

DIOCESE OF CLEVELAND CYO



2021 Winter Sports **GAME DAY** **SAFETY PROTOCOLS**



CATHOLIC
CHARITIES
Diocese of Cleveland

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.



BEST PRACTICES – BASKETBALL

**Subject to change
December 2, 2020**

In addition to General Guidelines Winter Sports 2020

• GENERAL

1. All athletes and coaches must complete the Athlete Monitoring Form before entering all practices/games. Only the CYO Athlete Monitoring Form will be accepted at games. Other monitoring applications may be used for practices at the discretion of the Member Athletic Director.
2. Based on facility availability, teams will be scheduled within their geographical area. If you have more than one team in grades 6, 7 or 8, then you may divide your teams in an upper, middle and lower team or evenly balanced.
3. Practices cannot exceed 90 minutes.
4. Scrimmages may not take place until determined by the CYO Administration. Once the CYO Administration determines the date scrimmages may be held, scrimmages may only be held with one other opponent. The scrimmage opponent must be with a team that is a CYO member.
5. Team benches are to be placed opposite spectator seating whenever possible.
6. Each team gets their own practice time; multiple teams are not to practice in the same space at the same time unless divided by a curtain.
7. When possible, keep doors and windows open for ventilation.

• COACHES

1. Coaches will take attendance at every practice/game by completing the Athlete Monitoring Form.
2. At all times, masks must be worn over your nose and mouth at all games and practices.
3. Only two coaches per team with credentials may be in the bench area during games due to physical distancing restrictions.
4. Communicate your guidelines in a clear manner to athletes and parents.
5. Considering conducting practices in “pods” of the athletes when training together to ensure more limited exposure. CYO recommends pods of no more than five and physically distanced.
6. Time outs will be conducted at the sideline with players physically distanced when possible. The number of time outs will be listed in the CYO Basketball Rules.
7. Disinfect balls before practices, during breaks, and after practices.
8. Teams will be instructed how to complete the scoresheet at the coach’s meetings.
9. Coaches will be positioned 6’ from the scorer’s table and 10’ from the end of the scorer’s table.
10. No post-game meetings can be conducted in the bench area or inside the building. Post-game meetings may be conducted outside the building.

• SPECTATORS

1. Conduct daily symptom assessments before attending a CYO game.
2. Only two spectators per athlete. If one spectator is a child, the child must remain with the adult at all times.
3. At all times, masks must be worn over the nose and mouth. Spectators who do not wear a mask or remove their mask will be asked by their head coach to leave the site.
4. Spectators are requested to bring their own hand sanitizer and used frequently.
5. Spectators may enter the gym after both teams are at the bench areas-15 minutes prior to the game. Gyms will be cleared before the next group of spectators are permitted in. Spectators are expected to remain in their cars until permitted to enter the building. Procedures will be discussed at coach’s meetings and site director trainings.

6. The spectator area is marked off to comply with 6' physical distancing. The first row of the spectator area is closed so players have room to inbound the ball.
7. Six-foot physical distancing must be maintained between individuals/family groups.
8. Spectators may not enter the floor or bench area at any time.

• **ATHLETES**

1. Masks must be worn over your nose and mouth when entering and exiting the building, and when on the bench. Masks are optional for players during play.
2. Personal items (towels, water bottles) are not shared; each athlete will bring their own. Parents should provide personal items for their child and clearly label them. Athletes must place their personal items on their designated seat and maintain their designated for the entire game.
3. Athletes and coaches must be positioned 6' apart on the bench.
4. Each athlete should bring his or her own sanitizer.
5. Athletes should tell their coaches immediately when they are not feeling well.

• **OFFICIALS & GAME MANAGEMENT**

1. Conduct daily symptom assessments before attending a CYO game.
2. Officials should bring their own personal hand sanitizer and equipment.
3. Facial coverings must be worn at all times and are optional when actively officiating.
4. Officials should not shake hands, fist bump, or have any physical contact with players, coaches, or other officials.
5. Officials will make intentional and continuous efforts to maintain physical distancing of six feet or greater away from players and coaches at all times.
6. During 60-second timeouts, the ball will be sanitized and players & officials will use sanitizer.
7. No congregating before or after games is permitted.
8. Six-foot physical distancing required during pre-game and post-game conferences.

• **GAME MODIFICATIONS**

1. Each team provides their own sanitized balls for warmups.
2. Substitution will occur behind the 10' line near the scorer's table.
3. There will be no jump balls. The home team will get the ball at the beginning of the game then alternating possession will follow, including through any overtime.
4. There will be no overtimes except in grades 8 -12. There will be one two-minute overtime.
5. Scorer and timers will wear masks at all times and will be positioned 6' apart. No officials at the scorer's table. The site director will be positioned away from the table.
6. Spectators will leave the gym first, followed by the visiting team, then the home team.
7. CYO will continue to monitor safety developments throughout the season. These will be reviewed at the coach's meetings with follow up communication during the season.



