CYO Volleyball Health and Safety Recommendations for COVID – 19

Revised August 1, 2020

Game Day Recommendations – For Hosting Facility

● Recommended gyms supplies:
  Hand sanitizer stations, touchless thermometers, posters with guidelines, gloves, towels, masks, waiver for all in attendance, disinfectant (CDC recommendation)
● Players must wait for the practices balls to be issued.
● Warm up balls will be provided by the hosting gym and should be previously disinfected with a minimum of set of 4-6 balls per team. Each team will have their own six-minute warmup to include serving. Only the team on the court will to have access to any warmup balls.
● At the conclusion of the first six minutes, practice balls will be collected, disinfected and a new set issued for the other teams six-minute warmup.
● Balls will be wiped down after completion of each match and warmups. Per KSHSAA: Add 1 tablespoon of mild dish soap into a 1-gallon container. • Fill the container with warm water until you've got a soapy mixture. • Wet your first towel with the soapy water, wring out excess water, and gently wipe down entire surface of the ball for at least 30 seconds. • Re-wet your first towel with plain warm water, wring out excess water, and wipe off excess soap from the ball's surface. • Rub your second, dry towel on the surface to wipe and dry off the ball.
● When using the wipes, it is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface.
● Benches are to be wiped down between matches.
● Only athletes will touch the balls. Players will retrieve stray balls. Ball should be set on the floor during a timeout.
● All common areas where human contact has been made must be disinfected between matches.
● Teams playing the next match are not to access the bench area until given the okay by the gym supervisor.
● Provide hand sanitizer with at least 60% alcohol to each bench during games.
● Teams will not switch benches/sides between games.
● Teams playing two matches in a row will keep the same bench.
● Teams are responsible to pick up and dispose of any water bottles or trash left in their bench area prior leaving the bench.
● All table personnel and line judges need to wear a mask.
● Scorer’s table – scorekeepers and scoreboard operator should be 3-6 feet apart and wear masks. Only the home team will supply a scorekeeper. This individual will keep score for both teams.
● On games days, the players sitting on the bench, wear a mask. Players on the court have an option of wearing a mask or not.
● Each player should have a zip lock bag with their name to secure mask when not being worn.
● Teams are allowed to cheer following a successful point however social distancing rules and guidelines should be followed.
● During the match teams are not allowed to huddle for any cheers following a successful point while on the court.
● Score table and supplies to be disinfected between matches.
● Doors left open or/and disinfect handles regularly.
● Enter and exit through different doors/locations in the gym.
● Temperature checks in compliance with prevailing state and county guidelines.
● It is recommended that gym facilities have social distancing reminders posted.
● Pre-Match Officials Meeting
● Masks will be worn during the pre-match conference and coin toss at the official’s stand. At the pre-match conference, perform the coin-flip for the third game. Captains will not attend. The away team will serve for the first game, the home team will serve first for the second game and there will be a coin toss for the third game.
● Post-Match Acknowledgement.
Teams shall line up at the 10 ft line on their own side of the court to acknowledge their opponent after the match. These procedures will be used in place of the post-match handshakes.
● Gym Supervisors will wear CYO cap at all events so they are noticeable. For any health and safety related concerns, please inform the gym supervisor.

**Parents Recommendations**

Before Games:
● Check your athlete, yourself and anyone else coming with you for these symptoms. DO NOT go if you say ‘yes’ to any of these:
  ● Fever (over 100.3°F) • Cough • Shortness of Breath • Sore Throat • Congestion • Headache • Chills
  ● Muscle and/ or Joint Pain • Nausea/ Vomiting • Loss of Sense of Smell and Taste • Diarrhea
● Label your athlete’s water bottles, towels and other personal equipment to help eliminate sharing.
● DO NOT go to any CYO activities if you or they have been exposed to COVID-19 within the past 14 days.

**After Games:**
● Wash your athlete’s clothes immediately.
● Have your athlete shower immediately.
● Keep your athlete’s equipment and uniform in a plastic bag during the ride home, then sanitize immediately.
● Parents are encouraged to take any additional reasonable steps to make them comfortable with their athlete playing this year.

**Additional Recommendations**
● Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
● Avoid touching your face.
● Sneeze or cough into a tissue, or the inside of your elbow.

**Game Day Recommendations**
● Everyone entering the gym should wear masks at any CYO match and/or games.
● All spectators are reminded to practice social distancing while attending CYO activities.
● At risk individuals should not attend games.
● Each gym is to evaluate and publish on the CYO website their attendance capacity in compliance with prevailing state and county guidelines. Spectators might be limited and may need to bring their own chairs based upon available socially distanced bleacher access.
● Schedule will be modified to include an additional 15 minutes in-between matches for disinfecting and to allow for teams to leave the facility before other teams come into the facility.
● 5th-8th grade games will be double headers with the same team.

