

Youth Sports Guidelines and Protocols

This overview provides structure for Youth Sports during this unprecedented time of the COVID-19 pandemic. Included within are specific steps to be implemented for the baton twirling event. This is provided to ensure the health and safety of everyone. Participation is a personal choice and individuals, and families need to feel comfortable determining if they would like to resume activities in this small group environment. We require all participants (coaches, parents, athletes, administrators, etc.) communicate to better understand the safety policies in place and work together to protect against the spread of COVID-19.

The following documentation will overview the protocols, general measures and roles of involved parties put in place to ensure a safe experience for all participants including but not limited to:

GUIDELINES

This document was created using documentation from the following sources

- Center for Disease Control and Prevention (CDC) COVID-19 Guidelines
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/camp-planning-tool.pdf>
- California Department of Public Health (CDPH) COVID-19 Guidelines

GENERAL MEASURES TAKEN AT EVENT

- Educate coaches and athletes on appropriate cleaning and disinfection, hand hygiene and respiratory etiquette per CDC guidelines and the CDPH requirements
- Designated administrator responsible for monitoring and tracking the adherence to the documented COVID-19 Guideline and Protocol at event
- Establish protocol for administering a wellness check for participants before entering facility
- Maintain a confidential list of all participants for contact tracing purposes
- Participants should follow CDC Self Check prior to arriving and STAY HOME if not feeling well
- Frequently clean commonly used surfaces (doorknobs, etc..) with antiseptic cleaner
- Promote healthy hygiene practices to all spectators and participants to reduce the risk of infection such as:
 - Avoid touching your face
 - Frequently wash hands with soap for at least 20 seconds or use an alcohol-based hand sanitizer
 - Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterwards
 - Maintain a distance of six feet between yourself and others
 - Avoid personal contact with others
 - Stay home if you feel sick and contact your healthcare provider

ROLES AND RESPONSIBILITIES

Coaches

- If a parent/guardian does not feel comfortable having their child participate in any event, be supportive of player choosing NOT to participate.
- Ensure all athletes have their own individual equipment (Baton, Water, etc..) and will sanitize/clean it before and after use
- Ensure coach shall be the only person allowed to place/pick-up/touch equipment.

Participants

- If you are not comfortable with returning to play, DON'T participate.
- Adhere to all protocols as provided by the event organization consistent with the State and/or Local guidelines
- Wash hands thoroughly before and after activities
- Wash and sanitize training equipment (batons, shoes, gear, clothing) before and after event
- Bring and use hand sanitizer with you
- Always wear a facial covering while in the facility (exception: athlete's practice and actual performance)
- Do not share water, food, or equipment
- Respect and practice social distancing
- Place equipment, bags, etc. at least 6 feet apart
- No high 5's, handshakes, knuckles, huddles or group celebrations.
- Recommend no practice/warm-up outside of event facility

Parents

- Check your child's temperature before activities with others
- Ensure child's clothing and equipment is cleaned after use
- Supply your child with sanitizing products and a mask
- Adhere to social distance requirements
- Ensure your athlete has plenty of water
- Notify your coach immediately if your child becomes ill for any reason

CLEANING, DISINFECTING AND SANITATION PRACTICES

Hand Hygiene and Respiratory Etiquette

- Teach and reinforce handwashing with soap and water for at least 20 seconds and increase monitoring to ensure adherence among players and coaching staff.
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used
 - Cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.

Cleaning and Disinfection

- Clean and disinfect frequently touched surfaces within the facility at least daily or between use as much as possible.
 - Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.
- Shared Objects
 - No sharing of items that are difficult to clean, sanitize, or disinfect.
 - Athletes should bring their own equipment so that no equipment is shared
- Adequate Supplies
 - Support good hygiene by providing supplies including soap, hand sanitizer with at least 60 percent alcohol, paper towels, tissues, disinfectant wipes, and face coverings

EQUIPMENT USAGE AND CLEANING

- It is the responsibility of the family to ensure that all personal equipment is cleaned following each session
- The coaches are responsible for cleaning all team equipment used in activities at the competition

IMPLEMENTATION OF SOCIAL DISTANCING AND MASK REQUIREMENTS

- Social Distancing
- All participants, spectators and coaches are to maintain a 6-foot distance when possible
- Do not gather in groups – no team huddles/talks

Cloth Face Coverings

- Face coverings can help protect people near the wearer but do not replace the need for physical distancing and frequent handwashing
- Face coverings must cover the nose and mouth
- Face coverings should be washed or discarded after each use
- Avoid touching eyes, mouth, and nose
- Sanitize hands before and after using or adjusting face coverings