



Covid-19 Plan

The Mentoring Through Athletics re-engagement plan will consist of the following procedures in order to maintain the safety and well being of the youth and families that participate in our program. We have chosen to adopt the guidelines of the Return to Play strategy of the National Council of Youth Sports. For the plan in its entirety please click the [link](#) to view it.

Return to Play Checklist

Monitor When to Return

- Review state & [Local](#) guidelines and orders
- Check the ability to secure your place of play from the property owner
- Assess your organization's readiness and ability to meet local guidelines
- Establish that safety, financial and other risks are understood and acceptable

Understand Liability & Minimize Risk

- Alignment of return to government orders
- Organizational readiness and willingness to comply with operating considerations
- Understand insurance considerations
- Understand waivers and communication
- Understand appropriate signage
- Understand the current legal environment
- Develop a policy for anyone in your community doesn't comply with new guidance

Create an Operating Playbook

- Review operating considerations from various authorities
- Create a playbook and assign a team leader
- Communication plans to all parties
- Secure your playing space
- Order any new requisite supplies (e.g. masks for coaches)

Communicate to Field Owners, Parents, Referees and Coaches

- Communication plan to secure playing spaces
- Communication plan to parents, coaches and officials

Create a Learning & Feedback Plan

- Open communication channels to parents, coaches and referees for adjustments
- Create a communication process for parents, coaches and referees if someone on the team becomes sick

When to Return Considerations

When to Return to Play is a combination of **six considerations**:

1. The type of play and dynamics of your sport - Cross country running has different training and competing dynamics than boxing or football. Important differences in potential contagion in sport have to do with sustained proximity to other players and protective barriers. Consider where your sport fits on a spectrum of Distanced Play to Close Play.



2. The Phase of COVID locally - The CDC and White House defined a Path to Return in [Phases](#). A phase is a 14-day period in which [gating criteria](#) have been satisfied. The timing of a phase is because 14 days are when virus symptoms generally appear. Gating criteria include things like lower new case rates and hospital visits. The chart below shares some concepts of what type of activities may be available depending on the phase. [Local Health Officials](#) and the government will determine what phase, orders and rules apply to your location. [Here are charts on state-level case rates](#)

It is very important to understand that phases go both forward and backward. If there are additional waves of the virus locally, your area may move from a Phase III, to Phase II or I. Continue to monitor your local situation and act accordingly.

	PHYSICAL DISTANCING	GATHERING	MEETINGS	TRAVEL	SCHOOL & YOUTH ACTIVITIES	ORGANIZED YOUTH SPORTS	TYPE OF PLAY
PHASE I* 14 Day Declining Local Case Rates	All	Avoid > 10	Encourage Virtual	Minimize Non-Essential	Remain Closed	Distance Play Sports Practice	Distanced Play
PHASE II* 14 Day Declining Local Case Rates	All	Avoid > 50	Encourage Virtual	Non-Essential Can Resume	Can Reopen with Clear Safety Protocols	Distance Play Sports Games & Close Play Sports Practice	Close Play
PHASE III* 14 Day Declining Local Case Rates	Vulnerable Only	Unrestricted	Unrestricted	Non-Essential Can Resume	Can Reopen	All Sports Practice, Games, Tournaments & Events	Close Play

3. Explicit approval from your state & local government - There is no one answer for the entire country on when to Return to Play. The government's authority on *when* is typically local. States and municipalities largely have authority in reopening communities. However, you need to do your own research on the decision-making for your area and be sure that there are clear orders that allow you to operate. If you are unclear, communicate directly to the appropriate office and ask. If you do communicate with the office, it may be helpful for you to have prepared your Return to Play plan and share how you intend to prepare and solicit feedback. While you need government approval, that alone does not necessarily mean it is time to Return to Play.

Here are some examples of links on what to look for in your State and County - [White House](#), [NY Times: State Level Detail](#), [LA County](#), [City of Los Angeles](#), [California Department of Public Health](#).