**CYO Cross Country Health and Safety Recommendations for COVID – 19**

**Revised August 1, 2020**

**Cross Country Meets:**
- Rules of Competition: [https://cyojwa.org/content/20958/Rules-of-Competition](https://cyojwa.org/content/20958/Rules-of-Competition)
- Widen course – at minimum 6 feet.
- There will be one start line and one finish line. Staggered starts and line corals are not being used for XC due to difficulty of time keepers being able to record times.
- One starting line and one finish line is common practice at all XC events going on now.
Races: 3 and 4 grade girls / 3 and 4 grade boys / 5 and 6 grade girls / 5 and 6 grade boys / 7 and 8 grade girls / 7 and 8 grade boys

XC events will occur when it rains.

Spectators wear masks.

Coaches wear masks.

Face coverings are permitted for runners.

Coaches can walk the course before the start of the race.

Competitors may wear face covering prior to race starting and then take it off after race has started.

Athletes bring their own water bottle.

Starting line will have an arc design, spread across a wide distance

Coaches pick up bib's and timing chips at the red tent located at the finish line before race begins.

Coaches need to return any timing chips not being used before the meet starts.

If coaches have changes, those need be emailed the day before to bandbracekc@gmail.com

Spectators need to wear masks, and leave immediately after their child is done running.

Spectators need to stay away from the finish chute and finish line.

Finish chute along with the starting line will be much longer.

Team camps need to be spread apart.

Volunteers needed to remove chips from runners and return to starter’s tent.

End of Race Suggestions:
• In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact.
• At the conclusion of the race runners are to exit the finish line area and return to their team tent area.

Event Staff Considerations:
• Wear face coverings whenever possible.
• Bring personal hand sanitizer.
• Use gloves when handling equipment.
• Social distancing of 6 feet should be maintained.
• Bring your own water bottle.
• Limit contact with runners at finish line area.

Equipment/Facility Considerations:
• Clean and disinfect frequently touched surfaces.
• Course measured at least 6 feet wide for as much of course as possible.
• No team tents
• Regular cleaning & disinfecting of restroom and port-a-potties per health department guidelines.
• Provide hand sanitizer.
Coaches Practice Considerations:

- Consider conducting workouts in “pods” of the same students always training and rotating together in practice to ensure more social distancing.
- Keep accurate records of who attends practice – days and times.
- Athletes are responsible for their own supplies.
- Athletes bring their own water bottle/jug.
- Covered face clothes are permitted.
- Consider limiting the number of students coming to practice.
- Runners should remain 6 feet apart.

Contest warm up Considerations:

- Teams should stay together, don’t intermingle with other schools.
- No pre-race huddles.
- Maintain social distancing of 6 feet. • Consider wearing mask other than times of physical exertion.

Parents Recommendations

BEFORE PRACTICE OR GAMES:

- Check your athlete, yourself and anyone else coming with you for these symptoms. DO NOT go if you say ‘yes’ to any of these:
  - Fever (over 100.3°F)
  - Cough / Shortness of Breath / Sore Throat / Congestion / Headache / Chills
  - Muscle and/or Joint Pain / Nausea/ Vomiting / Loss of / Sense of Smell and Taste / Diarrhea
  - Label your athlete’s water bottles, towels and other personal equipment to help eliminate sharing.
  - DO NOT go to any league activities if you or they have been exposed to COVID-19 within the past 14 days.

AFTER PRACTICE AND MEETS:

- Wash your athlete’s clothes immediately.
- Have your athlete shower immediately.
- Keep your athlete’s equipment and uniform in a plastic bag during the ride home, then sanitize immediately.
- Parents are encouraged to take any additional reasonable steps to make them comfortable with their athlete playing this year.
- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.

CYO Tackle Football Health and Safety Recommendations for COVID – 19
**Coach Responsibilities:**
- Take your temperature daily to ensure you are fever free.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure that the coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Always wear a face mask.
- Coaches should maintain social distance requirements from players based on state and local health requirements.
- Have fun, stay positive – players and parents are looking to you for leadership.
- If a coach gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.

**Parent Responsibilities:**
- Ensure your child is healthy, and check your child’s temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Due to restrictions on the amount of people we are allowed to have on the field, we need to reserve the space for players and coaches only. We ask that parents do not remain in the practice area during training.
- Wear a mask if outside your car.
- Ensure child’s clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your coach immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.
- If a parent gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.

