



## Return to Play Operating Protocol for YMCA Youth Basketball 2020

The Family YMCA is committed to protecting the health, safety, and well-being of all our community. After carefully reviewing the guidelines established by the State of New Mexico<sup>1</sup>, the New Mexico Department of Health, and New Mexico Activities Association<sup>2</sup>, we believe that we can operate youth sport programs under safe conditions.

There is currently no reliable treatment for COVID-19 and a vaccine is not yet available. Due to the risks associated with COVID-19, restarting youth sports is a slow and careful process that needs to be well planned. This document is intended to serve as a resource in that planning.

The current basketball program has been redesigned to meet the requirements outlined in the current emergency public health order, effective October 16<sup>th</sup> through November 13<sup>th</sup> 2020, which permits youth sports to commence conditioning and skills development in accordance with COVID-Safe Practices<sup>3</sup>. Adjustments will be made as necessary as public health orders change restrictions.

Updated copies of this protocol will be made available to all employees, participants, and families.

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<sup>1</sup> New Mexico Department of Health. (2020, October 16). *All Together New Mexico: COVID Safe Practices for Individuals and Employers*.

<sup>2</sup> New Mexico Activities Association. (2020, October 16). NMAA Return to play guidelines.

<sup>3</sup> New Mexico Department of Health. Public Health Order (2020, October 16).

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## Program summary

The youth basketball program this fall is adapted to adhere to COVID-19 best practice guidelines for youth sports. This program will consist only of practices. Contact play and competitive play remain off-limits, therefore there will be no games or scrimmaging with other teams. The program curriculum will focus on the fundamentals of basketball, such as ball control and dribbling skills, and drills for shooting and passing while incorporating teamwork and good sportsmanship. As of October 16<sup>th</sup> 2020, teams/cohorts will consist of no more than 5 individuals, comprised of registered players only, per the revised state requirements for youth sports.<sup>4</sup> No guest players or transferred players from other teams will be allowed to avoid mixing cohorts. The program will also be limited to youth who live in the local geographic area (within a 50-mile radius) and non-essential visitors will not be permitted to observe practices. No physical contact will be allowed (i.e. high fives, huddles, handshakes, etc.).

The YMCA will provide adequate supplies to support enhanced hygienic measures and work with facility administration at practice sites to ensure appropriate signage is present to assist in education about stopping the spread of COVID-19. Program administrators of The Family YMCA will monitor public health orders and adapt the program to any changes in restrictions and guidelines.

## Waiver of Liability

All employees, volunteers, coaches, and program participants of The Family YMCA must sign a [COVID-19 liability waiver](#). Everyone entering a YMCA facility or practice location must sign a waiver, regardless of duration of stay or member status.

Participation in any program of The Family YMCA also requires an up to date release and waiver of liability and indemnity agreement.

[Liability waiver for ages 17 and under](#)

[Adult liability waiver](#)

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<sup>4</sup> New Mexico Department of Health. (2020, October 16). *All Together New Mexico: COVID Safe Practices for Individuals and Employers*.

## Measures to Ensure Player and Coach Safety

The current program risk management strategy consists of COVID-19 screening, enhanced hygienic measures, social distancing enforcement, and clear communication channels.

### Screening

Screening will be conducted before players and coaches may participate in youth sports activities. Program participants must stay home if they feel sick or symptomatic.

The screening procedure consists of a temperature check and a check-in concerning COVID-19 related symptoms (fever, cough, shortness of breath, difficulty breathing, etc.) and whether the person has had contact with a person known or suspected to be infected with COVID-19 within the last 14 days.

- These checks can be done in person or through alternative methods such as *through signage posted at the entrance to the facility stating that visitors with these symptoms should not enter the premises.*
  - If the person has had contact to a known or suspected COVID-19 case in the last 14 days, they should be sent home immediately and asked to quarantine at home.
  - If the person is showing any of the symptoms noted above, they should be sent home immediately and asked to isolate at home. Provide them with the isolation instructions and testing locations.

### Temperature Screening

Upon arrival, temperature will be checked with a no-touch forehead infrared thermometer. An individual recording a temperature reading of more than 100.4 F will not be allowed to participate or enter the practice location and restricted from returning for 14 days. Everyone entering the facility must submit to a temperature reading.

### Hygiene

#### Face masks

All players, coaches, staff, family members, and visitors are required to wear an appropriate face covering that covers the nose and the mouth at all times.

- Face masks must be worn for the entire duration at the site of the program participation, including during exercise and participation in the program.
- If a participant does not have an acceptable mask, they will be asked to leave the premises. Masks can only be removed briefly for the purpose of drinking.
- Players should take a break from exercise if any difficulty breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player's face and obstructs breathing.

See [Face coverings and Exercising, Do's and Don'ts](#) for more information.

### Personal hygiene for program participants

- Frequent hand washing/sanitizing will be encouraged before, after, and during the program
- Players and coaches should use hand sanitizer when handwashing is not practicable.
  - Children under age 9 should use hand sanitizer under adult supervision. Call Poison Control if consumed: 1-800-222-1222.
- Individuals should avoid touching eyes, nose, and mouth.
- Players must bring their own pre-filled reusable or purchased water bottles. Water fountains are available to fill water bottles only. Players should not drink from the same beverage container or share beverages.
- Cover coughs and sneezes with a tissue if able, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).

