

**SAN DIEGO COUNTY YOUTH SPORTS
PHYSICAL DISTANCING & SAFETY PLAN
PRACTICE AND DRILLS**

PROGRAM NAME:

ADDRESS:

- All measures of the San Diego County's Social Distancing and Sanitation Protocol must be in place.
- A copy of this plan will be provided to all staff, volunteers, parents and guardians, and youth participants. A copy of this plan must be posted at each facility entrance.
- All parents and guardians, and youth participants will be required to sign a commitment to abide by the plan requirements prior to being allowed to participate or enter a facility. This form will also outline the common symptoms of COVID-19:
https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/Coronavirus%20Fact%20Sheet_ENGLISH.pdf
- Sports Organizations will acknowledge and support decisions to not participate among youth, parents, and adult leaders who are uncomfortable participating for any reason.
- Sports Organizations will divide participants into smaller “stable sports groups” limiting group participation to 12 (not including coaches). These groups should be consistent and rostered as such.

HEALTH PROTOCOLS FOR EMPLOYEES AND VOLUNTEERS:

- Train all employees and volunteers on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per CDC guidelines:
https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_America_Guidance.pdf
- Screen employees and volunteers before entering any facility or field:
Send home any employee or volunteer who has any of the following new or worsening signs or symptoms of possible COVID-19: Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit - Known close contact with a person who is lab confirmed to have COVID-19.
- Do not allow employees or volunteers with new or worsening signs or symptoms listed above to return until: In the case of an individual who was diagnosed with COVID-19, all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms

first appeared; or in the case of an employee or volunteer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three-step criteria listed above; or if the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

HEALTH PROTOCOLS FOR FACILITIES:

- Frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms per CDC guidelines.
- Each Facility/Organization shall identify how the organization will provide for disinfection of practice and drill spaces and regular cleaning of high-touch surfaces.
- Frequently disinfect any items that come into contact with participants per CDC guidelines.
- Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available. Place readily visible signage to remind everyone of best hygiene practices.
- Restrooms: The facility will post hand washing flyers from CDC on doors and in bathrooms that include symptoms of COVID-19.

DROP OFF AND PICK UP:

- Parents should ideally drop off kids and pick them up from practice. If parents choose to stay and observe the practice, they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents.
- The facility will develop a specific plan for drop off and pick up that adheres to social distancing guidelines including not allowing carpooling for unrelated participants from different households, designation of lanes or direction to enter and exit for drop off and pick up.
- Staff will create clear pathways into and out of the facility or field so the stable youth sports groups are not coming into contact with other stable youth sports groups upon entering or exiting the facility.
- All organized youth sports program activities are to focus on individual fitness and skills trainings for the stable youth sports groups in a socially distant environment when feasible.
- Instruct participants and staff that all sports recognition protocols involving physical contact such as hugs, high-fives, etc. are not allowed. Facility shall encourage the use of non-contact recognition during practice and drills that meet social distancing guidelines of six feet or greater.
- Require all participants to wash or sanitize their hands before entering the facility. Hand sanitizer shall be available for each stable youth sports group throughout the facility.

- Credit card or charge account payments only, no cash payments will be accepted at the facility. Payment for programs will not require credit card signature.
- Participants will handle and care for their own equipment. Staff or volunteers will not be allowed to handle.
- All facilities and equipment will be washed and pre-sanitized before and after each use.
- All participant and staff personal items such as bags, cell phones, personal reusable water flasks/bottles and backpacks will only be allowed in the facility or on the field if proper space is maintained between all items.
- All unnecessary equipment will not be available to participants or removed from the facility such as chairs, tables, etc.
- Practice or drill times will be monitored to regulate the number of youth participants at the facility at one time to ensure social distancing between stable groups.
- Participants within a stable sports group may not arrive at the facility until the previous group has completely left.
- All food service access, vending machines, or snack areas will be closed.
- Self-serve water dispensers will be temporarily closed.
- No seating will be available in the facility and all gathering areas will be closed.
- At no time will the stable youth groups or the staff assigned to that group be allowed to intermingle or move between groups.
- Limit the number of participants in the facility at any one time that allows for participants and employees to maintain at least six-feet distance from one another at all times.
- Where appropriate, prop open doors to the facility and restrooms.
- Limit the number of participants in the restrooms and locker rooms to allow for users to easily maintain at least six feet of distance from one another at all times.
- To assist with physical distancing, lines must be installed with six foot markers for staff and participants to maintain safe social distances to enter or exit the facility.
- All staff must be instructed to maintain six feet of distance from participants and from other employees whenever feasible.
- Sports equipment must be designated and marked for each stabilized youth sports group. This equipment must not be allowed to be used by any other stabilized youth sports group.

- Sanitize all sports equipment necessary for practice and drills for each stabilized youth sports group after they are collected and before they are returned to circulation. The minimum equipment necessary must be used for practices and drills.
- Each facility will require hand washing or use hand sanitizer before allowing participation, directly after participation, and breaks will include hand washing or use hand sanitizer during the practice/drill. Breaks will be organized so that designated stable groups will not intermingle and social distancing of six feet or greater can be achieved.
- Maximum of 12 participants in a stable sports youth group. Participants cannot be added to this roster.
- Designated and separated practice areas and equipment for each stable sports youth group will be pre-positioned to maintain safe social distancing.
- All equipment will be placed so that it can be retrieved without touching anything but the equipment.
- Trash cans should be touchless. Remove lids if present.
- Facility staff will monitor participant compliance of this safety plan while they are on the property.
- Participants will be required to dispose of their own trash into garbage cans.
- Participants will be required to wash their hands immediately after drills or practice are completed.
- Only participants and staff will be allowed to attend the practices and drills. Stable sports youth groups will not be allowed to mingle or leave the designated area for that group.
- Physical distancing will be enforced by staff.
- Any additional sport specific or facility specific measures not included here should be listed on separate pages, which the facility should attach to this document.

FACILITY CONTACT INFORMATION:

You may contact the following person with any questions or comments about this protocol:

Name:

Phone Number:

Date of Form Completed: