



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Sports- COVID-19 Safety Information and Expectations

The YMCA will continue to monitor current state and local guidelines to ensure participant safety. We reserve the right to increase or decrease expectations based on the ever-changing information. Safety of your family is important to get kids active again.

Check-in Procedure

- Staff will check temperatures and ask required safety questions of participants and parent/guardians before each clinic.
- Only one parent/guardian is allowed into the building.
- Arrive five minutes before the beginning of the clinic.
- Masks are required at all times for participants & parent/guardians while in the building.

Equipment

- Youth will be required to bring their own water and not share.
- All YMCA equipment will be sanitized prior to, and after clinics.
- Hand Sanitizer will be available in our branches along with access to the bathrooms for washing hands.

Participants

- Wash hands thoroughly before and after practices.
- Bring and use hand sanitizer at every practice.
- Required to wear mask at all times.
- Do not touch or share anyone else's equipment, water bottle, etc. No group celebrations, high 5's, handshake, etc.
- Bring water bottle to practices.

Parents

- Adhere to social distance requirements, based on state and local health requirements.
- Sanitize your child's equipment after each practice and/or game.
- Notify the YMCA immediately if your child becomes ill for any reason.
- Be sure your child has necessary sanitizer with them at every practice.

YMCA Staff

- Will be required to attend the mandatory training on COVID-19 safety.
- Must check in before each clinic and have temperature check and symptoms check.
- Will screen participants as they enter the building.

Questions? Contact Matt Clark at mclark@ymcainw.org



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Washington State Sporting Activities Covid-19 Requirements

School and Non-school Youth Team Sports Indoor and Outdoor and Adult Recreational Team Sports Indoor and Outdoor

Sport Risk Category guidance (all phases)

For the purposes of this document, sports are defined using the following risk categories (The list below is not all-encompassing. Some sports are covered in other guidance documents, and if so, those guidance documents govern those activities. If a sport does not appear on this list that does not necessarily mean it is prohibited at this time.

Low risk sports: tennis, swimming, pickleball, golf, gymnastics, climbing, skating, archery, fencing, cross country, track and field, sideline/no-contact cheer and no-contact dance, disc golf.

Moderate risk sports: softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, crew, field hockey, school bowling competitions.

High risk sports: football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts competitions, roller derby.

Phase 1:

- Facial coverings required for all coaches, volunteers and athletes at all times.
- Indoor training and practice allowed for low and moderate risk sports if players are limited to groups of 6 in separate parts of the field/court, separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted. It is preferable for the groups of six to be stable over time. All facilities must calculate allowable participant occupancy by dividing the room size or available floor space by 500 square feet per person.
- Indoor individual training/practice allowed for athletes in high risk sports either with or without a coach.
- Outdoor meets, qualifiers, and tournaments allowed for low risk sports. No spectators allowed.
- Outdoor team practices, training and intra-team competitions allowed for low and moderate risk sports. Scrimmage against other teams or training or practices with other teams is not allowed.
- Outdoor team practices and/or training allowed for high risk sports if players are limited to groups of 6 in separate parts of the field/court, separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted. It is preferable for the groups of five to be stable over time.

[Click here for Washington State Sporting Guidance.](#)