



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Winter Sports Safety Guidelines

At the YMCA, we are doing everything we can to keep everyone safe by following state and local guidelines.

Following NC DHHS guidance, we have developed some new protocols; these include social distancing efforts and cleaning procedures. Please note, all policies are subject to change in accordance with any new guidance.

In order to keep all participants safe, we have instituted the following health and safety protocols:

- Spectators will not be limited however we suggest spectators be limited to those in the player's household to help with social distancing.
- No one should attend practice or game if not feeling well, has a fever, currently under quarantine or has been in contact with someone with COVID-19 in the last 14 days. Personal health and safety are the responsibility of all players, coaches, volunteers and staff.
- If a positive COVID-19 test is reported to the YMCA, those impacted will be notified, while keeping the individual's identity confidential. Any player, coach, volunteer or staff may be readmitted to the program with a note signed by a physician or a negative COVID-19 test.
- Face coverings are not required for players while they are actively practicing or playing a sport or while actively drinking.
- Face coverings are strongly recommended for all coaches, volunteers, contracted officials, spectators and players that are not actively practicing or playing in a sport.
- Face coverings will be required in cities and counties with ordinances in effect. For example, Winston-Salem.

**Last Updated: November 1, 2021**

## **YMCA OF NORTHWEST NORTH CAROLINA SPORTS**

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