



Thursday, September 18, 2020

CYO Guidelines & Protocols COVID-19

The CYO program has been working the past few months to plan for the safe return to action of our programs. This document provides a pathway for our parish programs a safe return to play for the children and adult volunteers. In times of adversity, our parish and school CYO leadership has stepped forward devoting their time, energy and knowledge in providing a safe environment to develop the children's physical and emotional wellbeing through the vehicle of sport. In order to continue this almost century long tradition, it will take the complete cooperation from ALL to ensure it carries on for another century during these unprecedented times.

Following NY State, Department of Health and CDC guidelines, as of August 15th, low and moderate risk activities (cross country practice and competition, golf, bowling), and higher risk activities with no contact, (basketball skill development and cheerleading sideline cheer) are permitted. All activities must be performed outdoors with social distancing guidelines until indoor restrictions have been lifted by state officials. See [Interim COVID-19 Guidance for Sports and Recreation](#)

Our return to play guidelines and protocols found below, have been established to help the participating CYO programs and their community return to the field and to the court so long as we can do it safely. These protocols have been developed to help CYO programs plan for programming permitted presently and to properly plan for a path forward when future activity is permitted in gyms. There is an inherent risk in all activities amidst the COVID-19 Pandemic, but we can manage these risks and have a systematic and clear way to safely operate our CYO programs this year. As the pandemic conditions and New York State guidelines change, we will update and revise our procedures to constantly provide the safest environment possible for our children, families, coaches and officials.

The following guidelines are to ensure parish and/or school programs participating in CYO activities (practices and/or competitions) are meeting the standards of safety for everyone involved as well as meet our new public health obligation.

Guidelines & Protocols

- 1) Follow all CDC, NYSDOH, and local health guidelines.
- 2) Adhere to best practices and recommendations from public health officials and those of all the schools, academies and Parks Department fields, courts and facilities used where CYO practices, games and events are scheduled. All facility specific protocols and guidelines must be followed, adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including "[Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19,](#)"



- 3) Coaches, players, parents, officials and spectators must self-monitor for [symptoms](#) and take their own temperatures on the day of practice and competition. A parent or guardian is responsible for completing the daily screening and temperature check on behalf of their child(ren).
- 4) All coaches, players, parents and officials will be required to undergo a temperature screening prior to entering facility for practices and games.
- 5) A pre-screening questionnaire will be administered to all participants, families, volunteers and staff electronically.
- 6) Coaches, players, parents, officials and spectators will be required to arrive wearing a face covering. Face coverings may only be removed by players when they are involved in the game on the court/field. At the conclusion of the practice or game, before leaving the bench area, face coverings should be worn exiting the facility/field.
- 7) Maintain social distancing in stands and on the bench. Players on the bench required to wear face masks as well as those parents/guardians in the stands.
- 8) Coaches and referees should have a face covering on them at all times in the event that they need to interact closely with players and must wear them if within six feet of players.
- 9) Limiting gatherings to no more than 50 people means that teams should not exceed 12 players indoors (preference for 10 players at games, but realize that teams have historically had more than 10; rosters can contain more than 10 players) and 15 players outdoors. With a limit on 2 coaches and score keepers and referees, we should be below the 50 people limit. Limitation guidelines are subject to change as the year progresses.
- 10) Only one parent/guardian will be able to attend games; no brothers, sisters, friends in attendance. Again, limitation guidelines are subject to change as the year progresses.
- 11) Coaches are responsible for compliance with these protocols at each game amongst themselves, assistant coaches, players and guardians/parents. Failure to comply with these protocols by any coach, player or guardian/parent will result in a forfeit of the game by the team of the non-compliant coach, player or guardian/parent. At the time of noncompliance, the game will be stopped and the gym will be emptied.
- 12) Home team should have several balls that are clean and are available for rotation into the game or practice and follow cleaning protocols by ball manufacturers – [See Spalding ball cleaning recommendations](#).
- 13) Home field/court coordinators must clearly designate separate entrances and exits, to the extent practicable.



