



## **DYS Program Activity Plan**

### **CHECKLIST FOR YOUTH SPORTS FAMILIES**

- Players
- Parents
- Guardians

### **Objective: Develop and Implement a Program Activity Hygiene Plan to include:**

- Sanitization of all program areas
- Sanitization of equipment before and after use.
- Hand washing or hand sanitizing before and after activities

### **Health protocols for participants: Players**

- Consistent with the actions taken by many individuals across the state, consider wearing cloth face coverings (over the nose and mouth) when participating in the youth sporting event and practice. If available, individuals should consider wearing non-medical grade face masks.
- Screen the participant before attending the youth sporting event or practice for 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
- Carry and use hand sanitizer regularly, including before and after every meal and activity.

**Health protocols for parents or guardians:**

- Individuals should avoid being in a group larger than 10 individuals. Within these groups, individuals should, to the extent possible, minimize in-person contact with others not in the individual's household. Minimizing in-person contact includes maintaining 6 feet of separation from individuals. When maintaining 6 feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, such as wearing a face covering or mask, washing or sanitizing hand frequently, and avoiding sharing utensils or other common objects.
- Consistent with the actions taken by many individuals across the state: all spectators should consider wearing cloth face coverings (over the nose and mouth). If available, spectators should consider wearing non-medical grade face masks.

**ACTIVITY PLAN FOR PLAYERS:**

- Players will be spaced out along the fence/end line on the playing side.
- Players recommend to sanitize hands every time they come in/out of field.
- Coach will be asked to provide hand Sanitizer.
- Equipment must be wiped down after each use.
- Players will not be allowed to share equipment.
- Emphasize that if a player feels ill they will need to stay home
- After a game, instead of traditional hand shake lineup team will cheer from dugout/side line "good game" to other team.

**ACTIVITY PLAN FOR PARENT OR GUARDIAN:**

- Parent or Guardian should consider wearing face masks to practices/games
- Parent or Guardian should practice social distancing
- Parent or Guardian should minimize the number of individuals coming to practices/games
- Parent of Guardian should remain in their vehicles until the start of the games
- Parent or Guardians should bring a chair if possible, to sit alongside fence while keeping social distancing