



**CLIFTON SPRINGS YMCA**

**DODGEBALL**

**COVID PLAN**



**Nov. 10**

**-**

**Dec. 18, 2020**

# ARE YOU READY FOR SOME DODGEBALL...? WE ARE TOO!!!

Welcome to the 2020 Dodgeball Season. This year's main goal is to have FUN!. The Clifton Springs YMCA's priority is to provide dodgeball in a safe and effective manner. This plan prioritizes the health and well-being of all players, parents and volunteers taking into account CDC guidelines and recommendations of state and local government authorities.

## How can we play dodgeball with current COVID-19 regulations?

We will use every possible precautionary measure to keep players, parents and volunteers safe.

Staff/volunteers will be required to wear a mask at all times!

Players will be required to go through a COVID-19 screening process. Players will be required to wash or use hand sanitizer when entering the facility. Due to state guidelines we ask that players bring a water bottle (**Water is not available**). Players are not to share due to COVID regulations.

Once players and volunteers have checked in and passed through the COVID check-in, parents and/or guardians are asked to leave the premises in order for the program to exist. We will stagger the times to help move the flow of traffic.

## CONDITIONS FOR PLAY

### EXTERNAL FACTORS

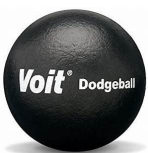
- New York State permits youth sports—with restrictions.
- Local health departments give clearance to open facilities
- Mitigation efforts in local communities continue to results in declining cases, hospitalizations.

### INTERNAL FACTORS

- Staff and volunteers are trained and prepared to operate under new operating guidelines.
- Cleaning and sanitizing operating procedures are in place in adequate supplies are available to properly execute
- Adequate PPE supplies are available for both players, volunteers and staff.

## WHAT A PLAYER AND THEIR FAMILY CAN DO TO MINIMIZE THE TRANSMISSION OF COVID-19

- If you are sick, stay at home. If you have a temperature, stay home. If someone in your house is sick, stay home. If you have allergies and cannot control sneezing, stay home.
- Pre-plan your preparation routine to avoid lingering/socializing prior to practice to reduced occupancy/distancing.
- Limit the items you touch after check in. Only touch the items we will use during the time you are in the building.
- **1 parent and player must wear a mask at registration (check point #1). Player will then proceed to check point #2 to go through a further COVID screening and prep for practice.**
- Staff will wipe down each piece of equipment we use before and after each session.
- Wash your hands with soap and water before and after you leave the Y. If not possible, use hand sanitizer when you enter and before you leave the Y.
- Remember physical distancing requirements whenever possible.
- It is highly recommended for Parents, Guardians, Players, Volunteers and Staff to use appropriate physical distancing whenever possible.



# PLAYER PROMISE

I will behave in a responsible way that respects the rights, safety and dignity of all players, volunteers and coaches.

### As such I agree to:

- Be respectful, responsible, honest and caring to all players, volunteers, and coaches.
- Not come to practice if I have a fever or symptoms of illness
- Create a safe and caring environment by abiding by physical distancing requirements
- Use a face covering or cover my face or nose as appropriate.
- Follow hand sanitizing and handwashing protocol.
- Clean all equipment before and after use
- Use only the items that I am required to bring to practice. I will not share due to the COVID regulations.
- Limit my time to no more than 50 minutes at each session. Arrive no more than 5 minutes before my start time. I will be picked up no more than 5 minutes after my session is completed.

This plan is designed to be flexible so that we can adapt and refine our response plans as needed. We will coordinate with Ontario County Health Department and other officials so timely and accurate information can guide our appropriate levels of play. We will also pay close attention to local and regional cases, outbreaks and changes as they occur.

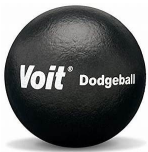
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## Levels

**The primary objective of our dodgeball program is to learn the game and have fun.** We want every player to have an enjoyable experience. To that end we will work very hard to make sure that the fundamentals are being taught and that all participants have the opportunity to learn, have fun and have a positive experience. It is an opportunity for each child to make new friends and to experience the pride of being part of a team. It is also an opportunity for players to better understand the game of dodgeball.

## Groups/levels

This is the grade you are currently in for the 2020-2021 school year. Each session will build off of the previous session.



Girls 3rd & 4th Tuesday or Thursday

Girls 5th & 6th Tuesday or Thursday

Girls 7th & 8th Tuesday or Thursday

Boys 3rd & 4th Wednesday or Friday

Boys 5th & 6th Wednesday or Friday

Boys 7th & 8th Wednesday or Friday

## Restrooms

Due to COVID guidelines bathroom facilities will be available for emergencies only. Sessions are 45 minutes long, so please do your best to go before you come to practice.

## Spectators

**Due to COVID guidance, once players are registered, all parents are asked to leave the area in order to maintain a safe environment for players, volunteers and staff.**

Do not enter the event if you, or anyone you live with, are exhibiting any signs of illness including sneezing, coughing, sniffles, fever, or generally don't feel well.

Only players, volunteers and staff are permitted to be on the court.

## Players

### **CALLING ALL KIDS!!!**

#### **GROUPS**

**Boys 3rd-4th grade and Girls 3rd-4th grade**

**Boys 5th-6th grade and Girls 5th-6th grade**

**Boys 7th-8th grade and Girls 7th-8th grade**

## Protocol

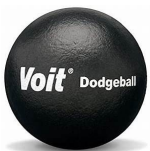
**At check-in, the athletes temperature will be taken before they are able to participate that day.**

Every time a player, volunteer, or staff gets to the Y they must sanitize their hands at designated hand sanitizing stations.

Groups will be escorted to the dodgeball court before and after games. Groups should refrain from congregating outside the YMCA prior to their game(s).

