

COVID-19 PROTECTION RULES

CHEERLEADING

The following rules are mandatory and follow guidelines set by State of Ohio, CDC, Health Department, and OHSAA. We ask for patience, understanding, and cooperation during this time to help protect yourself and other participants. Refusal to follow these rules will result in termination from the program without refund.



UNION COUNTY FAMILY YMCA
1150 CHARLES LANE
MARYSVILLE, OH 43040
937-303-9285
www.uniontounyymca.org

EQUIPMENT

- No sharing of water, communal water coolers, or equipment (exception: volleyball during play).
- Any equipment will be marked and assigned to each team, then sanitized before the next team's practice/game.

SELF-EVALUATION OF SYMPTOMS

- 1) Have you been in close contact with a confirmed case of COVID19?
- 2) Are you experiencing a cough, shortness of breath, or sore throat?
- 3) Have you had a fever in the last 48 hours? If yes, we will check your temperature using a touchless thermometer. Persons with temperature above 100.4 will not be permitted to participate for at least 24 hrs and when the temperature is acceptable again. The YMCA must report any symptoms to the local health department.

ATHLETES

- Do not arrive any earlier than 10min prior to start of practice/game.
- Temperatures of cheerleaders will be checked upon arrival to practice/game.**
- Cheer practice will take place in the YMCA Studio 2. This is a smaller space, so *parents should drop off players for practice, then wait in their cars, leave the YMCA, or members can use the fitness center during practice, returning at pick up time.* This will allow for social distancing and avoid unsafe gatherings.
- Must adhere to six foot social distancing off the court of play, including when sitting on sideline team areas.
- Cheerleaders 10yr + must wear face coverings when not actively cheering, including sitting on sidelines.**
- Cheer team seating will consist of chairs spaced 6 ft apart. These chairs will be sanitized after each game.
- Must complete self-evaluation of symptoms upon arrival to practice and games. This includes answering the following questions to YMCA staff on site:
 - 1) Have you been in close contact with a confirmed case of COVID19?
 - 2) Are you experiencing a cough, shortness of breath, or sore throat?
 - 3) Have you had a fever in the last 48 hours? If yes, we will check your temperature using a touchless thermometer. Persons with temperature above 100.4 will not be permitted to participate for at least 24 hrs and when the temperature is acceptable again. The YMCA must report any symptoms to the local health department.
- No touch rule: players cannot high five, handshake, or other physical contact. A "wave" or verbal "good game" will be used in place of the regular handshake line after games.
- No eating on the sidelines or team snacks. Players should eat snacks before/after arriving to the YMCA. If a player must have a snack while playing, they should go to their family's pod and eat it there before returning to play.



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COACHES

- Must adhere to six foot social distancing whenever possible, and wear face mask when not possible.
- Face masks required at all times.**
- Must complete self-evaluation of symptoms with YMCA staff on site upon arrival to practice and games.
- No touch rule: coaches cannot high five, handshake, or other physical contact. A “wave” or verbal “good game” will be used in place of the regular handshake line after games.
- Must ensure players are following COVID-19 Protection Rules.

SPECTATORS

- **Spectators are limited to guardians and siblings.**
- PRACTICE: Cheer practice will take place in the YMCA yoga studio (2nd floor). This is a smaller space, so *parents should drop off players for practice, then wait in their cars, leave the YMCA, or members can use the fitness center during practice, returning at pick up time.* This will allow for social distancing and avoid unsafe gatherings.
- GAMES: Must adhere to 6ft social distancing at all times. This includes in and around bleachers for anyone not in the same family. Face masks are required when spectating, even when keeping 6ft social distance from others.
- Enter through YMCA front lobby entrance, exit through back hallway doors to back of parking lot.**
- Families must bring their own chairs/seating.
- Follow marked pod areas for seating. Families should arrive, go directly to a pod, then immediately leave when practice/game is over.
- No leaving pod unless for restroom.
- Must complete self-evaluation of symptoms with YMCA staff on site upon arrival to practice and games.
- Must not enter player areas (on court of play or sideline team areas).

OFFICIALS

- Masks must be worn when off court or sitting on sidelines. Masks not required while on active court of play.
- Must complete temperature check and self-screening upon arrival.

OTHER GENERAL RULES

- Individuals should not congregate in common areas or parking lot.
- YMCA staff is required to wear face coverings and ensure all individuals are following these rules.
- Players will be kept 6 feet apart while waiting on sidelines between playing, following marked areas to stand/sit. Benches/seating will be sanitized between practices/games.

CONFIRMED CASES

- If any individuals or family members who live in the same home test positive for COVID-19, they must immediately contact the Youth Development Director, Rachael Baxter, at rbaxter@unioncountymca.org or 614-859-2148.
- If any individuals show symptoms, they will immediately be isolated and sent home to seek medical care. The YMCA is also required to contact the local health department to report these suspected cases or any exposure.

THESE RULES ARE SUBJECT TO CHANGE. PLEASE BE ATTENTIVE TO YOUR EMAIL INBOX, ALL UPDATES WILL BE SENT VIA EMAIL TO PLAYER FAMILIES.