

# **YOUTH & ADULT SPORTS PROTOCOLS**

*Revised: November 2020*



The Parks & Recreation Department adheres to federal, state, city, and county guidelines to avoid exposure and transmission of COVID-19 at events, programs, and facilities. Anyone experiencing flu-like symptoms with a temperature above 99.5 F degrees — or has come in contact with anyone who has tested positive for COVID-19 — is prohibited from participating or attending events or programs. Participants must acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that you or your children may be exposed to or infected by COVID-19 through participation and that such exposure or infection may result in injury, illness, permanent disability, or death. The risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of yourself or others, including, but not limited to, city employees, volunteers, and program participants and their families.

## **STAFF PROTOCOLS**

### **GENERAL HYGIENE**

City of College Station staff members are required to follow CDC recommendations for reducing transmission and maintaining healthy business operations and work environments, including but not limited to:

- Regularly washing hands with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Wearing a face mask covering the nose and mouth in public settings where social distancing (6 ft.) is not possible.
- Not touching their face, eyes, nose, or mouth.
- Wearing gloves.
- Coughing and sneezing into a tissue or inside their shirt.
- Staying home if they are sick or knowing they will not pass the wellness screening.
- A verbal wellness screening will be conducted for staff members each day for any of the following new or worsening signs of possible COVID-19:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Diarrhea
  - Feeling feverish
  - Known close contact with a person who is lab-confirmed to have COVID-19

### **STAFF UNIFORM REQUIREMENTS**

To address safety and to readily identify, staff members must wear a staff vest, mask, and closed-toed shoes. Staff members will be provided with necessary PPE for each shift and are asked to arrive each day with newly washed clothes.

# PROTOCOL SURROUNDING HEALTH CONCERNS

## MASK PROTOCOL

Face coverings are used to reduce the risk of spreading COVID-19. Face coverings may be challenging for players (especially younger ones) to wear while playing sports. However, face coverings that cover both nose and mouth should be worn by coaches, staff, officials, parents, and spectators.

- Wearing cloth face coverings is essential when six-foot social distancing is not possible.
- People wearing face coverings should not touch the front of the face covering and should frequently wash or sanitize their hands

Note: Cloth face coverings should **not** be placed on:

- Babies and children younger than ten 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.

## ATHLETE EXPECTATIONS

- Athletes participating in City of College Station sports programs or leagues are expected to follow facility policies regarding behavior, hygiene, health practices, social distancing, and CDC recommendations.
- Athletes must be able to participate in programs and follow instructions by athletics staff to ensure their safety.
- Athletes who show disregard for policies or exhibit intentional disruptive behavior that intentionally puts others at risk may be suspended from participating.
- Athletes are strongly recommended to travel to and from the venue alone or only with immediate household members.
- Athletes must adhere to a six-foot social distancing when not participating in physical activity between those who are not members of their team or household such as officials, opposing team members and coaches, spectators, etc.
- Athletes will be advised to conduct a wellness screening before attending games or practices on their own or with their guardians (if underage). If you are not feeling well or exhibiting any signs of illness — such as coughing, fever, chills, fatigue, or headaches — immediately notify your team members and do not attend.
- Water and personal equipment must not be shared. Personal belongings should be used only by the individual owner or operator, including but not limited to water bottles, gloves, bats, hats, balls, shin guards, mouthpieces, bags, headbands, and other on- and off the field gear.
- Athletes scheduled to play or practice next following another time slot are not allowed to enter the playing area until the previous team has finished sanitizing and removed their belongings.
- No-Touch Rule: athletes will be asked to not engage in high fives, handshakes, fist bumps, hugs, or other physical contact with teammates, opposing players, coaches, referees, umpires, and fans.
- No spitting or eating seeds, gum, or other similar products.
- All athletes are asked to wear face coverings that cover both nose and mouth when not actively participating, and when six-foot social distancing is not possible.

