



NATIONAL YOUTH SPORTS-SAN ANTONIO

Let's Play Safely- Stay Safe at Practices and Games

Safety protocols should apply to practices and games. NYS will modify the protocols as needed.

- Coach Tip: Do a "Check-In" text to parents to ask if everyone is feeling good and ready to go for practice! Remind parents that if anyone in their household feels ill, to please stay home. This could also be a job designated for a parent volunteer to do as a practice reminder/check-in.
- Parents: If a player or family member is feeling ill, please do not come to practice or games. Let your coach know what is going on.
- Each player must have a parent or guardian present at all times during the practices and games. No player should be dropped off without a guardian responsible for the player.
- Masks are optional for spectators, players, and coaches whether participating in indoors or outdoors sports. Please respect those individuals deciding to wear their masks.
- Continue to practice social distancing from other households if possible.
- Minimize equipment sharing, and clean and disinfect shared equipment as needed to reduce the risk of infectious diseases. A parent can volunteer to help disinfect equipment.
- Players should not share water bottles or food. Discourage sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
- Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If hand washing is not available, use hand sanitizer.
- Prioritize outdoor practices, as opposed to indoor practice.
- Coaches can prioritize individual skill building activities during practice.
- Once practice or the game is over, please make sure to pick up your items and dispose of any water bottles or trash.

The CDC guidelines for youth sports are found [here](#).