### Social Distancing

- Teams/cohorts will consist of no more than 10 individuals. Registered players only.
  - No guest players or transferred players from other teams are allowed to avoid mixing cohorts.
- The program will be limited to youth who live in the local geographic area (within a 50-mile radius) to reduce risk of spread from areas with higher levels of COVID-19.
- No physical contact allowed. Players are discouraged from making unnecessary physical contact with one another (i.e. high-fives, handshakes, fist bumps) to limit the potential for disease spread.
- We are closing viewing for all practices. We ask that parents do not stay in the program space while the program is in session. It is ok to enter the facility to drop off a child or speak with our staff.
- Students should leave promptly after their program to help with social distancing.
- Players may engage in limited sharing of equipment. If equipment must be shared, it is disinfected before and after, or as necessary to reduce the risk of COVID-19 spread.
- Avoid sharing items such as phones or other devices. If devices must be shared be sure to wipe them down with a disinfectant wipe before and after sharing.
- Areas used for the programs will have adequate ventilation or ventilation time if scheduled before/after other programs using the same space.
- Sports teams that have access to indoor bathroom and locker facilities may access them for the purposes of engaging in hand hygiene and utilizing the restrooms. Stagger visits to the locker room or rest rooms to allow for physical distancing while indoors.
- Avoid carpooling to the program with individuals who are not immediate family members.

## High Risk Individuals

It is required to inform high risk individuals or those who are in contact with high risk individuals on the need for additional actions and precautions (such as not participating in activities)<sup>5</sup>. COVID-19 is a serious illness for anyone who tests positive, but can be particularly dangerous for vulnerable individuals such as older adults, individuals who live in a nursing home or long-term care facility, and individuals of any age with serious underlying medical conditions. Visit the CDC website for more information on people who are at increased risk.<sup>6</sup>

Vulnerable individuals are advised to follow these additional guidelines:

- Stay at home as much as possible.
- Make sure you have access to several weeks of medications, groceries, and supplies in case you need to stay home for prolonged periods of time.
- In public spaces, keep away from others who are sick, wear a mask, limit close contact, and wash your hands often.
- Avoid crowds.

If you are sick, contact the Department of Health by dialing the coronavirus hotline at 1-855-600-3453.

## Maintenance Protocols

Facility cleaning and maintenance is the responsibility of the establishment with ownership of the facility in use (the Los Alamos Public Schools or The Family YMCA). Facilities will be cleaned pursuant to the New Mexico Department of Health and the New Mexico Activities Association guidelines. Water fountains available should be used to fill water bottles only.

It is the responsibility of staff, volunteers, and coaches of The Family YMCA to sanitize commonly used items are sanitized regularly, and to sanitize sports equipment before and after use.

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<sup>5</sup> New Mexico Department of Health. (2020, October 16). *All Together New Mexico: COVID Safe Practices for Individuals and Employers*.

<sup>6</sup> Centers for Disease Control and Prevention. (2020, February 11). *People at Increased Risk and Other People Who Need to Take Extra Precautions*.

## Monitoring Protocols

Instruction and information signage will be posted throughout the facility regarding infection control, physical distancing and the use of face coverings. Online outlets of the youth sports program (website, social media, etc.) will provide clear information about social distancing, use of face coverings and other issues. Signs posted will instruct visitors that they should stay home if sick with COVID-19 symptoms.

It is the responsibility of coaches and YMCA administrators to monitor compliance of posted restrictions. Participants will be asked to leave if not they do not comply with these restrictions.

## Coaches Training

A coaches' training meeting will be held before the program begins. Videoconferencing may be used to hold this meeting.

Training will include the proper use and disposal of PPE, as well as COVID-19 safety and cleaning protocols before the program begins and throughout the program as needed.

Coaches will provide instruction for children regarding hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing.

## Designated COVID-19 Point of Contact

Designated staff contacts are responsible for responding to COVID-19 concerns.

YMCA Sports & Programs Coordinator: Erin Ortiz | [eortiz@laymca.org](mailto:eortiz@laymca.org) | (505) 662-3100 ext. 313

YMCA CEO: Chris Daniels | [cdaniels@laymca.org](mailto:cdaniels@laymca.org) | (505) 662-3100

## Plan of action in the event a participant becomes sick

### On-site action

- ❑ Children that become sick should be picked up immediately. Only in emergency situations should staff call 911. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- ❑ Immediately separate coaches, staff, officials, and players with COVID-19 symptoms.
- ❑ Notify the Los Alamos Public Schools facility monitor and COVID-19 point of contact for The Family YMCA.

- Individuals who test positive for COVID-19 should follow should follow current CDC guidance. See [CDC guidance for caring for oneself and others who are sick](#).

### Program administrator action

In the event of a sick or COVID-19 positive case, program administration will follow current CDC and New Mexico Department of Health protocol and guidelines.

Program administration should make sure that coaches, staff, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify the COVID-19 point of contact if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

### COVID-19 Testing Information

Testing for COVID-19 is free and available to all in New Mexico. Testing sites can be located on [the New Mexico Department of Health website](#).

The Department of Health strongly encourages the following groups to get tested (New Mexico Department of Health, 2020):

- Symptomatic people displaying the COVID-19 symptoms of cough, fever, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and/or loss of taste or smell.
- Asymptomatic people who are close contacts or household members of New Mexico residents who have already tested positive for the coronavirus;
- Asymptomatic people who live or work in congregate settings such as detention centers and long-term care facilities; and
- Patients who are scheduled for surgery and whose provider has advised them to get tested before the procedure.

## References

- Centers for Disease Control and Prevention. (2020, September 18). *If you are sick or caring for someone*. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#discontinue-isolation>
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- The Office of Governor Michelle Lujan Grisham. (2020, September 17). *State to amend guidance for small groups in exercise settings, outdoor activities* [Press release]. Retrieved from <https://www.governor.state.nm.us/2020/09/17/state-to-amend-guidance-for-small-groups-in-exercise-settings-outdoor-activities/>