



YMCA OF GREATER RICHMOND

YOUTH SPORTS RETURN TO PLAY

The YMCA OF GREATER RICHMOND is so excited to be back **returning to play** at most of our locations! This fall's format will be **LEAGUE PLAY** for soccer and flag football at the majority of locations, which means we are back to playing games!

The YMCA has the best interests of your children in mind, and we will be following YMCA Sports safety and health precautions under COVID-19 for YMCA Fall Sports. While some things have changed and we are not quite "back to normal" yet, we are excited to provide opportunities for your children to be **#healthyandactive** this fall!

PLEASE OBSERVE THE FOLLOWING GUIDELINES



**Wear a cloth
face covering**



**Stay home when
you are sick**



Wash your hands



**Social distancing
of 10 feet**



Sanitize



Do not share

BEFORE ARRIVAL

- Please check your child's temperature before attending any practice or game. Please keep your child at home if temperature is at or above 100.4 degrees or child is feeling unwell. Please notify the sports director if your temperature is above 100.4 degree or if your child exhibits any of the symptoms of COVID-19 or has a confirmed case of COVID-19 in the last 14 days.
- Wash hands thoroughly before practice/games.
- Bring own hand sanitizer.
- Bring own sporting equipment to practice, if applicable.
- If possible, not participate in carpooling to and from games.
- Please arrive no earlier than 10 minutes prior to practice or game time. Stay in your car until the previous practice/game has ended and the field has cleared.

ARRIVAL

- Sanitize hands.
- Wear a mask to the field and from your vehicle.

DURING PRACTICE AND GAMES

- Do not share water, food or training equipment.
- No high fives, handshakes, no knuckle bumps and no hugs.
- No sharing of uniform or clothing.
- Practice 10-foot social distancing and wear a mask when on the sideline or in between plays.
- Wear masks during stretching/preparation. Masks may be removed during play.
- All participants, fans, families and staff should remain 10 feet apart.

DEPARTURE

- Sanitize hands immediately after play.
- Wear a mask from the field back to the car or anytime you are within 10 feet of other individuals.
- Wash all participant's clothing and equipment after each practice/game.

COVID-19 SYMPTOMS



Cough



Fever



**Shortness of
breath**

- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **Sore throat**
- **Sudden loss of taste or smell**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

RETURN TO (SAFE) SPORT

Please abide by these recommendations when making decision to report to sport if a participant has a suspected or confirmed COVID-19 infection:

- Cannot attend events until at least 72 hours since fever resolution without use of fever-reducing medications and respiratory systems and at least 10 days have passed since symptoms first appeared.
- Negative results of an FDA-authorized COVID-19 test from at least two consecutive respiratory specimens collected \geq 24 hours apart (two negative specimens) and who have not had any symptoms.

PROGRAMMING PROCEDURES



SOCCER

YMCA Youth Soccer Leagues are resuming play in accordance with Phase 3 guidelines in place by the CDC, Virginia Governor's mandates and US Youth Soccer guidelines.

- Participants should bring their own soccer ball for practices (marked with name) and use only their ball.
- Game balls are provided by the YMCA and are frequently sanitized, with multiple clean balls onsite for more frequent equipment switches and disinfection.
- Goalies should not share goalie gloves. Each participant must bring their own if needed.
- Game times will be staggered on fields to reduce the number of people arriving and leaving at the same time.
- The number of players on a team and playing on the field will be reduced for the older age groups.



FLAG FOOTBALL

YMCA Youth Flag Football Leagues are resuming play in accordance with Phase 3 guidelines in place by the CDC, Virginia Governor's mandates and USA Football guidelines.

- When belts are pulled, it should be dropped on the ground and only the player who it belongs to should pick it up and re-attach it.
- Game Footballs are provided by the YMCA and are frequently sanitized, with multiple clean onsite for more frequent equipment switches and disinfection.
- Player should not share gloves. Each participant must bring their own if needed.
- Teams should not huddle on the field. Please stay as socially distanced as possible in between plays.



CROSS COUNTRY

YMCA Cross Country Teams are resuming play in accordance with Phase 3 guidelines in place by the CDC, Virginia Governor's mandates and USA Track and Field guidelines.

- Social distancing is necessary during all stretching and exercises.
- Coaches should maintain a minimum of a 10-foot distance from all participants.
- Equipment will be frequently sanitized.
- Limited team numbers and limited numbers during meets.
- Meets will be staggered start times, and no large group gatherings for announcements.



TAE KWON DO / DANCE / CHEERLEADING / GYMNASTICS

YMCA Sports Activities are resuming play in accordance with Phase 3 guidelines in place by the CDC & Virginia Governor's mandates.

- Children should stand on 12' x 12' spaced dots at all time and remain at least 10 feet from all other participants and instructors at all times.
- All equipment must be sanitized before and after use. No sharing of equipment between participants.
- Parents may not remain inside the classroom or the hallways for any indoor programming. Parents are asked to wait in their cars or exercise during class, or return when the program concludes. No group gatherings are allowed.



Thank you for helping us keep everyone safe on the field!
We looking forward to seeing at the Y!