Thank you for enrolling in YMCA Sports & Movement Programs. To help you and your child feel comfortable and prepared to attend, all adults and program participants are required to conduct themselves in accordance with the following guidelines:

Program Requirements:

- Athletes, staff, coaches, should bring their own drinks, towels and clothing (shin pads, cleats, etc). Athletes are encouraged to bring their own ball for sports programs.
- All items must be labeled with the child's first and last name. The YMCA of Delaware is not responsible for lost or stolen items.
- Weekly attendance is encouraged. Participants will not be able to make-up missed sessions.

YMCA Staff Training / Responsibilities:

- Staff members are trained in safe physical distancing, stable groups, virus spread reduction and the latest cleaning and disinfection protocols provided by the state of Delaware health and safety guidelines. The YMCA will continue to communicate with, and publish notices to, all athletes, parents and families outlining health and safety policies.
- All staff members receive training annually in child abuse prevention, first aid, CPR and workplace safety.
- Prior to each session/class, YMCA staff will be temperature checked, answer a health questionnaire, and wear masks at all times. Staff will also record attendance, perform a verbal health screening, and administer a temperature check of all program participants.
- YMCA staff will alert all families via email, if sessions/classes need to be cancelled for any reason.

Health Screening/ Temperature Checks:

- Athletes, coaches, staff, and spectators considered high risk for COVID-19 complications are encouraged to stay home.
- All athletes will be asked two questions before the start of each session:
    - Have you been exposed to anyone who has been confirmed COVID-19 positive since the previous session?
    - Are you currently experiencing a fever, cough, difficulty breathing, loss of taste or any other COVID-19 specific symptoms?
- All athletes will have their temperature checked by YMCA staff. Anyone with a temperature over 99.5 and answering yes to any of the health questions will not be permitted to participate that day.
- Should a program participant exhibit symptoms of illness they will be sent home immediately.

Face Coverings:

- Athletes may remove their face covering when active on a field of play but must wear it at all other times.

- Coaches and all staff must wear a face covering at all times. This includes when addressing athletes or officials on or off the field; and during practices, trainings, and team meetings. (Traditional whistles must be replaced with a device that can be used for attention without removing the face covering).
- Spectators and others must wear a face covering at all times while indoors. Spectators and others must also wear a face covering at all times while outdoors unless seated and socially distanced at least six (6) feet apart from others outside their household.

Cleaning and Sanitizing:

- The YMCA will place proper signage at all sites instructing participants and spectators about required face coverings, maintaining 6 feet distance, hand washing, and to stay home if they are experiencing symptoms of COVID-19.
- Athletes, staff, coaches, officials, and all participants must wash or sanitize hands, before and after the program.
- Hand sanitizer or handwashing stations will be readily available for all athletes, staff, coaches, officials, spectators, and participants.
- Any shared YMCA equipment will be cleaned at least once per day (or between participant usage).

Physical Distancing:

- Athletes must be at least six (6) feet apart from one another at all times, except during on-field play in game-time situations.
- Athletes and coaches must be at least six (6) feet apart from one another at all times, unless they are from the same household.
- Athletes should adequately space belongings, water bottles, and equipment to ensure six (6) feet of distancing when accessing gear.

Positive COVID Protocol:

- The YMCA will follow guidance from DPH, if a positive case arises.

Additional Resources:

- State of Delaware Update- https://governor.delaware.gov/delawares-recovery/
- Delaware Play Safely- https://coronavirus.delaware.gov/wp-content/uploads/sites/177/2020/09/DPH-Guidance-on-Youth-and-Adult-Amateur-Sports_09042020.pdf

Should you have any additional questions, please feel free to contact your local Y for more information or feel free to visit www.ymcade.org/programs/sports.

Looking forward to seeing you all soon!