



## Meridian Youth Sports Return to Play Plan

Meridian Youth Sports is adopting the following "Return to Play" Safety Plan:

### General Rules:

- **Covid-19 Team Designee:** A member of each team's coaching staff for each practice/game, is designated as the Covid-19 Safety Manager whose responsibility it is to monitor the health of players and coaches and enforce this Return to Play safety Plan.
- **Education:** This plan is hereby provided to parents for Covid-19 educational purposes. The Head coach will review this Return to Play Safety Plan with all players at the first practice and will provide ongoing education when needed or advised.
- **Screening prior to activity:** Parents will screen the health of players prior to participation in team activities and if they are sick and/or have any signs or symptoms of Covid-19 they will keep their player at home. Likewise, coaches will screen themselves and stay at home if they are sick and/or have any sign or symptom of Covid-19.
- **Screening at activity:** If the Covid-19 Team Designee notices any coaches or players are sick and/or have any signs or symptoms of Covid-19 the player or coach will be asked to go home. Athletes will also be screened as they arrive to all MYS activities. The screening will include a temperature check, hand sanitizing, and they will be asked if they have been in close contact with someone who has tested positive for Covid-19 or are experiencing any of the following symptoms:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- **Attendance:** Attendance will be taken at every MYS activity and records will be kept for at least 28 days to allow for any contact tracing if needed.

- **Physical Distancing:** Players and coaches will maintain a minimum six-foot separation in all interactions when feasible. When strict physical distancing is not feasible personal protective equipment and sanitation as described below will be practiced. Player gear bags will be placed with six foot separation, when feasible, in order to help maintain the minimum six-foot separation.
- **Personal Protective Equipment:** Players/Coaches will be required to wear masks at all MYS activities.
- **Sanitation:** Hand sanitizer will be available at all practices for routine use and for use immediately following instances when strict physical distancing is not feasible.
- **Participation:** Individuals will at all times have the option to not participate if they do not believe it is safe due to risk of Covid-19 exposure.

In order for MYS to have a safe and successful “Return to Play”, all members of our organization have some responsibility in this plan:

Coach/Covid Team Designee Responsibility:

- Implement Return to Play Safety Plan
- Ensure the health and safety of players.
- Follow all Tournament, federal, State, and local protocols.
- Ensure all players have their individual equipment ( gloves, water bottles, bag, etc)
- Maintain 6 feet social distancing.
- Wash and sanitize your equipment after every practice or game.
- No Group celebrations unless they can meet physical distancing rules

Player Responsibility:

- Ask yourself "How do I feel today ?"
- If you don't feel good tell your parents or a Coach right away.
- Bring mask with you to every practice and game.
- Do not touch or share anyone else's equipment.
- Wash and Sanitize all equipment before and after every use.
- Practice social distancing (6 feet apart)
- No group celebrations unless they can meet physical distancing rules

Parent Responsibility:

- Ensure your athletes are healthy, check their temperature daily.
- Notify the Coach immediately if your player is sick.
- If a member of your family comes down with Covid please have your player stay home.
- Limited or no carpooling.
- Stay in car or social distance when at practice.
- Ensure all equipment is clean and sanitized.
- Have your players name on all equipment.
- Be sure your player has necessary personal protective equipment