



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.

As we get ready to start the season, a lot of what's on our mind is the current situation with Covid. For the past two years, NYS has been adjusting and modifying our sports program based on the circumstances of covid at the time. We have been successful in keeping our program going so that our youth can continue to play sports and socialize with their friends. While there are no clear answers, we will continue to follow protocols and guidelines from sources such as our school districts, local medical experts, and updates from the CDC. Please don't hesitate to call the office if you are aware of a sickness or have questions about the guidance for games and practices. We are asking coaches and parents to assist us with keeping our youth safe by following the guidance below:

Team Self-Health Check - Weekly, coaches monitor their team's health before practices and games.

- If someone is ill, whether Covid related or some other illness like the flu or cold, that person should stay home until they have recovered and are not showing symptoms.
- The guidance is to stay away from others anywhere from 5 to 10 days depending on symptoms and the rate of recovery.
- As always, a person must be fever free (under 100.4F) for 24 hrs without medication before returning to any activities.

Exposure to Covid - Symptoms or No Symptoms

- If a person is exposed to someone who tested positive for Covid, we ask that person not to attend practice or the game for at least 5 days. If no symptoms occur during that time period, then they can attend practice and the upcoming game.
- If symptoms exist, then the player and family should isolate themselves from any team activities until medical clearance is given.

Attendance at Indoor Games - To limit exposure, NYS will continue to limit entry into the gym:

- To only those teams playing during their scheduled times
- To only spectators watching their children play. For now, we ask to limit attendance to only immediate family members.
- When the game is over, we ask everyone to exit immediately so we can clean and prepare for the next teams to play
- Everyone must wait outside until staff calls for the next teams and spectators to enter

Wearing a Mask - While there is no statewide mandate, we ***strongly encourage everyone*** to wear a mask especially when indoors.

- We will not be monitoring mask wearing in the gym, so it's up to each of us to do our part to protect our children while playing.
- Keep in mind people in the stands are yelling and encouraging their children, and there are people sitting in lower sections who might be impacted from possible spray droplets.

NYS will continue to review and make changes as the situation improves or changes. As always, we ask everyone to respect our decisions and those of your coaches, especially when a coach asks their players to wear a mask

when playing or practicing. Everyone is volunteering and we are only looking out for your children. If there are circumstances where it may not be possible to wear a mask, please discuss with your coach.

TO DO CHECKLIST:

- 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 /game 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](#).