



NATIONAL YOUTH SPORTS-SAN ANTONIO

Play Safe, Stay Safe- Program Activity Hygiene Plan

Safety protocols should apply to practices and games. NYS will modify the protocols as needed.

VOLLEYBALL

SAFETY NOTICES:

- Parents should monitor the health of their children and not send them to participate in sporting activities if they exhibit any symptoms of COVID-19. They should seek COVID-19 testing promptly and **report results to the program** given the implications for other children, families, and staff.
- Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.
- Parents/guardians and participants must be aware of the enhanced risks of participants being in direct contact with anyone age 65 or older or with underlying health conditions for 14 days after participating in a sport event or practice.
- Players, coaches, parents, and spectators with any symptoms should not attend any practices or games and self-quarantine.
- Any person returning from a country with ongoing COVID-19 infections should monitor their health and follow instructions from public health officials.
- *The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.*
- Players, coaches, spectators, and staff should practice proper hygiene, wash hands frequently with soap and water, use sanitizer, abstain from touching their face, and cover coughs or sneezes with a tissue. Tissues should be thrown into the trash. Clothes should be laundered after all workouts.
- Please refer to the [Checklist for Youth Sports Families](#) for more information on how to safely return to playing youth sports.

GENERAL SAFETY PROTOCOLS:

- A parent/guardian must sign the Covid-19 Waiver for their child to participate in the NYS sports program (waiver included in registration). Names will be checked against the roster prior to the first game.
- Brooks Collegiate Academy has stated they will have the gyms and bathrooms cleaned and sanitized before we enter for the day for games.
- NYS staff will screen and temperature check every person coming into the gym on game days for the COVID-19 symptoms. Any temperature reading of 100.4 or higher will result in denial of entry.
- Common areas and high traffic areas/objects will be disinfected on a regular basis throughout the day.
- All players, coaches, staff, and spectators should practice social distancing of 6ft. wherever possible, especially in common areas. This won't always apply to players engaging in the sports activity.
- Wearing masks is mandatory inside the building. The mask should cover the nose and mouth.
- Hand sanitizer will be available at the entrance to the gym doors in the lobby.
- After each game concludes, the team chairs and scorekeeper table area will be wiped down and disinfected before the next team arrives. The volleyball net will also be sanitized after the conclusion of the game.
- Additional time between games will be provided to allow for one group to vacate the facility before the next group arrives.
- Doors at the entrance to the blue gym will be left open so they do not have to be touched.
- Both entrances to the lobby will be unlocked. The entrance doors on the right will be open for volleyball.
- All players, coaches, and parents/spectators of the game will exit the side doors (not the lobby) before the next teams arrive into the gym.
- There will be no team huddles inside the gym space to allow for our staff to sanitize and be ready for the next group of games. Teams can find an area outdoors to allow for social distancing for a team talk after the game.
- Team snacks/drinks are discouraged from being handed out to mitigate items coming from multiple households.
- The concession stand in the lobby will not be open to minimize the traffic flow.
- Water fountains will be closed.
- Restrooms should have one occupant at a time.
- If a player on the team tests positive for Covid, report to National Youth Sports immediately. That team must quarantine (no games or practices) for the required 10 days to ensure no one else on the team has been infected. ([See CDC guidelines here.](#)) Games missed due to quarantine can be rescheduled to another date during the season. If the infected individual played against another team, that team will be notified to quarantine from games and practices as well. If a player has known exposure to COVID-19, report to NYS immediately and the

player must quarantine from the team. For other scenarios, please contact NYS to discuss quarantine or safety measures.

STAFF GUIDELINES:

- NYS will train all staff on appropriate cleaning and disinfection, hand hygiene, and [respiratory etiquette](#).
- NYS will screen all staff on game days for the COVID-19 symptoms.
- NYS will limit staff with underlying conditions from attending or staffing sporting events.
- Staff will wear cloth face coverings with the exception of referees during the game.
- Staff will sanitize their hands regularly as needed per individual.
- Staff will mitigate environmental exposures by additional cleaning and disinfecting of common areas and will follow and supervise the Program Activity Hygiene Plan.

