



Return to Play Guidelines

Sport Risk Category guidance (all phases) Complete information located her [LINK](#)

Low risk sports: tennis, swimming, pickle ball, golf, gymnastics, climbing, skating, archery, fencing, cross country, track and field, sideline/no-contact cheer and no-contact dance, disc golf.

Moderate risk sports: softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, 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 Regional Health Department, 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 1 ~ 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 training and/or practices. The American Academy of Pediatrics now strongly recommends mask for sports participation except 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. All sport activities will require a facemask to be worn at all times by coaches during training and/or practices.
2. Follow all established federal, state, and local protocols.
3. 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.
4. The coach is the only person to handle cones, disks, etc.
5. All training must be outdoors and coaches must strictly enforce social distancing per the current phase guidelines.
6. Coaches must always wear a face mask per current phase protocol and social distance from players when required.
7. Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

Parent/Guardian Responsibilities

1. Ensure athletes are healthy, check their temperature daily.
2. Limited or no carpooling.
3. Stay in car or social distance when at fields, wear mask at all times if outside your car. Depending on current phasing restrictions, spectators may not be allowed at certain events.
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 sanitizer with them at every training.

Player Responsibilities

1. All sport activities require a participant to wear a facemask at all times during training and/or practices. The American Academy of Pediatrics strongly recommend masks for sport 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. Do not touch or share anyone else's equipment.
6. Bring your own ball or required equipment to training, label it as your own.
7. Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
8. Wash and sanitize all equipment before and after every training session.
9. No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.