- 14) Home gyms should have plenty of hand sanitizer so that the children and participants can maintain proper hygiene upon entering, exiting the facility. One should be placed at the score table.
- 15) Children will be asked to bring their own hand sanitizer and water bottles (filled) with their names on them to practices or events. Water fountains are to be turned off.
- 16) Emergency supplies of bottled water and masks must be kept by coaching staff.
- 17) No sharing of clothing, practice uniforms or equipment.
- 18) Home teams should have a Gym Manager on premise to act as a Social Distancing Ambassador. Officials are not responsible for enforcing COVID guidelines.
- 19) Player benches and high contact surfaces should undergo disinfection by the home facility prior to having another team occupy the same environment for the next scheduled game.
- 20) It is the responsibility of each parish to ensure that the gyms, bathrooms and high contact surfaces are properly cleaned at the end of the day at games and practices. Windows should be opened as frequently as possible for practices and games, weather permitting, to allow for maximum ventilation. Ensure protocols include procedures/reminders to close windows at the end of CYO activities.
- 21) There will be an absolute time limit to games so that we remain on schedule and preclude the possibility of teams arriving to games before the prior game is over. For example, a 12 noon game will be declared over at 1:10pm so that the gym can be emptied in time for the 1:30pm game that follows.
- 22) Allow greater time in between scheduled games/practices so there is less interaction between participants between games/practice. One hour 15-minute time slots will now be one hour 30-minute time slots.
- 23) Games will end after 70 minutes. The suspended game shall be deemed a tie in the standings if the score is tied. The official time will be kept at the score table.
- 24) At the conclusion of each contest, teams will not shake hands. Coaches will not be permitted to speak to their teams inside the gym building. The priority will be to reunite players with a parent and their immediate exit of the gym facility. Parent/guardian must immediately move to meet their child and leave the gym premises without conversations with other spectators.
- 25) Spectators/coaches/players arriving for the next scheduled game will not be permitted to enter the gym while the earlier game is still in progress. Individuals waiting for the next game will be encouraged to wait in cars (where possible) until the "All clear" sign is shared indicating that the previous participants have left and the gym is reopened for the next game.



- 26) No hugging, high fives, shaking hands, or fist bumps.
- 27) Team huddles can only occur if all participants are wearing masks and should be discouraged.
- 28) Parish Coordinators, Athletic Directors and Coaches will be kept updated on all COVID-19 procedures, guidelines and protocols.
- 29) If a player, coach or anyone directly associated with a team becomes exposed to COVID19, then the team will NOT play any games or hold practice for a period of time as mandated by the CDC and health officials.
- 30) Additional sport specific COVID-19 operation plans will be shared with Parish Coordinators, Athletic Directors and Coaches and will include the following protocols and guidelines which will be continually updated in accordance with the CDC, local, and state officials.

Guiding Resources

- NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#))
- CDC, Considerations for youth sports: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- NYSPHSAA Return to Interscholastic Athletics: <http://nysphsaa.org/COVID-19-Info>
- New York Forward: <https://forward.ny.gov/>
- Catholic Schools – Moving Forward Together: https://catholicschoolsny.org/wp-content/uploads/2020/07/Moving-Forward-Together_7.23.2020_V2.pdf
- NYSDOH facility ([Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19](#))

All information in the above letter is based on current and anticipated conditions and is subject to change depending on real time conditions and governmental guidance/mandates.

This document is for informational purposes only and is not intended to replace, change or supplement any of the state issued guidance. Participants should always follow and refer to the state issued Interim COVID-19 Guidance for Sports and Recreation (August 15, 2020) and the Interim COVID-19 Guidance for Schools (August 26, 2020) as well as federal, state and local health guidance for any specific questions. This information may change depending on current situations.