Staff and volunteers will not be allowed to shake hands or have any physical contact with each other. Players are asked to refrain from high fives or any other physical gestures of celebration.

Groups are discouraged to congregate in front of the Y or in public areas when not participating.



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## EXPANDED PLAN COMPONENTS

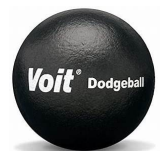
### PREPARE VOLUNTEERS/STAFF AND PREVENT/REDUCE SPREAD OF INFECTION

Monitor players, volunteers, and staff to reduce transmission, including:

- Watching for symptoms of COVID-19 infection
- Sending those home who experience these conditions and encourage testing.
- Providing guidance to participants regarding when to seek medical attention.
- Actively encouraging participants to stay home if they have symptoms.
- Anyone sick should follow CDC-recommended steps. Participants should not return to dodgeball until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.
- Participants who are well, but who have a sick family member at home with COVID-19 should notify officials at check point #1.
- If a participant is confirmed to have COVID-19 infection, the YMCA will inform fellow participants of their possible exposure but maintain confidentiality. The Y will instruct fellow participants about how to proceed based on CDC Public Health Recommendations.

### WE WILL ESTABLISH VOLUNTEER AND STAFF TRAINING ABOUT HOW THEY CAN REDUCE THE SPREAD OF COVID-19:

- Follow the policies and procedures related to illness, cleaning and disinfecting.
- Stay home if sick, except to get medical care.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Cover mouth and nose with a tissue when they cough or sneeze or use the inside of elbow. Throw used tissues in the trash and immediately wash hands with soap and water for at least 20 seconds.
- Learn more about coughing and sneezing etiquette on the CDC website.
- Clean and disinfect frequently touched objects and surfaces.
- Dirty surfaces can be cleaned with soap and water prior to disinfection.
- Practice physical distancing



# CLEANING/SAFETY PRODUCTS



**SAFETY MASKS**

Staff & Volunteers can wear approved mask of their own.



**HOLLERHORN**  
DISTILLING

**ON HAND LOTIONS**  
NATURAL BODY CARE  
HANDCRAFTED IN UPSTATE NEW YORK

## Alcohol Antiseptic 80%

**Hand Sanitizer**  
Non-sterile solution

Made under emergency measures.  
Not for consumption (non-potable alcohol)

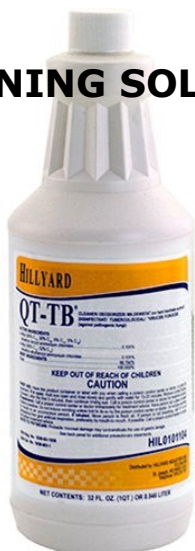
2 fl oz • 59 ml

**Drug Facts**

Active Ingredients	Purpose
Ethanol 80%.....	Antibacterial
<b>Uses</b>	
For handwashing to decrease bacteria on skin.	
<b>Warnings</b>	
Flammable. Keep away from flame and heat. For external use only.	
<b>When using this product</b>	
Do not use in eyes. In case of contact with eyes, rinse with water.	
<b>Stop use and ask a doctor if</b>	
irritation and redness develop and persist.	
<b>Keep out of reach of children.</b>	
If swallowed, get medical help promptly.	
<b>Directions</b>	
Apply a palmful of product and cover all surfaces of the hands. Rub hands until dry.	
<b>Other Information</b>	
Store under 105°F	
<b>Inactive Ingredients</b>	
purified water USP, glycerol, hydrogen peroxide	
WHO-recommended formulation manufactured under emergency measures by On Hand Lotions LLC, 8629 State Rt. 21, Naples, NY 14512   NDC 74993-001-01 and Hollerhorn Distilling DSP-NY-21157	

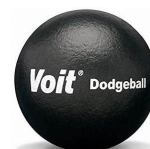
BATCH \_\_\_\_\_ / \_\_\_\_\_

## CLEANING SOLUTION



## Noirsennitril BlackNitrile

Powder-Free Examination Gloves





**CLIFTON SPRINGS YMCA  
CODE ON CONDUCT, WAIVER, RELEASE,  
INDEMNIFICATION AND HOLD HARMLESS  
AGREEMENT**

The Clifton Springs YMCA’s Waiver and Hold Harmless Agreement (below) was reviewed by our liability insurance carrier and determined it would protect the YMCA in the event a member alleges they contracted the virus COVID-19. The YMCA was advised a supplemental waiver specific to COVID-19 was not needed to be signed by members prior to using YMCA facilities.

*In consideration of participation with the Clifton Springs YMCA Dodgeball Program, I agree to release, indemnify and hold harmless the YMCA, and its officers, employees and staff, with respect to any and all accidents, injuries, losses or damages to person or property that results from my/my child’s participation in YMCA programs or facilities, whether arising from negligence of the YMCA or otherwise, to the fullest extent permitted by law. I do further agree on behalf of myself, and my heirs, executors and administrators, to waive, release and forever discharge any and all rights and claims for damages which may have accrued, or which may hereafter accrue, to me/my child arising out of or connected with participation in the YMCA Dodgeball Program, use of the YMCA facilities in property, or use of equipment within the YMCA facilities and property.*

*I understand that even when every reasonable precaution is taken, accidents can sometimes occur. I further understand that the activities of the YMCA have inherent risk of injury and I hereby assume all such risk and hazards incidental to my or my family’s participation in the programs, use facilities, or use of equipment with in the facilities.*

\_\_\_\_\_  
Participant #1 Name (print)

\_\_\_\_\_  
Participant #2 Name (print)

\_\_\_\_\_  
Parent/Guardian Name (print)

\_\_\_\_\_  
Parent/Guardian Name (signature)

\_\_\_\_\_  
Date