



RETURN TO SAFE PLAY



Lynden Youth Sports #1 priority is to PLAY ON...SAFELY!

Players and families' health and safety come first; physical and mental health are of utmost importance to us. Getting our kids outside, in fresh air and playing sports safely is our goal. When our kids play, their body produces endorphins, which are a natural mood booster that can fight stress and depression. Play not only promotes healthy weight and cardiovascular fitness, but also enhances the efficacy of the immune, endocrine, and cardiovascular systems.

KNOW YOUR ROLE! KNOW THE PROTOCOLS

The following best practices are intended for guidance to our Lynden Youth Sports programs and participants. Adherence to these considerations and recommendations does not ensure immunity to illness or prevention of exposure to infectious communicable diseases. Lynden Youth Sports makes no representations and assumes no responsibility for individual activity or participation decisions by organizations, associations, clubs, teams, players, parents, coaches, umpires, volunteers, families or spectators.

LYNDEN YOUTH SPORTS RETURN TO PLAY

PHASE 1: Training and practice sessions are allowed with groups of 6 or fewer players separated by buffer zones or predefined distances and practice stations.

PHASE 2: Full Team Training, practices and competitions, field participation levels don't exceed 75 persons or 200 total at multi field complexes

Social distancing of six feet is required, facial Coverings per guidelines

Please Review Entire Document

Register participants and sign waiver of liability

GENERAL

1. Be smart: if you are sick, stay home. This applies to everyone: players, coaches, and parents. If you have been sick, or in close contact of someone with confirmed Covid19, should stay home for 14 days since exposure.
2. Screening: Self Screen for signs/symptoms of Covid19 prior to all games & practices. Coaches to greet all participants before practice and ask if they have been sick in the last 14 days or in direct contact with a person who is sick. Communicate with Parents and make decision on sending participant home if the answer is "yes."
3. Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
4. Group play: all activities must be limited to the max number allowed in the current phase.
5. Physical play: facilitate activities that eliminate physical contact. All drills should have as little physical contact as possible.
6. No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a 100% safe practice for anybody right now.

7. Masks: coaches and spectators should wear a mask before, during, and after practice if a 6' Distance can't be maintained. Players should wear a mask when not actively practicing/playing.
8. Drop-off/pick-up: if possible, parents should remain in car for drop-off and pick-up. All spectators must remain 6 feet apart.
9. Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own bag when not in use.
10. Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time.

LYS ORGANIZATION

- Distribute protocols to our members.
- We have an effective communication plan in place, we will identify strategies for working with Whatcom County public health department to notify adult leaders, youth, and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Small group sessions need to maintain the same group of players. This helps with contact tracing and limits exposure.
- If a person is diagnosed with COVID-19, the person must return to self-isolation until symptom-free for 14 days. Please communicate if this occurs.
- We will distribute our written action plan to administrators, coaches, managers, and parents, electronically or otherwise.
- Our action plan will include both a communication chain for team personnel, including volunteers and managers, as well as triggers for executing a more detailed action plan.
- Be prepared to shut down and stop operations. We have developed plans for temporary closure of outdoor activities or to properly disinfect and ensure other adult leaders or youth are not infected.
- Provide adequate field space for at least six feet of social distancing per player.
- Develop a relationship and a dialogue with health local officials. (identify Risk Tolerance)

PARENTS

Ensure athletes are healthy, check their temperature daily.

- Please limit or avoid carpooling.
- Stay in car or social distance when at on field events, wear mask at all times if outside your car and you cannot achieve social distancing of at least 6 feet
- Ensure child's clothing is washed after every training session.
- Label your child's equipment to guard against cross-contamination.
- Ensure all equipment, cleats, gloves, ball, etc. are sanitized after every training.
- Notify coach immediately if your child becomes ill for any reason and do not bring them to practices or games contact with coaches or other players.
- Only assist coaches with equipment before, during or after practices following protocol
- Be sure your child has necessary sanitizer and cleaning supplies with them at every practice/game

PLAYERS

- Take temperature daily.

- Wash hands thoroughly before and after practices and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
- Please limit or no carpooling.
- All participants and shall wear masks while at the park. Please wear masks additional information will be provided as to the exact requirement, this helps protect others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment if possible.
- Bring your own equipment to practices, label it as your own.
- Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- The use of Sunflower seeds, candy and gum is not recommended
- Wash and sanitize all equipment before and after every practice/game session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.

COACHES/UMPIRES/VOLUNTEERS

- Ensure the health and safety of your players. Inquire how the athletes are feeling, remove player from activity if they act or discuss feeling ill. Communicate with Parent!
- Follow all established federal, state, and local protocols.
- Ensure all athletes have their individual equipment (equipment, water bottles, bag, etc.) and prohibit players from sharing anything. Equipment placement should be spaced at least 6 feet apart.
- A designated coach is the only person to handle equipment, cones, bats, balls etc.
- Wash and sanitize your equipment after every session
- All training must be outdoors and coaches must strictly enforce social distancing per the current phase guidelines.
- Coaches must wear a face mask per current guidelines, social distance from players as much possible and when required.
- Increase positive communication with parents and participant as to the current guidelines