CYC SPORTS FALL SPORTS SAFETY GUIDELINES AS OF 7-20-20

CYC SPORTS — PLAYCYC.ORG

CYC Return to Play Safety Guidelines

Updated:
July 20, 2020

https://playcyc.org/returntoplay/
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A LETTER FROM THE CYC OFFICE

As the country begins to recover from the pandemic, our state and local authorities have released guidance that allows youth sports leagues to resume activities. We are excited about the prospect of bringing CYC sports back to our kids, families, and communities. However, we also firmly believe it’s important to maintain incredibly high standards for safety and health during this tenuous time of reopening our society.

It seems like you need a scorecard to keep up with the ever changing guidelines for youth sports in the St Louis area. Last Friday, St Louis County scaled back to Phase One of the re-opening process for youth sports. While this is disappointing, we encourage our CYC family to not lose hope for a fall season of soccer and volleyball. Here is what we can tell you as of today, July 20th:

- Every effort will be made to play soccer and volleyball this fall.
- The season will likely start after Labor Day.
- Several options are on the table for the season, including, a shortened season with playoffs or a shortened season without playoffs, depending on when we can start play.
- Decisions on when to play are based on guidelines set forth by area government agencies and the Archdiocese of St Louis.

Our main concern will always be the safety of our athletes, coaches, officials and parents. We know it is important to bring the games back for our athletes, but we cannot do so at the risk of jeopardizing their health. We know your athletes are frustrated by the inability to play sports with their friends. We understand our parents share in this frustration. As we have learned in the last several months, it is impossible to predict how this will all turn out. Please continue to pray for an end to this pandemic, and for all in our CYC family who have been adversely effected by Covid-19.

Please continue to check our website for updated information: https://playcyc.org/returntoplay/. Feel free to contact our office, at any time, with questions or concerns.

Sincerely,

Dan Fitzgerald, Director
Jon Givens, Associate Director
Laura Bailey, Coordinator
SAFETY GUIDELINES RATIONALE

Goal
Our goal with this document is to make sure that the experience of playing CYC Sports in the Fall is safe for all athletes, families, coaches, officials, and volunteers. We want to continue our mission of Building Communities of Faith Through Sports, but that is only possible if the health and safety of our CYC community is prioritized above all else.

Considerations
We understand that unlike most sports organizations in the area, CYC has the exceptionally difficult task of hosting games across many different locations every week, all of which are coordinated and maintained by our incredibly devoted parish volunteers and coaches. CYC is not possible without the help of our volunteers, so any plans put in place must have them in mind and guidelines have to be duplicable across 100+ locations every weekend.

When forming these Guidelines, we took the following into consideration:

1. **Health and Safety First**- We all want to get out and play, but we are not willing to return to play CYC Sports if we are not convinced that it is in the best interest of our athletes' safety.
2. **Burden on Volunteers**- We need to ensure that we are putting realistic expectations on our volunteers who will be responsible for overseeing the Guidelines at each parish. These volunteers already give so much of their time to make CYC possible, so we want to respect the extra time expected to make CYC a safe place to play.
3. **Great Experience for Kids**- With all that we are experiencing through COVID-19, we know that the kids have already been through so much. Everything in their lives has been turned upside down, and sports can be a great escape. We will do everything we can to make CYC Sports feel as “normal” as possible so they can be with their friends and grow in our core values of faith, sportsmanship, and service.
GUIDELINES

Playing sports with other individuals, in any capacity during this time, holds an inherent risk of a child or teenager becoming infected and potentially infecting other individuals, such as their household members. Please consider this risk when allowing your child or teenager to participate in organized sports. Teams, families, and parishes must be familiar with recommendations from their national, state, and local governing bodies regarding illness (including, but not limited to, COVID-19).

The items outlined below are required to be followed by all Players, Coaches, Officials, Game Host sites, Parents, and Fans. All requirements and expectations are not the sole decision of the CYC. They are in accordance with recommendations from the CDC, and state, and local officials. If your Coach or team does not abide by these rules, then you are subject to a forfeit, and possibly not being able to play the remainder of your games.

MANDATORY COUNTY GUIDELINES

The following sections of this document are meant to provide “CYC Specific” guidelines for how we will operate our sports leagues. However, it is mandatory that each site host follow the guidelines put forth by their county. These will continue to be updated every 14 days, and all parishes and host sites should check back regularly to the links below to ensure that they are complying with all requirements. These rules are “above” the jurisdiction of the CYC and must be followed to ensure the safety of the CYC community.

