



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **Cumberland YMCA Youth/Adult Sports**

### **Health and Safety in COVID-19**

To ensure the health and safety of our sport participants, spectators, and staff members, we have made updates to some of our COVID-19 health and safety procedures. Please review the following information so you can be best prepared!

### **What to Bring when Participating in YMCA Sports Programs:**

- Face Mask
- Water Bottle

### **Spectators**

Outlined below are those requirements for sport program spectators.

- Face masks are recommended to be worn by the spectators at all times.
- Spectators are encouraged to wash their hands or use hand sanitizer before entering the seating area.
- Spectators will be required to comply with the appropriate venue guidance.

### **Participants**

- Participants are encouraged to come dressed to play upon arrival. Face masks are recommended to be worn by participants on the "bench".
- Participants are asked to fill their water bottle and use the restroom before arriving to their sport event, in an effort to limit the use of communal space.
- Participants are asked to avoid arriving to their scheduled program no more than 10 minutes before the start time to avoid overcrowding.

- Participants are encouraged to wash their hands or use hand sanitizer before entering the sport program venue.
- Participants are asked to self-screen before arriving to the facility.
- Participants will be asked to monitor their health throughout their activity and immediately report any sign of symptoms to their coach or YMCA staff member. Symptoms include, fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- If a participant is experiencing any symptoms of COVID, they will be asked to leave the facility immediately.
- Coaches will discourage any intentional or non-competitive contact that is unrelated to direct play (i.e. high fives, handshakes, team huddles, etc.)

## **Program Areas**

Additionally, we have increased our safety measures and cleaning protocols surrounding our facilities:

- Hand sanitizer and hand washing stations will be available throughout and in all indoor common areas.
- All doors leading to sport program areas will be propped open when possible.
- Drinking fountains will be available for water bottle refills. \*All policies/procedures are subject to change, at any time, in an effort to keep our participants, members and staff safe.

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