## COACH EXPECTATIONS

- A mandatory virtual coach and parent orientation will be scheduled to review expectations.
- Coaches must be able to participate in programs and follow instructions by athletics staff to ensure their safety.
- Coaches who show disregard for policies or exhibit intentional disruptive behavior that intentionally puts others at risk may be suspended from coaching.

- Coaches are asked to support the program in providing a safe space for participants and staff by informing the athletics staff of community exposure or any known exposure reported by a member of their team.
- Coaches must adhere to six-foot social distancing in dugouts and sidelines at games and practices between those who are not members of their team, such as officials, opposing team members and coaches, spectators, etc.
- Coaches will be advised to self-screen before attending games or practices. If you are not feeling well or are exhibiting signs of illness — such as coughing, fever, chills, fatigue, or headaches — immediately notify your team members and athletic staff, and do not attend.
- Coaches are asked to wear a face covering during games and practices that covers both nose and mouth when six-foot social distancing is not possible.
- Coaches that are scheduled to play or practice next following another time slot are NOT allowed to enter the playing area until the previous team has finished sanitizing and removed its belongings.
- Only two coaches will be allowed on the sidelines during games or practices.
- **No-Touch Rule:** coaches will be asked to not engage in high fives, handshakes, fist bumps, hugs, or other physical contact with teammates, opposing players, coaches, referees, umpires, and fans.
- No post-game meetings, huddles, celebrations, or gatherings are allowed on site. Individuals should not congregate in common areas or the parking lot after an event.
- No spitting or eating seeds, gum, or other similar products. NO team water coolers, team ice chests, shared drinking stations, or post-game celebrations with snacks, food, gifts, etc. are allowed before or after each game or practice.
- After the conclusion of games, the exiting team coach must sanitize the dugout area and player bench, and throw away any trash.
- Team meetings before games will have one coach only present with the official.
- Coaches will be responsible for bringing their own equipment (cones, extra balls, gloves, etc.) if needed. Proper sanitization should be done before and after use. Equipment should not be shared with non-team members, officials, fans, spectators, etc.
- Hand washing or hand sanitizing (in the absence of soap and water) is strongly recommended for coaches before, during, and immediately after games.

## SCORECARDS

- Game scorecards will follow a pick-up and drop-off system. A designated and marked area will be at each facility where officials pick up the scorecards for each field before games. They will drop off the scorecards at the end of the night or after games for athletics staff to collect.
- NO coaches, spectators, participants, etc. may pick up or drop off scorecards. Umpires and officials will pick up or drop off each scorecard and distribute to team members, as needed.

## OFFICIALS EXPECTATIONS

- Officials must adhere to six-foot social distancing practices when interacting with players, coaches, and spectators.
- Officials will be advised to self-screen before attending games or practices. If you are not feeling well or exhibiting signs of illness — such as coughing, fever, chills, fatigue, or headaches — immediately notify your team members and athletic staff, and do not attend.
- Officials must avoid exchanging equipment or documents (except for scorecards) with players, coaches, and spectators.
- Officials must avoid touching their faces (eyes, nose, and mouth) and sneeze or cough into a tissue or inside their shirt.
- Officials are asked to bring pens or pencils, a refillable water bottle, whistles, and other items. They are asked not to share those items.
- For softball, the home plate umpire must wear face coverings at all times behind the catcher.

- Officials are asked to wear a face covering anywhere outside the playing area that covers both nose and mouth. Officials must avoid touching the front of their face covering and remove it only when they need to eat and drink.

## **SPECTATOR/PARENT RESPONSIBILITIES**

- Spectators must adhere to six-foot physical distancing while attending games or practices at a City of College Station facility and not actively taking part in the activity. If needed, please bring a fold-up chair.
- Spectators are asked to wear a face covering over their nose and mouth when six-foot social distancing is not possible.
- Spectators will be advised to self-screen before attending games or practices. If you are not feeling well or exhibiting any signs of illness — such as coughing, fever, chills, fatigue, or headaches — immediately notify your team members and athletics staff.
- When games and practices end, we ask that spectators immediately remove their belongings and relocate to their cars so the next group can move onto the field.
- Individuals arriving for their games or practices immediately after a previously scheduled time slot are asked to wait in their cars until the previous group of spectators and team members have finished sanitizing and removed their belongings from the playing area.
- No team water coolers, team ice chests, shared drinking stations, or post-game celebrations with snacks, food, gifts, etc. are allowed on site.
- Individuals should not congregate in common areas or the parking lot after the event or practice.
- Spectators, parents or fans who show disregard for policies or exhibit intentional disruptive behavior that intentionally puts others at risk may be asked to leave the premises.