BEST PRACTICES - CHEER

January, 2021

Subject to change



● GENERAL

1. All athletes and coaches must complete the Athlete Monitoring Form before entering a practice or game. Only the CYO Athlete Monitoring Form will be accepted at CYO games. Other monitoring applications may be used for practices only at the discretion of the Member Athletic Director.
2. Hand Sanitizer must be used by participants and coaches as they enter and leave practices/games.
3. Cheerleaders must wash hands/use hand sanitizer during breaks or as reasonably necessary, with particular attention after participating in stunts.
4. Only athletes and coaches are permitted to attend practices. One female is recommended to be present at each practice/game for girl's teams.
5. If using any mats, they must be cleaned at least each day of activity or as needed according to guidelines. If different groups are meeting in the same space at different times, mats should be cleaned between the groups.
6. Cheer teams should maintain 6' of physical distancing whenever possible during practice and games.
7. Ventilation is important; if possible, keep doors and windows open.
8. No social activity should take place. No congregating after practice or games.

● COACHES

1. Masks must be worn over your mouth and nose at all times and throughout practices and games.
2. Coaches will take attendance at every practices and competition by completing the Athlete Monitoring Form.
3. Due to distancing restrictions, only two coaches per team with credentials may be in the coach's area during games.
4. Communicate your guidelines in a clear manner to athletes and parents.
5. No post-game meetings can be conducted in the bench area or inside the building. Post-game meetings may be conducted outside the building.

● SPECTATORS

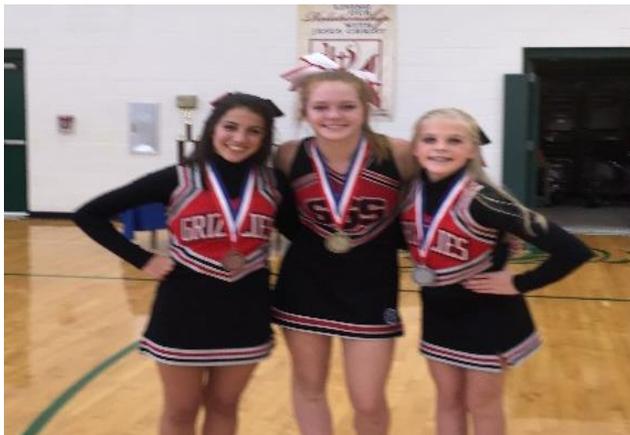
1. Conduct daily symptom assessments before attending a CYO game.
2. Only two spectators per athlete. If one spectator is a child, the child must remain with the adult at all times.
3. Masks must be worn over the mouth and nose at all times.
4. Spectators are requested to bring their own hand sanitizer and use before the game begins, half-time and as they leave.
5. Spectators may enter the gym after both teams are at the bench areas.
6. Gyms will be cleared before the next group of spectators are permitted in. Procedures will be discussed at coach's & site director trainings.
7. The spectator area is marked off to comply with 6' physical distancing. The first row of the spectator area is closed.
8. Six-foot physical distancing must be maintained between individuals/family groups.
9. Spectators may not enter the floor or bench area at any time.

● ATHLETES

1. Masks over your mouth and nose must be worn when entering and exiting the building. Due to the high contact nature of stunting, cheerleaders are required to wear masks indoors at all times.
2. Personal items (towels, water bottles) are not shared; each athlete will bring their own. Parents should provide personal items for their child and clearly label them. Drinking fountains may not be utilized.
3. Cheerleaders must wear their own appropriate work-out clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every practice or game.
4. Cheerleaders should sanitize their equipment and may not share equipment.
5. Cheerleaders and coaches must be positioned 6' apart.
6. Each athlete should bring their own sanitizer and encouraged to use frequently during the game.
7. Cheerleader bags shall be placed 6' apart.
8. Athletes should tell coaches immediately when they are not feeling well.