4. The ability to secure a place to play - In case you don't own your own facility, operating approval from the government does not mean that you will have approval from the property owners. Property owners may not grant your organization the space for financial reasons, risk concerns or in some cases, their facility may remain closed even after orders have been lifted (e.g. school districts). Start communicating early with the property owner to understand the situation and be prepared to share your Return to Play operating plan to assure the property owner that you will operate responsibly. There are examples of communications and tips in the Communications section of this document.

5. Your organization's readiness to reasonably operate in a way that aligns with CDC Return to Play Considerations - You will likely operate differently than you did prior to the pandemic as your organization returns to play. After you read through this document of considerations, consider changes you will make and if you are able to execute those changes effectively.

6. Risk is clearly understood and minimized - Even with approvals, a place and plan to play, you should still take time to understand the risks of your local environment (i.e. your county has orders lifted, but you know there is a flare-up in your town). You should also understand your legal liability and financial risks.

The CDC provides a useful [Decision Tree](#) for youth programs and camps, illustrated below, which is a close analogue to youth sports.

YOUTH PROGRAMS AND CAMPS DURING THE COVID-19 PANDEMIC



The purpose of this tool is to assist directors or administrators in making (re)opening decisions regarding youth programs and camps during the COVID-19 pandemic. It is important to check with state and local health officials and other partners to determine the most appropriate actions while adjusting to meet the unique needs and circumstances of the local community.

Should you consider opening?

- ✓ Will reopening be consistent with applicable state and local orders?
- ✓ Are you ready to protect children and employees at **higher risk** for severe illness?
- ✓ Are you able to screen children and employees upon arrival for symptoms and history of exposure?

ANY
NO



Are recommended health and safety actions in place?

- ✓ Promote **healthy hygiene practices** such as **hand washing** and **employees wearing a cloth face covering**, as feasible
- ✓ Intensify **cleaning, disinfection**, and ventilation of facilities and transport vehicles/buses
- ✓ Encourage **social distancing** through increased spacing, small groups, and limited mixing between groups, and staggered scheduling, arrival, and drop off, if feasible
- ✓ Where feasible, adjust activities and procedures to limit sharing of items such as toys, belongings, supplies, and equipment
- ✓ Train all employees on health and safety protocols

ALL
YES

ALL
YES

ANY
NO



Is ongoing monitoring in place?

- ✓ Develop and implement procedures to check for **signs and symptoms** in children and employees daily upon arrival, as feasible
- ✓ If feasible, implement enhanced screening for children and employees who have recently been present in areas of high transmission, including temperature checks and symptom monitoring
- ✓ Encourage anyone who is sick to **stay home**
- ✓ Plan for if children or employees get sick
- ✓ Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- ✓ Monitor child and employee absences and have a pool of trained substitutes, and flexible leave policies and practices
- ✓ Be ready to consult with the local health authorities if there are cases in the facility or an increase in cases in the local area

ALL
YES

ANY
NO



cdc.gov/coronavirus

Start Slow, Observe and Iterate

When you do return to play, consider opening with a 2-week practice plan before the regular season and narrowing attendance to focus on players and include minimal non-player attendees. This will give young people time to warm up, time for administrators and coaches to get new operating processes in place and to monitor the health of players and coaches.

Liability Considerations

Concepts to Consider

- Do not assume that lawsuits based on COVID-19 exposure will be covered by your liability carrier. Whether a lawsuit will be covered depends upon the language in a particular policy, the circumstances of the injury, and applicable state law. [Article](#)
- To date, few COVID-19 liability lawsuits have been filed. [Article](#)
- However, as the risk of COVID-19 exposure-related litigation increases due to the reopening of businesses, federal and state officials have begun to consider creating potential liability shields to help protect businesses from legal liability if they take reasonable efforts to stop the spread of COVID-19. [Article](#)
- In the near term, create a Return to Play playbook. The playbook should optimize for safety and be consistent with federal, state, and local government guidelines. Also, consider industry suggested best operating practices. Once you make a plan, operate to the plan. If you observe situations that allow you to improve your plan, adjust accordingly. [USOPC Example](#)

