

Return to Play Youth Sports Guidelines

The following guidelines are meant to provide a baseline for youth sports safe return to play. Taking further precautions is encouraged. These guidelines were developed based on review of the Governor's Forward Virginia Plan, and review of Centers for Disease Control and Prevention (CDC) guidelines. You can view the Governor's Plan [here](#).

The Department of Parks and Recreation is requesting that all youth partner sports organizations provide a "return to play plan" for their league for each phase for review.

Return to Play – Phase I Forward Virginia

- 1) Do not use any Arlington Park facility, including fields, if you have a fever, cough or difficulty breathing, or have been in contact with someone with COVID-19 in the last 14 days.
- 2) Wash your hands before and after you play; avoid touching your face. Follow CDC guidance regarding hand washing. Share this link with families <https://www.cdc.gov/handwashing/videos.html>
- 3) During Phase I 10 participants are allowed on a field at one time. Please limit field use to skill-building drills, training, or, conditioning.
- 4) Coaches, players and volunteers should keep a safe distance of 10 ft. from each other per the Governor's Forward Virginia plan.
- 5) Participants can sit with their guardians, caregivers or other members of their household as long as the group is not more than 10 people.
- 6) An attendance log should be kept for practices and games.
- 7) Prior to each practice or game, all participants, coaches and volunteers should report (for youth sports, ask the parent/guardian):
 - a. Do you have a fever (100.4 or higher)
 - b. Do you have any of these symptoms that cannot be attributed to another health condition? Cough, shortness of breath, chills, sore throat or muscle aches?
 - c. For youth sports, parents/guardians should take their child's temperature either before coming to the facility or upon arrival at the facility. Upon their arrival, stand at least 6 feet away from the parent/guardian and child.
 - d. For youth sports, make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness.

Return to Play – Phase II Forward Virginia

- 1) Prior to each practice or game, all participants, coaches and volunteers should report (for youth sports, ask the parent/guardian):
 - a. Do you have a fever (100.4 or higher)
 - b. Do you have any of these symptoms that cannot be attributed to another health condition? Cough, shortness of breath, chills, sore throat or muscle aches?
 - c. For youth sports, parents/guardians should take their child's temperature either before coming to the facility or upon arrival at the facility. Upon their arrival, stand at least 6 feet away from the parent/guardian and child.
 - d. For youth sports, make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness.
- 2) In lieu of #3 above, state: No more than 50 players and spectators allowed at one field.
- 3) Keep 10 ft. of physical distance between instructor, participants, and spectators. This applies to instruction, practice, and competitive events.
- 4) Put a reporting process in place for positive tests for COVID-19. Anyone testing positive should avoid activities and quarantine for 14 days.
- 5) Disinfect shared equipment to the extent practicable. All youth sports governing bodies recommend no sharing of equipment, water bottles or snacks.
- 6) The Centers for Disease Control (CDC) outlines the relative risk for various play below.
 - a. **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
 - b. **Increasing Risk:** Team-based practice.
 - c. **More Risk:** Within-team competition.
 - d. **Even More Risk:** Full competition between teams from the same local geographic area.
 - e. **Highest Risk:** Full competition between teams from different geographic areas.
- 7) Coaches, referees and other personnel must wear a face covering. Consider artificial noisemakers instead of a whistle.
- 8) Player and coaches should avoid touching. Instead of high fives, implement "foot-shakes" or tipping of caps after games to show appreciation for the other team.
- 9) Non-essential spectators, such as vendors and volunteers should not be on-site.

Return to Play – Phase I National Governing Bodies Guidelines

- 1) Do not enter a field if another group is training.
- 2) National youth sports governing bodies suggest storing equipment bags six feet apart.
- 3) National youth sports governing bodies suggest avoiding touching screens, nets, gates and goals when possible.
- 4) Avoid hand to mouth contact, and avoid spitting, eating, sunflower seeds, and chewing gum.
- 5) If asked to sign additional waivers, please complete before returning to play.
- 6) When training and sanitation of equipment is done, leave the area so that the next group of participants to take the field.
- 7) Shared equipment, such as balls, should only be retrieved by participating players, officials, or coaches. When possible, kick the balls to others instead of picking up.
- 8) Shared sports equipment, such as balls, should be rotated frequently to reduce the number of exposures and disinfected at breaks. Teams should use separate balls during training when possible.
- 9) Provide hand-sanitizers to participants when possible.
- 10) Be prepared for limited access to bathrooms and water fountains. Encourage participants to bring their own water bottles.