HEAD COACHES & ASSISTANT COACHES & VOLUNTEERS:

- All coaches/volunteers should take their own temperature before going to practices or games and should stay home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses of contagious disease.
- NYS staff will screen all volunteer coaches and scorekeepers on game days for the COVID-19 symptoms. Any temperature reading of 100.4 or higher will result in denial of entry.
- NYS requires that all volunteer coaches and volunteers at the score table wear masks at all times.
- Coach placements: one coach at the bench, one coach on the opposite side, one coach or two volunteers (parent from each team) at the score table allowed. Masks required.
- Teams will stay on the side they start on throughout the entire game. No switching sides.
- Spray disinfectant will be provided at the game areas to be used as needed. (Adult use only.)
- Coaches will help in disinfecting the game balls when necessary during their game, especially between matches.
- Hand sanitizer will be available at the games for use, but each coach and parent should carry their own personal hand sanitizer to practices and games. We encourage the use of hand sanitizer as needed per each individual.
- Coaches will assist with reminding the players on their team about [good hygiene practices](#).
- At the end of the game, coaches will remind players to pick up trash and belongings from the bench area before exiting the gym through the side door behind the benches.
- For safety protocols for practices, please see this [Safe at Practices](#) document.

SPECTATOR GUIDELINES:

- All spectators should take their own temperature before going to practices or games and should stay home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses of contagious disease. NYS will temperature check and screen spectators before entry into games.

- Limited spectators to two per player to allow for more distance on the bleachers between spectators.
- Spectators are asked not to enter into the building until the previous game's spectators and players have left the building. Consider staying in vehicles until the doors are opened for your child's game.
- Spectators are required to wear masks at all times while indoors. Masks must be worn over the mouth and nose.
 - Note per CDC: Cloth face coverings should not be placed on:
 - Babies and children younger than 2 years old;
 - Anyone who has trouble breathing or is unconscious;
 - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.
- Hand sanitizer will also be provided at the entrance to the gyms for spectators and are encouraged to utilize it as needed. We do encourage spectators to bring a personal hand sanitizer for their own use as well.
- Spectators are asked to sit 6 feet away (social distancing) from those not in your family circle while on the bleachers.
- Social distance at 6ft. when in common areas and on bleachers.
- At the end of the game, we ask that all trash and belongings are picked up from your area.
- Spectators will leave through the side doors of the gym (not the lobby entrance).

PLAYER SAFETY PROTOCOLS:

- Parents/guardians should take their player's temperature before going to practices or games and should stay home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses of contagious disease. NYS will temperature check and screen players before entry into games.
- Players are required to wear a mask during play and in common areas or when social distancing can not take place due to lack of space.
- Two (or more) game balls will be decided upon by the coaches before each game. They will be sanitized before the start of the game and switched and sanitized intermittently during the game. The balls will be sanitized at game breaks: timeouts, end of quarters or sets, and any other available time as necessary.
- Teams will stay on the same side through the whole game. No switching sides.
- Each child is responsible for their own drink and is encouraged not to share drinks or towels with other players. No team snacks or drinks should be handed out.
- Hand sanitizer will be provided at the scorekeeper table. The sanitizer bottles will be disinfected at the end of the game for the next teams playing. We do encourage players to have a personal use hand sanitizer to bring to the bench for only their use.
- Players are encouraged to sanitize their hands before the game begins, in between quarters, halftime, end of game, and as needed by the individual player.

- Players are asked to do air-fives instead of high-fives to congratulate their teammates. Social-distancing needs to be kept when congratulating players.
- At the end of the game, teams will not do the normal high-five line with the other team. They are encouraged to do air-fives and say “Good game!” from their side of the court.