



Return to Play Guidelines

Sport Risk Category Guidance

Low risk sports: tennis, swimming, pickle ball, golf, cross country, track & field, sideline/no-contact cheer and dance, disc golf

Moderate risk sports: softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, gymnastics, crew, field hockey, school bowling competitions

High risk sports: football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts competitions, roller derby

****all return to play guidelines may adjust at any time according to health recommendation from Spokane County Regional Health District, Washington State Health Department, or the CDC.*

General

1. Athletes, coaches, umpires/referees, spectators and any other paid or volunteer staff should stay home if they feel unwell, show any signs of Covid-19, or have been exposed to a confirmed case.
2. Screening: Coaches will greet all participants before practice and ask if they feel okay. If the child is not feeling well they will be sent home immediately.
3. Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
4. Group play: all activities must be limited to the max number allowed in the current phase. Phase II ~ 6 participants: 1 coach.
5. Physical play: facilitate activities that eliminate physical contact. All drills should have as little physical contact as possible.
6. No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a safe practice for anybody right now.
7. Masks: All participants and coaches will be required to have facial coverings on at all times during all training and/or practices. The American Academy of Pediatrics now strongly recommends mask for sports participation except for swimming/diving, gymnastics, cheerleading and wrestling.
8. Labeled Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own area when not in use.
9. Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time.

Coaches

1. Follow all established federal, state, and local protocols.
2. Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
3. The coach is the only person to handle cones, disks, etc. Any player that does handle any equipment will be asked to use hand sanitizer.
4. All training from coaches must strictly enforce social distancing per the current phase guidelines or recommendations.
5. Coaches must always wear a face mask per current phase protocol and social distance from players when required.
6. Have fun, stay positive, lots of air high fives – players and parents are looking to you to stay calm, supportive, and caring during this time.

Parent/Guardian Responsibilities

1. Ensure athletes are healthy and check their temperature daily.
2. Limited or no carpooling.
3. Stay in car or social distance when at fields/courts, wear mask at all times if outside your car.
4. Ensure child's clothing is washed after every training session.
5. Label your child's equipment to guard against cross-contamination.
6. Ensure all equipment is sanitized after every training.
7. Notify SYSA immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
8. Do not assist coaches with equipment before or after training.
9. Be sure your child has necessary hand sanitizer with them at every training.

Player Responsibilities

1. Masks: All participants will be required to have facial coverings on at all times during all training and/or practices. The American Academy of Pediatrics now strongly recommends mask for sports participation except for swimming/diving, gymnastics, cheerleading and wrestling.
2. Wash hands thoroughly before and after training and any contact outside your home.
3. Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
4. Limited or no carpooling.
5. All sports activities will now require a facemask to be worn at all times. This protects others in the event that you are unknowingly carrying the virus.
6. Do not touch or share anyone else's equipment.
7. Bring your own ball to training, label it as your own.
8. Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
9. Wash and sanitize all equipment before and after every training session.
10. No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.