Legal Defense Concepts That You Should Consult Your Own Attorney About

- The most likely legal claim that youth sports organizations will face arising from alleged exposure to or contracting of COVID-19 at a practice or sporting event will be negligence claims based upon the failure to cancel a sporting event or otherwise mitigate the risk of COVID-19 exposure.
- Generally, assuming compliance with local, state and federal laws and regulations, businesses may be held liable only if they (1) were negligent in the operation of their business or (2) do not exercise ordinary or reasonable care to maintain their premises in a reasonably safe condition and to warn of hidden dangers, which typically requires a duty to inspect the premises to identify dangerous conditions. “Ordinary and reasonable care” is a fact-specific test that varies from state to state and even from jury to jury. Youth sports organizations, however, should give special consideration to duties imposed upon them by federal, state and other local governments and agencies, sports governing bodies, and if applicable, school districts and athletic associations. These duties could vary with respect to participants, spectators and other groups of individuals.
- **Waiver/Release With COVID-19 Language** – Existing waiver/release agreements for minors and adults should be modified to add language releasing the youth

sports organization from liability resulting from contracting illness such as communicable diseases including COVID-19 at such organization's events. Or, a specific COVID-19 waiver/release may be used. Any liability waiver should be clear and unambiguous that the signer is knowingly subjecting their child or children, him or herself to the risk of being exposed to or contracting the COVID-19 virus, that despite any preventative measures being taken by the youth sports organization there is no guarantee that the signer will not be exposed to or contract the coronavirus that causes COVID-19, and that by entering the sports organization's premises and/or participating in or otherwise spectating at the sports organization's events the signer could be increasing his or her risk of exposure to or contracting COVID-19. In any event, liability waivers have limitations and the degree of their enforcement varies among the states. Importantly, courts have not yet decided to what extent COVID-19-related liability waivers are enforceable, including whether or not a public policy reason exists to bar or otherwise limit their enforcement. Most jurisdictions will not permit the waiver of liability for intentional, willful, wanton, reckless, or grossly negligent conduct. Additionally, as noted below, many jurisdictions have placed restrictions and even bars on the enforceability of liability waivers with respect to minors. Consultation with your attorney regarding the modification or creation of a liability waiver/release is important. [Sadler On COVID Waivers](#).

- **Assumption of Risk** – Spectators and participants likely assume certain known risks when they decide to attend or participate in a sporting event, such as injury. Due to the breadth of media coverage on the risks of COVID-19 and the many actions taken and restrictions imposed by various federal, state and other local governments and agencies on the general public, the risk of exposure to COVID-19 may be one of these risks. However, a waiver/release that expressly sets forth a spectator's or participant's voluntary acknowledgment and assumption of that risk can provide sports organizations with a stronger defense against lawsuits in the future.
- **Contributory or Comparative Negligence** – Spectators and participants may share in the negligence to the extent that they did not practice personal discipline in taking precautions against transmission. This may result in a total bar or an offset against damages depending on state law. New protocols and guidelines put in place by sporting organizations should be explicitly made known to spectators and participants. This group, as a condition of their participation in or spectating at the sports organization's events, should acknowledge their responsibility to abide by those protocols and guidelines.
- **Federal Volunteer Protection Act** – The federal Volunteer Protection Act of 1997 provides certain immunity for volunteers of not-for-profit associations. There are also state law versions that are preempted by the federal act to the extent that the federal act provides stronger protections. These immunity acts do not apply to the extent of gross negligence or other wanton or willful behavior. [Sadler](#)

- **Federal or State COVID-19 Immunity** – There is the discussion of a federal COVID-19 immunity act to protect businesses including sports organizations from some liability risk of opening up operations. Some states may also pass their own versions and/or governors may issue temporary immunity proclamations. For example, the governor of Alabama recently issued the first COVID immunity proclamation. These statutes and proclamations will provide some relief, but will likely exempt gross negligence or willful or reckless disregard for COVID-19 mitigation best practices. These proposed immunity statutes and proclamations have also not been tested in courts, and it is possible that courts may not enforce such laws or executive orders.

