

Sts. Joachim and Ann Athletic Association Guidelines during COVID-19

Our goal is to resume participation in CYC sports for our children, and to maintain the highest measure of safety in doing so.

Please be mindful that as the circumstances of the pandemic continue to evolve, it may become necessary to make adjustments to these protocols as we progress through the year.

In addition to the guidelines set forth by the CYC (see Practice Requirements and Game Requirements sections below), the J&A Athletic Association has adopted the following guidelines for our parish's teams.

For outdoor sports, each parent will provide a signed Verification Form (see below) to a member of the coaching staff assuring that the child being brought to practice or game are healthy and symptom-free. Please take the child's temperature at home and write the temperature next to the child's name. One parent will walk their child up to a designated area outlined by the coach. Once the child has been admitted to practice or a game, the parent will return to their car for the remainder of practice, or practice social distancing on the spectator's side of the field for the game. Teams and spectators will disperse immediately following practice or a game.

For indoor sports, each parent will provide a signed Verification Form (see below) to a member of the coaching staff assuring that the child being brought to practice or game are healthy and symptom-free. Please take the child's temperature at home and write the temperature next to the child's name. One parent will walk their child up to the entrance of the gym designated by their coach. Once the child has been admitted to practice or a game, the parent will return to their car for the practice, or practice social distancing on the spectator's side of the gym for the game. Teams and spectators will disperse immediately following practice or a game utilizing the designated entrances and exits.

A supply of these forms will be provided to each family in advance of the beginning of the sport season. Any child without a signed health screening Verification Form cannot be allowed to participate in a practice or game.

DAILY SYMPTOM CHECKLIST
NAME: _____
NAME: _____
NAME: _____
NAME: _____
I verify that today (date) _____ the above-listed students do not have any of the following symptoms:
<input type="checkbox"/> Fever of 100.4 <input type="checkbox"/> Chills
<input type="checkbox"/> Shortness of breath/difficulty breathing
<input type="checkbox"/> Fatigue, muscle or body ache <input type="checkbox"/> Headache
<input type="checkbox"/> Loss of taste or smell <input type="checkbox"/> Sore throat
<input type="checkbox"/> Congestion/runny nose <input type="checkbox"/> Nausea, vomiting, diarrhea
 PARENT SIGNATURE: _____

The head coach will retain these forms for the entire season.

Masks are required to be worn by coaches at all times.

As of 8/28/2020 these are the requirements established in the CYC Return to Play Guidelines:

PRACTICE REQUIREMENTS

- Daily screenings are still required before any physical activity for all parties involved: athletes and coaches.
- Athletes should remain in their mask/face covering until they begin vigorous physical activity. As soon as activity has ended, athletes should be required to wear mask/face covering again. Any time the athlete is not actively engaged in physical activity (i.e. meetings, standing on sideline, injured not participating), they must be wearing a mask/face covering.
- Spectators are not recommended at any workouts or practices. Parents or caregivers should remain in their cars during this time. No congregating should be allowed in the parking lot or fields. A drop-off line for practices is recommended to avoid unnecessary exposure. For younger children, one parent or caregiver can accompany the child to the health screening. The parent or caregiver should wear a mask or face covering.
- Limit the use of carpools to get to practice
- Do not share water bottles during practice. An individual athlete may use their own water bottle, and it should be clearly marked with their name. Cups may be used to drink water but should only be for single use
- When possible, leave equipment bags at home. Bring only what is necessary to practice at games (personal ball and water bottle).
- No team huddles should take place
- Use of team balls is not recommended, every player should bring their own
- Utilize outdoor facilities instead of indoor whenever possible
- No handshakes or fist bumps should take place.
- Two teams should not share the same court for practices. Multiple teams can share a gym as long as there are two complete courts to use.
- No two teams should be in the same location at one time. If the same field or gym will be used back-to-back, teams should allow plenty of time between sessions to clean area between teams. Half-field use is allowed. Be sure, that there is no interaction between teams.
- At this time, it is recommended that practices focus on individual skills and drills as much as possible, as opposed to contact scrimmages.
- Drills should be planned to keep participants 6 foot apart when possible. When standing in line for a drill, explain to the participants that they must be 6 foot apart.

GAME REQUIREMENTS

- Daily screenings are still required before any physical activity for all parties involved: ATHLETES, PARENTS, COACHES, FANS, OFFICIALS, AND HOST SITE WORKERS.
- During competitions, spectators should practice social distancing as permissible and spectators must wear masks or face coverings.
- There will be a limit of two adults per one CYC player at all games. Siblings and other extended family members should not come unless completely necessary.
- No team huddles should take place
- No handshakes or fist bumps should take place.
- No standard ID checks. If there is a question of player eligibility, the official will be instructed to put on gloves and mask and then complete the ID check while social distancing. Once the check is over that official should remove the gloves, throw them away and sanitize their hands.
- No handshake line.
- There should be a pre-game prayer with both teams at a safe distance, and a post-game prayer at a safe distance in lieu of a handshake line.
- Teams and fans need to clear the field or gym (and surrounding area) as soon as the game is over to allow for the next group of people to have enough time to warm up without crossing paths. Please follow any site-specific instructions.
- Only 2 coaches per team allowed to sit on sidelines with team during games.
- Coaches need to wear masks during games

Resources and Information for further education

- CYC Return to Play Guidelines <https://playcyc.org/returntoplay/>
- Sts Joachim and Ann Guidelines