**Player Responsibilities:**
o Take your temperature daily to ensure you are fever free.
o Wash hands thoroughly before and after training.
o Bring, and use, hand sanitizer with you at every training.
o Wear a mask before and immediately after all training.
o Do not touch or share anyone else’s equipment, water, food or bags.
o Practice social distancing, place bags and equipment at least 6 feet apart.
o Wash and sanitize all equipment before and after every training.
o No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
o All participants should be required to bring and fill their own containers.
o Water containers/bottles must not be shared.
o Communal drink stations such as hydration carts should not be used. Participants are encouraged to bring larger than normal water containers to limit the need for refilling.
o Significant consideration must be given in devising plans for refilling personal water containers, if necessary, without contamination from participants. Extra care should be taken to sanitize any coolers used.
o Administrators should not assist with the personal water containers of participants and staff.
o If a player gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.

CYO Flag Football Health and Safety Recommendations for COVID – 19

Revised August 1, 2020

GENERAL GUIDANCE

• Wear a cloth face covering that covers your nose and mouth upon entering practices and games
  • Stay at least 6 feet away from non-household members
  • Limit the attendance to games as family can only show up for their respective game.
• No spitting, and we encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash
• Stay home if you are sick
• Cloth Face Coverings. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. For the games, while players are actually on the field, they won't be required to use face coverings. However, face coverings should be worn by coaches, youth, players not on the field playing, staff, officials, parents, and spectators as much as possible. However, we understand how difficult it could be to wear a face-covering for several hours, so if you're around
someone outside of your traveling party/team, please be mindful and wear your face covering.

- Wearing cloth face coverings is most important when physical distancing is difficult.
  Note: Cloth face coverings should not be placed on:
  - Babies and children younger than two years old;
  - Anyone who has trouble breathing or is unconscious;
  - Anyone who is otherwise unable to remove the cloth face-covering without assistance.
  - Shared Objects We discourage the sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, flags, water bottles, clothing, or other things they use to wipe their faces or hands.
  - Keep each player's belongings separated from others' and in individually labeled containers, bags, or areas.
  - Avoid sharing food and utensils.
  - Players should be placed at least 6 feet apart on the field while participating (e.g., during warmup and while on the sidelines)
    We discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.

- Keep players together in small groups with dedicated coaches and make sure that each group of players and coaches avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.

- Staggered League Schedule Stagger arrival and drop-off times by team will be put in place to limit contact between groups as much as possible.
  Ensure any person planning to attending practices and games should show no signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days. Have no above normal temperature readings (100.4 degrees F+); families should conduct temperature checks before arriving at the tournament. Upon arrival to practices and games, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.

- Appropriate infection prevention supplies will be present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, handwash stations, etc.) Teams should use their own equipment and properly sanitize the equipment after every game. Equipment cleaning must be done with the proper use of disinfectant before, during, and after games. While coaching on the sideline, coaches must maintain social distancing from all their players, and players should also keep social distancing from each other.

Coach Responsibilities:

- Ensure the health and safety of the participants. Inquire how the athletes are feeling. Send home anyone you believe looks ill. Follow all the league protocols and guidelines. Ensure all athletes have their own individual equipment (flags, water, bag, etc.) Ensure the coach is the only person to handle equipment do not enlist parental or attendee assistance. During half-time, a designated coach should sanitize each ball that is being
used for the game. Have fun, stay positive – players and parents are looking to you for leadership. The coach should assist in making sure that athletes maintain proper social distancing.

**Parent Responsibilities:**
- Ensure your child is healthy and check your child's temperature before arriving to practices and games. Consider not carpooling or very limited carpooling. Adhere to social distance requirements, based on our league guidelines. Wear a mask if outside your car. Ensure the child's clothing is washed after each practice and game. Ensure all equipment (cleats, ball, flags, etc.) are sanitized before and after the each practice and game. Notify your coach immediately if your child becomes ill for any reason. Do not assist your coach with the equipment before or after games. Be sure your child has the necessary sanitizing products with them during the each practice and game.

**Players Responsibilities:**
- Take your temperature daily and especially before activities with others. Wash hands thoroughly before and after games. Bring and use hand sanitizer with you after each game. Wear masks before and immediately each game. Do not touch or share anyone else's equipment, water, flags, etc. Practice social distancing, place bags, and equipment at least 6 feet apart. Wash and sanitize all equipment before and after the tournament. There will be no physical group celebrations, high-5s, hugs, handshakes, fist-bumps, etc. Follow all the tournament guidelines as well as those of your local health authorities.

**Teams:**
- Greet players/parents before practices and games and administer screening questions about player illnesses and those within their household members. Check temperatures. Make masks and gloves available to those who want to wear them. Utilize hand sanitizer prior to, during, and after participation. Participants and attendees should use their own water bottle, towel, and personal hygiene products.

**Equipment:**
- Before each session: All equipment that is touched during play should be disinfected with spray/wipes. Only coaches and staff should touch the equipment, if possible. All items should be washed after practices and games.
- Upon leaving the games, a garbage can will be available to discard used masks and gloves. Everyone is required to use hand sanitizer prior to leaving the field.