- Jefferson County- https://static1.squarespace.com/static/57f035cc9f745646c52342b9/t/5ee9517c662bf525371a8f39/1592349052301/Final+Return+to+Sports+Recommendations+%28Update+5-16-20%29.pdf
- St. Louis County- https://stlcrona.com/sites/default/assets/pdfs/dph-orders/st-louis-county-youth-sports-guidelines-06252020-0.pdf
PRE-EVENT SCREENING GUIDELINES

Before attending any game or practice, PLAYERS, PARENTS, COACHES, FANS, OFFICIALS, and HOST SITE WORKERS need to self-screen, including taking their temperature before the game at home. It is not a requirement to fill out a screening on paper, but these questions need to be taken seriously. Host Game locations are encouraged to post the screening questions in a visible location that fans and players can see as they enter the field or gym.

Coaches must have a screening checklist to ask each participant when they arrive at the practice or game. For the younger participants, one parent/guardian, should walk the participant to the coach and answer the questions to verify that the participant can take part. Temperature checks can be performed at home before the game, and reported to the Coach when asked. The questions for the screening are:

• Today or in the past 24 hours have you had any of the following symptoms
  • Fever (temperature greater than 100.4 for children and greater than 100 for individuals over the age of 18)
  • New or worsening cough
  • Shortness of breath or trouble breathing
  • Sore throat that is different from your seasonal allergies
  • New loss of smell or taste, or both
  • Diarrhea or vomiting

• Do you have a household member or close contact who has been diagnosed with COVID-19 in the past 2 weeks?

If you have a positive answer to any of the screening questions, you are not permitted to attend the CYC game, practice, or event as a player, coach, volunteer, or viewer.

Parents are obligated to contact their Athletic Association to notify them of a positive diagnosis of COVID-19. Athletic Associations need to notify their District Coordinator.

DISINFECTING GUIDELINES

In preparing to purchase disinfectants and establish cleaning routines at your parish or host site, we recommend that you use information from the CDC at the following URL: https://www.cdc.gov/mrsa/community/environment/athletic-facilities.html

If you are using household chlorine bleach, check the label to see if the product has specific instructions for disinfection and sanitizing surfaces. Dilution of product will vary slightly depending on whether you are using commer-
cial 5.25, 6.0, or 8.25% bleach. If no disinfection instructions exist, use 1/4 cup of regular household bleach in 1
gallon of water for product containing 5.25-6.0% bleach (a 1:100 dilution equivalent to 500-615 parts per million
[ppm] of available chlorine) or 8.25% bleach use 1 oz (0.125 cups) in a gallon of water for disinfection of pre-
cleaned surfaces.

You should read the label before using products. The labels will tell you:

• How the cleaner or disinfectant should be applied
• If you need to clean the surface first before applying the disinfectant (e.g., precleaned surfaces)
• If it is safe for the surface. Some cleaners and disinfectants, including household chlorine bleach, might
damage some surfaces (e.g., metals, some plastics). Do not use on clothes or uniforms.
• How long you need to leave it on the surface to be effective (i.e., contact time)
• If you need to rinse the surface with water after using the cleaner or disinfectant

PARISH SPECIFIC GUIDELINES

Each parish hosting CYC practices and games may implement their own directives on how they will abide by the
CYC and County guidelines. A parish may not be less strict than the CYC or County Guidelines, but they may
choose to be more strict. For example, our CYC guidelines allow for two parents per CYC athlete at a game.
However some gyms are small, and the parish may only allow for one parent. Host sites might also choose to take
temperatures on site. All these directives will be communicated through the District leadership. It is the responsibili-
ty for everyone attending the CYC event to abide by the Parish Directives.

REQUIREMENTS

COACH AND PLAYER REQUIREMENTS

The Coaches are our main collaborator in ensuring a safe experience for all of the kids. Coaches have the most
contact with the kids, and are able to control practice and game conditions to ensure that standards are being
met. Keep in mind that one coach who thinks he/she can do what they want will shut down your team for all
sports at your parish for 14 days.