Parent Waivers of Liability on Behalf of Minors

Laws vary state to state with respect to the enforceability of minor waiver/releases. Minors are likely not legally competent to enter into a binding waiver/release, which would require a parent's signature on the waiver/release. However, many states will not allow a parent to contractually waive their minor children's right to sue for a sports-related injury. Additionally, the enforceability of the waiver/release could turn on whether or not the released party is a for-profit business or a nonprofit organization. *A parental waiver/release on behalf of minors may be upheld in a minority of states.* [Sadler on Waivers](#)

Consultation with your attorney regarding the modification or creation of a liability waiver/release with respect to minors is important.

Insurance

Any existing liability coverage should be carefully reviewed for provisions that may impact coverage for an injury based on COVID-19 exposure. Although normally general liability policies purport to cover claims and lawsuits for bodily injury, some liability policies specifically exclude injuries resulting from communicable diseases. Even without this exclusion, some insurers may argue that coverage does not apply for other reasons. However,, insurers generally must provide a legal defense for claims that even arguably fit within the policy's coverage, so without a clearly applicable exclusion, it would be fairly aggressive for insurers to outright deny claims for COVID-19 exposure.

If insurance coverage is not already in place, it should be expected that a large number of insurers will begin specifically excluding loss arising out of communicable disease and/or virus exposure. *Any new policy should be carefully reviewed before purchasing with this point in mind.* [Sadler](#)

Event Signage

You should consider posting conspicuous signage at sports facilities, warning of coronavirus risks and what steps can be taken to reduce such risks. The following is sample language that could be included on signage, which should always be reviewed by your local legal counsel to ensure compliance with any federal, state or local requirements.

- Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that [promote everyday protective measures](#) and describe how to [stop the spread](#) of germs such as by [properly washing hands](#) and [properly wearing a cloth face covering](#)
- Find freely available CDC print and digital resources on [CDC's communication resources](#) main page
- Broadcast [regular announcements on public announcement \(PA\) system](#)
- Include COVID-19 prevention messages (e.g. [videos](#)) about behaviors that prevent the spread of COVID-19 when communicating with staff, volunteers, officials, and families. This could include links, videos, and prevention messages in emails, on organization websites, and through the team and league's [social media accounts](#).
- Example Signage:
 - Do not enter if you are exhibiting any signs of illness such as sneezing, coughing, sniffles, have a fever, or don't feel well
 - If you are repeatedly sneezing or coughing, you may be asked to immediately leave the premises
 - All players, staff, and spectators should practice responsible social distancing by remaining at least 6 ft apart whenever possible
 - All players, staff, and spectators should wear cloth face coverings whenever applicable
 - Wash your hands and/or use hand sanitizer upon entrance, during the event, before and after you eat, and as you leave. Hand washing and hand sanitizer stations are provided
 - Avoid touching your face including your eyes, nose, and mouth

[Sadler](#)

Other Links to Consider: [Sadler Sports](#), [NAYS](#), [US Justice Department](#)

General Operating Considerations

A majority of this section comes directly from the CDC. There are links to original CDC documents throughout. As you make your own guide, many of the items in this section should be considered to be included. Your sport, age groups, locality and travel/tournament nature of your organization will affect what is appropriate for you.

Assessing the Safety Risk Levels of your Situation [From the CDC](#)

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread in your sport, consider:

- **Physical closeness of players**, and the length of time that players are close to each other or to staff. Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase the distance between players.
 - For example, players and coaches can:
 - focus on individual skill building versus competition;
 - limit the time players spend close to others by playing full-contact only in game-time situations;
 - decrease the number of competitions during a season.
 - Coaches can also modify practices so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.
- **Amount of necessary touching of shared equipment** and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles). It is possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- **Ability to engage in social distancing** while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout). During times when players are not actively participating in practice or competition, attention should be given to maintaining [social distancing](#) by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

- **Age of the player.** Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregivers can assist with making sure that athletes maintain proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).
- **Players at higher risk of developing serious diseases.** Parents and coaches should assess the level of risk based on individual players on the team who may be at [higher risk for severe illness](#), such as children who may have asthma, diabetes, or other health problems.
- **Size of the team.** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.
- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- **Travel outside of the local community.** [Traveling](#) outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community)

Promoting Behaviors that Reduce Spread [From the CDC](#)

Youth sports organizations may consider implementing several strategies to encourage behaviors that reduce the spread of COVID-19.