● GAME MODIFICATIONS

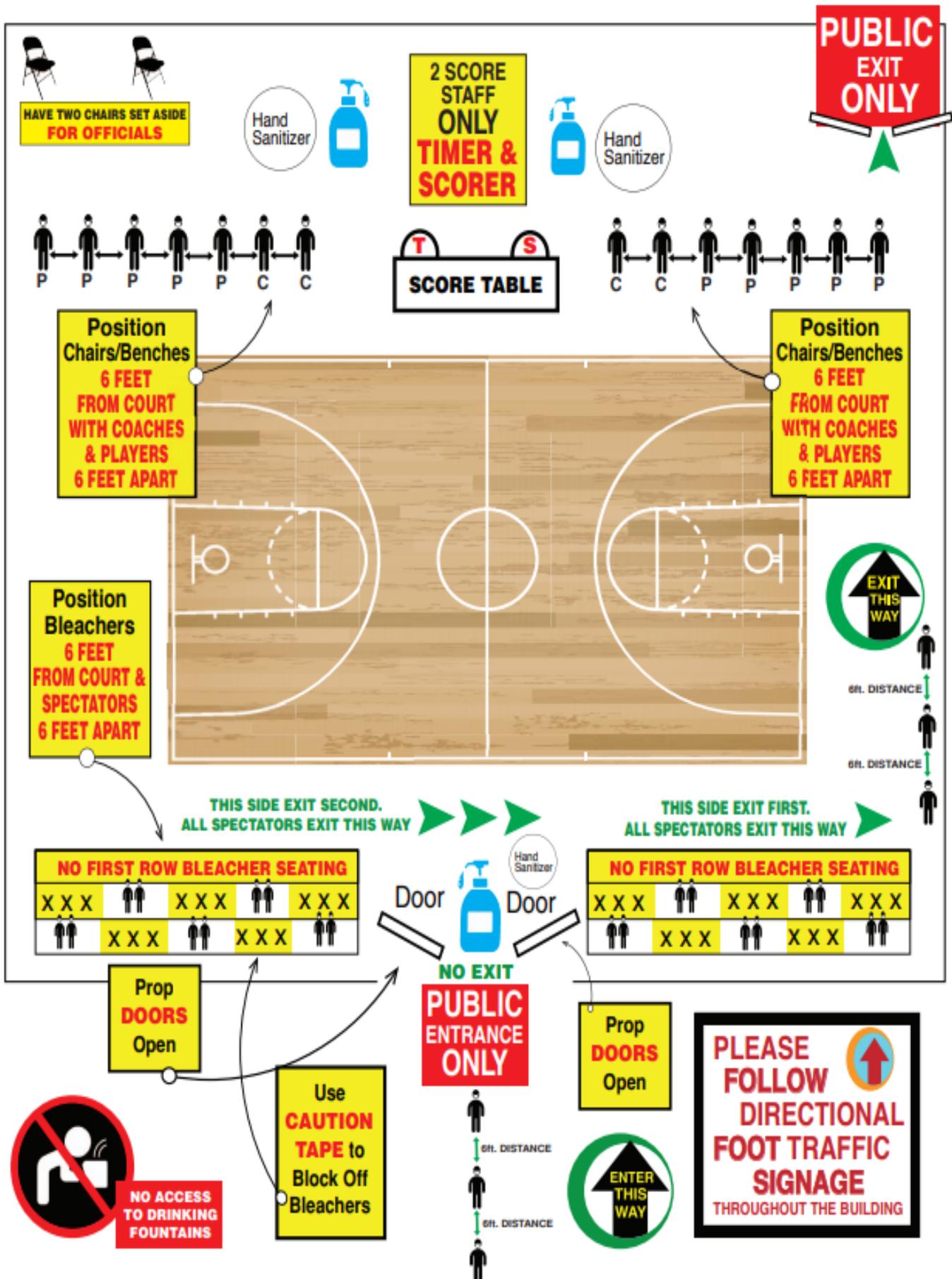
1. There will be a minimum of eight (8) cheerleaders on the floor at one time. Additional cheerleaders must sit in first row of bleachers near the baseline on the court.
2. The cheer coach must submit the completed Athlete Monitoring Form to the site director by the end of the first quarter. Any late arriving cheerleader is not permitted to cheer after the first quarter.
3. The performance location shall be determined by each site based on physical proximity and spacing. A cheer squad is not to be positioned under the basket or by the bench area of either team.
4. Sites may limit/restrict performances/size due to space and safety concerns.
5. At half time each squad may perform two (2) cheers or dance routines of no longer than 2 minutes total per squad, time permitting.
6. Spectators will leave the gym then the visiting team cheerleaders then the home team cheerleaders or the teams closest to the exit doors.
7. Other - as discussed at coach's meetings.



CYO inspires young people to know God, to love God, and to serve God through athletics.



CYO BASKETBALL SITE PLAN



COVID-19 Checklist for Coaches

Protect Players from COVID-19

- ✓ Send a welcome email or call parents and/or players. Inform them about **actions that the sports program will take to protect players**. Remind them to stay home if sick or if they have been around someone who is sick.
- ✓ Be a role model. **Wear a cloth face cover** and encourage parents, fans, officials, and sports staff to wear one during practices and games.
- ✓ Provide **hand sanitizer with at least 60% alcohol** to players before and after practice/game, or encourage them to wash their hands with soap and water.
- ✓ Educate players about **covering coughs and sneezes** with a tissue or their elbow. Discourage spitting.
- ✓ Remind players about **social distancing** and identify markers (signage or tape on floor, if applicable). Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.
- ✓ Check with your sports administrator to make sure they are following **cleaning and disinfection** recommendations.
 - Cleaning and disinfecting frequently touched surfaces on field, court, or play surface (e.g. drinking fountains) at least daily or between use.
 - Cleaning and disinfecting shared equipment.



Lower Risk



Higher Risk



Skill-building drills at home



Within-team competition



Full competition from different areas

For more information, visit: coronavirus.ohio.gov



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