Standards for Coaches and Players at practices and games throughout the CYC season:
• Sanitize all equipment and your hands before and after each session. Host sites should provide sanitizing
wipes/disinfectant for site equipment, and Coaches should provide sanitizing wipes/disinfectant for team
equipment.
• Monitor your temperature daily
• If you have any symptoms, stay away from all CYC activities for at least 14 days and be cleared by a doctor
before returning.
• Coaches and parents should continue to remind kids to not touch their face frequently
• Avoid high-fives, fist bumps, or any form of physical contact with children and families
• Players must wear a face covering when not actively involved in practice, training, or competitive play. Players do not need to wear masks when sitting on bench at a game, if properly socially distanced.
• Carry hand sanitizer in your pocket to sanitize before and after any contact may occur
• Coaches should be wearing a mask when they are asking the questions of the players/parents before the start of the practice. Coaches should wear a mask during the practice.
• Use rings, spots or orange cones as “home base” to keep children spread out
• Request that equipment be cleaned up and put away only by coaches
• Continue to remind children the importance of keeping safe distances when practicing skills, by mentioning to, “keep your distance so you don’t bump into your friends”
• Avoid the use of pinnies. If necessary because teams have same uniform colors, pinnies should only be worn one time, and washed before the next use.
• Use a modified cheer at the end of the session, no huddles.
• Encourage fans to practice social distancing by trying to stay 6 feet away from others that do not live in their households
• Communicate with parents that it is required that they stay home when they are sick and keep their children home if they are sick
• Coaches need to keep a list of who was in attendance at each practice to be used in “tracing” if someone is diagnosed with Covid

GAME HOST SITE REQUIREMENTS

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.
• 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

• 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 must wear cloth face coverings per local and facility requirements.
  - 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

• Hand hygiene is essential. Organizations and facilities need to promote frequent and effective, hand hygiene with ample hand sanitizer (at least 60% ethanol or 70% isopropanol) dispensers and areas with soap and water in many different locations.

• Any balls used (basketball, soccer ball, volleyball etc.) can be used during any of the listed phases, however it should be disinfected after all practices and between matches.

• All participants that have practiced or competed with an individual exhibiting symptoms (up to 48 hours before they started showing symptoms) should be excluded from practice and play for 14 days. CYC Athletic Associations and/or Districts should keep documentation of names and contact information of opposing teams, coaches, and officials for contact tracing purposes.

• Space out the starting times of games to give ample time for coaches, players, and fans to clear the field/gym through an Exit, before allowing players and fans for the following game to come through the Entrance. There needs to be two doors used to keep crowds as separate as possible.

• Drinking fountains should be turned off and covered

• If there are not two doors for an entrance and exit to a gym, then a parish volunteer will need to stand outside and encourage teams and fans to wait in their cars, or a safe distance away from the entrance doors until the gym has cleared. Once cleared, the teams can come in following social distancing measures.

CONCESSION STAND REQUIREMENTS

If facilities offer concession/dining areas follow the Restaurant and Food Service Providers Guidelines.
https://www.sccmo.org/DocumentCenter/View/15548/Recommendations-For-Restaurants-PDF

• Tape should be put on the ground to encourage people to stay at least 6 foot apart

• Drinks should be sold in a bottle or a can. No fountain drinks
• Food sold should be in a package such as candy bars, chips etc. Discourage the cooking of hot dogs, nachos, pop corn etc
• All concession stand workers are required to wear a mask and gloves

PRACTICE REQUIREMENTS

• Spectators are not recommended at any workouts or practices. Parents or caregivers should remain in their cars during this time. No congregating should be allowed in the parking lot or fields. A drop-off line for practices is recommended to avoid unnecessary exposure. For younger children, one parent or caregiver can accompany the child to the health screening. The parent or caregiver should wear a mask or face covering.
• Limit the use of carpools to get to practice
• Do not share water bottles during practice. An individual athlete may use their own water bottle, and it should be clearly marked with their name. Cups may be used to drink water but should only be for single use
• When possible, leave equipment bags at home. Bring only what is necessary to practice at games (personal ball and water bottle).
• No team huddles should take place
• Use of team balls is not recommended, every player should bring their own
• Utilize outdoor facilities instead of indoor whenever possible
• No handshakes or fist bumps should take place.
• Two teams should not share the same court for practices. Multiple teams can share a gym as long as there are two complete courts to use.
• No two teams should be in the same location at one time. If the same field or gym will be used back-to-back, teams should allow plenty of time between sessions to clean area between teams. Half-field use is allowed. Be sure that there is no interaction between teams.
• At this time, it is recommended that practices focus on individual skills and drills as much as possible, as opposed to contact scrimmages.
• Drills should be planned to keep participants 6 foot apart when possible. When standing in line for a drill, explain to the participants that they must be 6 foot apart.