- **Staying Home When Appropriate**
 - Educate staff and player families about when they should stay home and when they can return to activity
 - Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees aware of these policies.
 - [Individuals, including coaches, players, and families, should stay home](#) if they have tested positive for or are showing COVID-19 [symptoms](#).
 - Individuals, including coaches, players, and families, who have recently had [close contact](#) with a person with COVID-19 should also [stay home and monitor their health](#).
 - CDC's criteria can help inform return to work/school policies:

- [If they have been sick with COVID-19](#)
 - [If they have recently had close contact with a person with COVID-19](#)
- **Hand Hygiene and Respiratory Etiquette**
 - Teach and reinforce [handwashing](#) with soap and water for at least 20 seconds.
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
 - 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 soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.
- **Cloth Face Coverings**
 - Teach and reinforce the use of [cloth face coverings](#). Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.
 - Wearing cloth face coverings is most important when physical distancing is difficult.
 - People wearing face coverings should be reminded to not touch the face covering and to [wash their hands](#) frequently. Information should be provided to all participants on the [proper use, removal, and washing of cloth face coverings](#).
 - Note: Cloth face coverings should not be placed on:
 - Babies and children younger than 2 years old;
 - Anyone who has trouble breathing or is unconscious;
 - Anyone who is incapacitated or otherwise unable to remove the cloth face-covering without assistance.

- **Adequate Supplies**
 - If hand washing facilities are available, support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and older players who can safely use hand sanitizer)

Maintaining Healthy Operations [From the CDC](#)

Youth sports organizations may consider implementing several strategies to maintain healthy operations.

- **Protections for Staff and Players at Higher Risk** for Severe Illness from COVID-19
 - Offer options for individuals at [higher risk](#) of severe illness from COVID-19 (risk increases with age, and people of any age with certain medical conditions are at higher risk), such as virtual coaching and in-home drills that limits their exposure risk.
 - Limit youth sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19.
- **Regulatory Awareness**
 - Be aware of state or local regulatory agency policies related to group gatherings to determine if events can be held.
- **Identifying Small Groups and Keeping them Together (Cohorting)**
 - Keep players together in small groups with dedicated coaches or staff, and make sure that each group of players and coaches avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.
 - Consider staging within-team scrimmages instead of playing games with other teams to minimize exposure among players and teams.
- **Staggered Scheduling**
 - Stagger arrival and drop-off times or locations by cohort (group) or put in place other protocols to limit contact between groups and with guardians as much as possible. One example is increasing the amount of time between practices and competitions to allow for one group to depart before another group enters the facility. This also allows for more time to clean the facility between uses.
 - When possible, use flexible worksites (e.g., telework) and flexible work hours (e.g., staggered shifts) to help establish policies and practices for social distancing (maintaining a distance of approximately 6 feet) between employees and others, especially if social distancing is recommended by state and local health authorities.

- **Gatherings, Spectators, and Travel**
 - Avoid group events, such as games, competitions, or social gatherings, where the spacing of at least 6 feet between people cannot be maintained.
 - Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
 - Avoid activities and events such as off-site competitions or excursions (e.g., watching a professional team compete).
- **Designated COVID-19 Point of Contact**
 - Designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.
- **Communication Systems**
 - Put systems in place for:
 - Consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of players (as feasible) self-report to the youth sports organization if they have [symptoms](#) of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with [health information sharing regulations for COVID-19](#)
 - [external icon](#)
 - (e.g. see “Notify Health Officials and Close Contacts” in the Preparing for When Someone Gets Sick section below), and other applicable laws and regulations.
 - Notifying staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).
- **Leave (Time Off) Policies**
 - Implement flexible sick leave policies and practices for coaches, officials, and staff that enable employees to stay home when they are sick, have been exposed, or are [caring for someone who is sick](#).
 - Examine and revise policies for leave, telework, and employee compensation.
 - Leave policies should be flexible and not be punitive to people for taking time off and should allow sick employees to stay home and away from co-workers. Leave policies should also account for employees who need to stay home with their children if there are schools or childcare closures, or to care for sick family members.
 - Develop policies for return-to-play after COVID-19 illness. CDC’s criteria to [discontinue home isolation and quarantine](#) can inform these policies.
- **Back-up Staffing Plan**

