

**CYO Athletics**

**COVID-19 Quick Guide for Coaches and Volunteers**

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions and recommendations for coaches, players, spectators, and Athletic Directors to implement to ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play.

* Each practice and game or match must begin with a temperature check of all athletes and coaches, using a non-contact thermometer, where available.
	+ A COVID-19 Athlete/Coach Monitoring Form must be used to document results, and is included in the ***Diocese of Greensburg Sports Reintroduction Plan for CYO***
* Social distancing should be practiced during arrivals and departures from the venue as well as any time where feasible.
* Coaches should reduce the physical closeness or contact between athletes when possible by assigning individual practice areas using social distancing for focusing on sport specific skills.
	+ Attention to spacing should also be followed when working with small groups.
	+ Cones for outside practices and cones or tape for indoor activities could be used to mark off areas during these sessions.
* All athletes should begin all competitions and practices by using hand sanitizer. At each break, they are encouraged to reapply this.
* Remind student-athletes and spectators about acceptable social graces including frequent handwashing, covering any coughs, sneezing into a tissue or the inside of one’s elbow and refraining from spitting.
* There will be no sharing of water bottles. Coaches and athletes must always bring their own water bottles.
* A reminder to abstain from congratulatory physical contact will be made by coaches, at the beginning of each practice/game/meet.
* Coaches, youth sports staff, officials, parents, and spectators should wear a cloth face covering during practices and games/meets. Players should wear a cloth face covering when not actively engaging in practice or games.
	+ As a reminder, cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.
* Parents, spectators, and others present during games, meets, and practices must practice social distancing, when feasible.
* Shared equipment must be cleaned prior to, and after all games/practices/meets.
* Chairs, bleachers, benches, etc. that are used during practices/games/meets must be wiped down prior to all athletic events and at the conclusion of these events. It is the home team’s responsibility to ensure proper cleaning and sanitizing of their home facilities.
* If someone gets sick during practice, at a game, or at a meet with any of the COVID-19 symptoms, contact your principal, athletic director and/or point of contact immediately.