



Return to Play Operating Protocol for YMCA Programs 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 Mexico¹ and the New Mexico Department of Health, we believe that we can operate athletic programs and youth sports 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 and athletic programs is a slow and careful process that needs to be well planned. This document is intended to serve as a resource in that planning.

All of the YMCA programs have been adapted to meet the requirements outlined by the current emergency public health order², effective October 16th through November 13th 2020. 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.

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

² New Mexico Department of Health. Public Health Order (2020, October 16).

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Summary

Programs offered by The Family YMCA this fall will be adapted to adhere to COVID-19 best practice guidelines for athletics and youth sports. As of October 16th 2020, Program classes will consist of no more than 5 individuals, comprised of registered participants only³.

The Family YMCA offers a diverse set of programs. Before restarting, each program will be assessed to address COVID-19 safety adaptations specific to the activity. Program administrators will continuously monitor public health orders and adapt the program to any changes in restrictions and guidelines.

Waiver of Liability

All employees, volunteers, instructors, and program participants of The Family YMCA must sign a [COVID-19 liability waiver](#). Everyone entering a YMCA facility 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](#)

³ Group size limits were restricted to 5 individuals by New Mexico Exec. Order No. 2020-072 (2020, October 16)

Measures to Participant and Instructor 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 registered individuals may participate in YMCA program 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 at the Family YMCA, forehead temperature will be checked with a no-touch infrared thermometer. An individual recording a temperature reading of more than 100.4 F will not be allowed to participate or enter the Family YMCA facility and restricted from returning for 14 days.

Everyone entering the facility must submit to a temperature reading.

Hygiene

Face masks

All participants, instructors, 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 of the program. Masks can only be removed briefly for the purpose of drinking water.
- Individuals 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 their 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
- ❑ Participants and Instructors 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.
- ❑ Participants must bring their own pre-filled reusable or purchased water bottles. Water fountains are available to fill water bottles only. They 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

- ❑ Program classes will consist of no more than 10 individuals. Registered participants only.
- ❑ The program will be limited to individuals 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 programs. 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.
- ❑ Bathroom and locker facilities may be accessed 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)⁴. 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.⁵

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 Family YMCA. Facilities will be cleaned pursuant to the New Mexico Department of Health guidelines. Water fountains available should be used to fill water bottles only.

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

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

⁵ 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 YMCA programs (website, social media, etc.) will provide clear information about social distancing, use of face coverings and other issues.

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

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 | (505) 662-3100 ext. 313

YMCA CEO: Chris Daniels | 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 instructors, staff, and participants with COVID-19 symptoms.
- ❑ Notify the 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.⁶

Program administration should make sure that Instructors, staff, participants, and families know that sick individuals should not attend the program, 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.

⁶ New Mexico Department of Health. (2020, October 16). *All Together New Mexico: COVID Safe Practices for Individuals and Employers*.

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](#).⁷

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.

⁷ New Mexico Department of Health. COVID-19 Screening & Testing Sites. (2020, September). Retrieved September, 2020, from <https://cvprovider.nmhealth.org/directory.html>

References

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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/>