## **THE CITY OF COLLEGE STATION WILL IMPLEMENT THE FOLLOWING SAFETY PROTOCOLS**

- COVID-19 risk signage will be posted throughout each facility.
- Sanitization:
  - Staff will be responsible for cleaning commonly shared areas such as restrooms (sinks, toilet seats, handles), door handles, picnic tables, etc., with EPA-approved products.
  - Staff will remove trash and debris from the surrounding area and dispose of it in the dumpster.
- **Equipment:** Equipment provided by athletics staff — including but not limited to score controls, pens/pencils, and sporting goods — will be sanitized onsite before and after use with EPA-approved products.
- **Football Equipment:** Each team will be provided with two footballs at the beginning of the season. It is their responsibility to sanitize the footballs before and after use. Lost or deflated footballs will be replaced with a limit of two more footballs per team.

## **INDOOR SPORTS**

In addition to our athlete, coach, official, and spectator/parent expectations and responsibilities listed above we ask that everyone please follow along with the below when participating in an indoor sport such as basketball or volleyball.

- Face coverings that cover both nose and mouth should be worn by coaches, staff, officials, parents, and spectators.
- Note: Cloth face coverings should not be placed on:
  - Active participants (ex: athletes & referees)
  - Babies and children younger than ten 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.

- Those who refuse to wear a mask will be asked to exit the building and will not be allowed to return inside until they are able to provide a mask.
- Hand sanitizing stations will be readily available throughout the facility. Participants will be provided with hand sanitizer at the score table before they play.
- The indoor facility will be thoroughly sanitized with EPA approved products.

## **BASKETBALL**

- Participants, coaches, and referees are allowed to bring only one spectator inside the facility for each game or practice.
- Entry into gyms at the Lincoln Recreation Center will not be allowed until after 6:15 p.m. to allow time for properly disinfecting both facilities following the after-school program. Please plan accordingly, we ask that you wait in your vehicles until 5-10 minutes before your game or practice time.
- After the conclusion of games and practices, everyone will be asked to exit both gyms immediately so that staff is able to sanitize the area before the next group enters.
- **Equipment:** Each team will be provided with four basketballs at the beginning of the season. It is your responsibility to sanitize the basketball before and after use. Lost or deflated balls will be replaced with a limit of two more basketballs per team. If needed, sanitizing products will be available on site for use of teams only.
- **Uniforms:** Teams will be provided with reversible numbered pennies that they will be responsible for throughout the season. It is your responsibility to ensure that all pennies are being washed before and after use. Any lost or damaged jersey will be replaced by Athletics staff.

## **VOLLEYBALL**

- Participants, coaches, and referees are allowed to bring only one spectator inside the facility for each game or practice.
- Entry into gyms at the Lincoln Recreation Center will not be allowed until after 6:15 p.m. to allow time for properly disinfecting both facilities following the after-school program. Please plan accordingly, we ask that you wait in your vehicles until 5-10 minutes before your game/practice time.
- After the conclusion of games and practices, everyone will be asked to exit both gyms immediately so that staff is able to sanitize the area before the next group enters.
- **Equipment:** All volleyballs will be provided for each game by the City of College Station. City staff will sanitize the equipment before and after each game with EPA approved products.

# **GOVERNING BODY PROTOCOLS**

## **SOFTBALL & KICKBALL**

## **7-ON-7 FOOTBALL**

## **TENNIS**

## **FIELD HOCKEY**

## **YOUTH SPORTS**