GAME REQUIREMENTS

• During competitions, spectators should practice social distancing as permissible and spectators must wear masks or face coverings.
• There will be a limit of two adults per one CYC player at all games. Siblings and other extended family members should not come unless completely necessary.
• No team huddles should take place
• No handshakes or fist bumps should take place.
• No standard ID checks. If there is a question of player eligibility, the official will be instructed to put on gloves and mask and then complete the ID check while social distancing. Once the check is over that official should remove the gloves, throw them away and sanitize their hands.

• No handshake line

• There should be a pre-game prayer with both teams at a safe distance, and a post-game prayer at a safe distance in lieu of a handshake line.

• Teams and fans need to clear the field or gym (and surrounding area) as soon as the game is over to allow for the next group of people to have enough time to warm up without crossing paths. Please follow any site-specific instructions.

• Only 2 coaches per team allowed to sit on sidelines with team during games.

• Coaches need to wear masks during games

Athletes/coaches must meet all the following criteria to return to sports after a COVID-19 diagnosis:

• At least 14 days have passed since symptoms first appeared. During this time the athlete/coach should not participate in any exercise while monitoring of clinical worsening of symptoms.

• Symptoms have resolved, no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath)

• The patient should be evaluated and provide a note to the Athletic Association and/or District for sport participation from a medical provider (MD, DO, NP, PA).
  • i. Individuals without a medical provider can contact their local public health agency.
  • ii. Given the potential for COVID-19 to affect the heart, providers should utilize current sport pre-participation screening evaluations with a low threshold to obtain additional work-up (i.e. high sensitivity troponin, ECG, Echo) or referral to cardiology if concerned.
  • iii. Medical providers should take into consideration the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.

• After returning, the athlete/coach should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms. This individualized process should generated as a joint decision between the medical provider, coach and parent.

• If symptoms worsen or new symptoms occur during gradual return of play such as, but not limited to, chest pain, chest tightness, palpitations, lightheadedness, presyncope or syncope, then the athlete/coach should be evaluated by a medical provider.
SPORTS SPECIFIC EXPECTATIONS

SOCCER SPECIFIC EXPECTATIONS
Links - [US Youth Soccer](#)

- As much as possible, keep players six feet apart from one another during warmups.
- Sanitize benches before and after each match.
- If possible, place benches as far apart as possible on one side of field, and keep fans on the opposite side of the field.
- When possible, avoid fans sitting on bleachers. Host sites may consider removing bleachers. Plan to bring your own chair to maintain social distancing.
- No spitting. Goalkeepers should refrain from spitting on their gloves.
- Disinfect the game ball in between games and at halftime when possible.
- Practices with 10 people or less are allowed, and only players and coaches should be on the field. Families and spectators need to drop off child and stay in cars or at safe distances.

VOLLEYBALL SPECIFIC EXPECTATIONS
Links - [USA Volleyball](#)

- Consider enlarging the bench area to allow athletes proper social distancing while on the bench. Athletes should wear masks while sitting on the bench.
- Limit cross-team contact by separating team warm-ups as much as possible.
- Disinfect balls prior to warming up and rotate 3 game balls as often as possible in order to always have a disinfected ball in play.
- In between games, sanitize all surfaces regularly touched with hands (net, scorers table, bench, etc.).
- Encourage athletes to apply hand sanitizer at each time out, during each substitution and if there is any cross-net contact.
- Teams will not switch sides of court for any games, or flip coin for third game. Teams will stay on same side for all games.
- Benches should be pre-assigned so teams are able to go directly to their bench and not cross paths with the other team.
- Practices should be limited to a max of 10 people in the gym at anytime. If there is a divider and the team can be split to different areas, then more than 10 is acceptable.
POINTS OF CONTACT

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RESOURCES

www.ssmhealth.com/coronavirus-updates
www.mercy.net/covid
www.bjc.org/Coronavirus
www.cdc.gov/coronavirus
https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/
https://www.stlouis-mo.gov/covid-19/