff member. Anyone who registers a temperature of 100 degrees or more will not be able to enter the gym.** When your game, clinic or practice is over, promptly gather your items and exit the gym. The participants and spectators should not enter the gym until the previous group has exited.

Best Practices:

- **Parents make the final decision on whether their child should participate (assuming no affirmative answers to the Symptom Checklist).**
- Encourage social distancing when not actively engaged in play.
- No handshakes or high fives with team or coach. After game line up in front of your bench and bow, wave or thumbs up toward the other team as a sign of respect for the game
- Leave the field immediately after your practice or game

If you have attended one of our events and test positive for Covid-19, it is your responsibility to notify us immediately to prevent further spread. Notify your team and any others you have been in contact so they may self-quarantine or take further action as needed

At any time during a pandemic we may be forced into a delay or add restrictions on youth sports per state and local authorities. We will do our best to keep you informed of all changes as we will comply with state and local jurisdiction.

For any questions regarding these procedures, please reach out to your branch contact.

Morgan Rickert, Executive Director of Centralized Sports, mricket@ymcafw.org

- Benbrook Community Center YMCA, Northpark YMCA, Northwest YMCA, Ryan Family YMCA, YMCA Sports Complex

Corey Loftus, Regional Sports Director, cloftus@ymcafw.org

- Airport Area YMCA, Amon G. Carter, Jr. Downtown YMCA, Hood County YMCA, Joshua Community YMCA, William M. McDonald YMCA



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Symptoms of COVID-19:

COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection.

Persons age 18 or older with COVID-19 may range from asymptomatic to severely ill.

Symptoms, when present, may occur 2-14 days following COVID-19 exposure and may include:

- Fever (greater than or equal to 100°F)
- Cough
- Shortness of breath/difficulty breathing
- Muscle or body aches
- Sore throat
- Nausea or vomiting

Children or Adolescents younger than 18 with COVID-19 may present slightly different from adults with COVID-19.

Symptoms for children or adolescents include:

- Fever (greater than or equal to 100°F)
- Cough
- Headache
- Sore throat
- Diarrhea*
- Nausea or vomiting*
- Bloodshot eyes*
- Neck Pain*

*Symptoms may indicate the development of Multisystem Inflammatory Syndrome in Children (MIS-C). Seek emergency care right away

If your child exhibits any of these symptoms, please exclude your child from attending any sports activities and notify the YMCA staff.