- Monitor absenteeism of coaches and officials, cross-train staff and create a roster of trained back-up personnel.
- **Coach and Staff Training**
 - Train coaches, officials, and staff on all safety protocols.
 - Conduct training virtually, or ensure that [social distancing](#) is maintained during training.
- **Recognize Signs and Symptoms**
 - If feasible, conduct daily health checks (e.g., [symptom checking](#)) of coaches, officials, staff, and players safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations.
 - Youth sports program administrators may use examples of screening methods found in CDC's supplemental [Guidance for Child Care Programs that Remain Open](#) as a guide for screening children, and CDC's [General Business FAQs](#) for screening staff.
- **Sharing Facilities**
 - Encourage any organizations that share or use the youth sports facilities to also follow these considerations.
- **Support Coping and Resilience**
 - Encourage employees to take breaks from watching, reading, or listening to news stories, including social media if they are feeling overwhelmed or distressed.
 - Promote healthy eating, exercising, getting sleep, and finding time to unwind.
 - Encourage employees to talk with people they trust about their concerns and how they are feeling.
 - Consider posting signs for the national distress hotline: 1-800-985-5990, or text [CDC]TalkWithUs to 66746

Preparing for When Someone Gets Sick [From the CDC](#)

Youth sports organizations may consider implementing several strategies to prepare for when someone gets sick.

- **Advise Sick Individuals of Home Isolation Criteria**
 - Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's [criteria to discontinue home isolation](#).
- **Isolate and Transport Those Who are Sick**
 - Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 [symptoms](#), test positive for COVID-19, or have been [exposed](#) to someone with COVID-19 symptoms or a confirmed or suspected case.
 - Immediately separate coaches, staff, officials, and players with COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow [CDC guidance for caring for oneself and others](#) who are sick. Individuals who have had [close contact](#) with a person who has [symptoms](#) should be separated and sent home as well, and follow [CDC guidance for community-related exposure](#) (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow [CDC guidance for caring for oneself and others](#) who are sick.
 - Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- **Clean and Disinfect**
 - Close off areas used by a sick person and do not use these areas until after [cleaning and disinfecting](#) them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
 - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure [safe and correct use](#) and storage of [cleaning disinfectants](#), and disinfection products, including storing them securely away from children.

- **Notify Health Officials and Close Contacts**
 - In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify [local health officials](#), youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the [Americans with Disabilities Act \(ADA\)](#) and other applicable laws and regulations.
 - Work with [local health officials](#) to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
 - Advise those who have had [close contact](#) with a person diagnosed with COVID-19 to stay home and [self-monitor for symptoms](#), and to follow [CDC guidance](#) if symptoms develop.

Oversight and Leadership

Many Organizations are specifically assigning a team leader to manage adjustments related to the Pandemic or have created an oversight body. The leader or body ensures safety policies and practices comply with any governing regulations from Federal, State, County and Local; align with the standards, guidelines and best practices of the youth-serving sector; and are reliably executed.

Emergency Protocols

Develop a written emergency protocol for hazards and threats that might reasonably affect persons participating in its programs and activities. Managers, supervisors, coaches and others should be familiar with the protocols and have access to them when needed. The section on “Preparing for when someone gets sick” has much of this.

Reporting & Feedback

Players, Coaches and others involved should report any symptoms they experience and if they become sick.

Scheduling and Time

Understand that as you constrain locker room capacity or make other changes, things can take more time. Plan accordingly so you don't unintentionally create queues and other congestion areas.

Cloth face masks for players?

There is no clear answer yet on whether a player or participant should wear a cloth facemask during play. Distance sports may not require the use of a mask and in some close play sport situations where there is intense cardio and or body moisture, wearing a mask may cause more risk than prevent. The CDC yet does not take a position on whether participants should wear a mask.