

November 25, 2020

The return to participation in activities is vital for the physical, mental and spiritual well-being of young people. Building Christ-like relationships with teammates and coaches is central to a child's development. CYO has been working with safety and sports experts to identify and implement essential protective and preventive measures to reduce the risk of spreading the COVID-19 virus. Sport specific changes for practices and games have also been made. Vulnerable, high risk and immunocompromised individuals as identified by the CDC should remain at home for their own safety and for the safety of others. These guidelines are subject to change as the knowledge of the virus from scientists and best practices continues to grow.

### **ALL CYO SPORTS AND PROGRAMS**

- ✓ Athlete Monitoring Form must be completed for all athletes and coaches before every practice and game.
- ✓ Athletes, coaches site staff, officials or spectators who have a fever or are not feeling well should remain at home.
- ✓ Athletes bring their own personal items to all practices and games, i.e. hand-sanitizer, towels, equipment, water for their practice or game.
- ✓ Personal items cannot be shared.
- ✓ Athletes and parents are responsible to wash practice and game day attire and disinfect personal equipment after each practice or game.
- ✓ 6 feet of physical distancing will be maintained at all times, including in the bench and spectator areas, in restrooms, and during practices, team huddles, and when entering and exiting the building.
- ✓ Physical contact at practices/games should be avoided whenever possible; no handshakes or high-fives.
- ✓ No congregating before or after practices/games in common areas: hallways, lobby, locker rooms, gyms etc.
- ✓ Separate entrances and exits to facilities will be used when available.
- ✓ Concession stands and drinking fountains will not be available at CYO sites.
- ✓ **Sanctioned Events & Tournaments are not permitted for the 2020-21 winter season.**
- ✓ Scrimmages or games are not permitted against teams who are not members of the Diocese of Cleveland CYO.
- ✓ **Scrimmages are not permitted until clearance from the CYO Administration.**
- ✓ Parents, siblings, or guests are not permitted inside the gym during team practices. A female must attend at practices/games for all girl's teams.
- ✓ Only 2 spectators per athlete may attend CYO games. Any child present must be with their parent at all times.
- ✓ At all times, coaches and spectators must wear masks over their nose and mouth.
- ✓ At all times, athletes must wear masks over their nose and mouth when entering and exiting the facility, and when they are not one of the five players on the court. Athletes are encouraged, not required, to wear a mask while playing.
- ✓ At all times, coaches must wear a mask over their mouth and nose, including during practices and games.
- ✓ At all times, spectators, site staff, scorers, timers, site directors, and officials must wear a mask over their mouth and nose including entering and exiting the facility.
- ✓ Spectators are encouraged to bring their own hand sanitizer to use frequently throughout the game.
- ✓ Each team will provide and use their own warm up balls.
- ✓ Doors and windows will be propped open at practice and game sites when possible to maximize ventilation.
- ✓ Facility hosts will disinfect high touch point surfaces; door handles, tables, railings, equipment, etc.
- ✓ **All teams and spectators must wait in their car until the appropriate signal is given.**
- ✓ Teams and spectators must exit the facility quickly after the end of their game before a new team and spectators enter for the next game.
- ✓ Game rules such as timeouts, reduction in quarters, jump balls etc. will be modified in the CYO rules.