



GETTING STARTED

RULES FOR LIFE UNDER COVID-19



Safe Living - Safe Play

- Monitor all interactions outside of the family unit
- Avoid close contact during all activities
- Training & games are the only exception to social distancing. Individuals should have masks and sanitizer
- Know your teammates - what your teammates do off the field is as important as what they do on. If they are attending high-risk gatherings or in an unsafe manner, that puts the whole team at risk



Protective Masks

- Masks should be worn at all time that individuals are likely to come in close contact with others
- Masks can be taken off during active participation in a game or training.



Risk Assessment

- Children with preexisting conditions are potentially at higher risk for illness.
- If your child or household member has such a condition, consult a healthcare provider before participation.



SAFETY PREPARATIONS

RULES BEFORE YOU GET STARTED



Causes to be Excused

- High-risk medical conditions
- Feeling sick for any reason
- Close contact with suspected/diagnosed Covid-19 case
- Living with other high-risk individuals



Temperature Checks

- Participants should submit to temperature check by contactless thermometer prior to participation.
- Individuals with a temperature above 100.4°F should be denied participation in the session



Arrival to Team Events

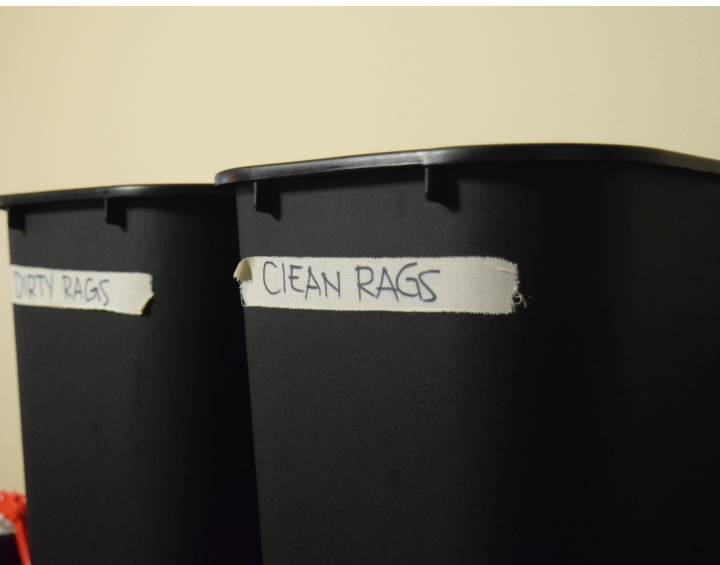
- Continue safety practices outside of sports/gatherings
- If sharing a ride, protective masks should be worn by all individuals in the vehicle
 - When feasible, have windows rolled down



YOUTH SPORTS RETURN TO PLAY

TRAINING & GAMES

RULES FOR TEAM GATHERINGS



Training

- Masks should be worn in all indoor environments
- Choose outdoor settings as much as possible, especially for high intensity activities
- Stagger use of indoor spaces where applicable
- Look for facilities that have high ceilings and use ventilation capabilities such as opening doors and windows or portable air cleaners with HEPA filters
- Prop open gates/doors while entering or exiting the area, to limit surface contact
- Food and drink should be pre-packaged and disposable

Medical Treatment Protocols

- Treatment should not occur in groups or as a team
- One on one environment only with trainer or doctor

Equipment Maintenance

- Where practical, players should bring their own equipment
- Actively disinfect equipment as it is used
- Shared equipment should be disinfected regularly



GAME DAY

PROTOCOLS FOR GAME DAY



- Arrive separately whenever possible to limit time together
- Maintain overall social distancing when possible
- Wear masks whenever practical except when playing
- Avoid shared indoor spaces when possible
- Avoid interaction with visiting team outside of game
- Only essential participants should be on sideline
- This one is hard - don't hug, high-five, shake hands, or fist bump people - even after doing well



POSITIVE TESTS

PROTOCOLS FOR A POSITIVE
COVID-19 TEST



- Have a plan
- Know where medical care can be provided, even on the road
- Symptomatic individuals, or those who've contacted the virus, should be tested and isolated while awaiting results
- If positive test is confirmed, report to Washoe County Health District and conduct contact tracing procedures
- Cease activity and disinfect equipment for 24 hours
- Positive case may return after 10 days since initial symptoms and 72 hours completely symptom free



YOUTH SPORTS RETURN TO PLAY

STADIUM OPERATIONS

IN-VENUE PROTOCOL FOR EVENTS



Social Distancing

- There should be stickers or signs to ensure social distancing throughout the venue
- Staff should provide assistance to ensure social distancing



Sanitation

- Create hand sanitizer and/or hand washing stations



Stadium Seating

- Seating should be a safe distance apart to ensure social distancing
- Groups of no more than 6 should be sitting together in a group
- Use tape or rope to block off designated sections of seating



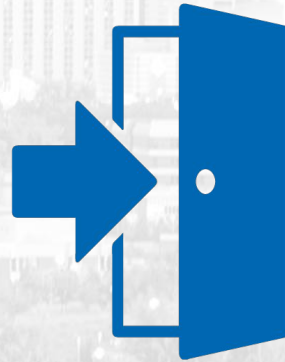
EVENT GUIDELINES

REAL TIME EVENT PROTOCOL



Parking

- Designate specific parking areas prior to the event and main point of contact
- Multiple parking areas are recommended to avoid crowding and bottlenecks pre/post-game
- Avoid congregating in the parking lot before or after games



Entering the Stadium

- Designate specific entrances for players/coaches, staff, fans, etc.
- Have multiple entrances to ensure social distancing
- Includes stickers/signs at interests to direct flow of foot traffic



EVENT PREPARATIONS

PROTOCOL FOR SPECTATORS AND PARTICIPANTS

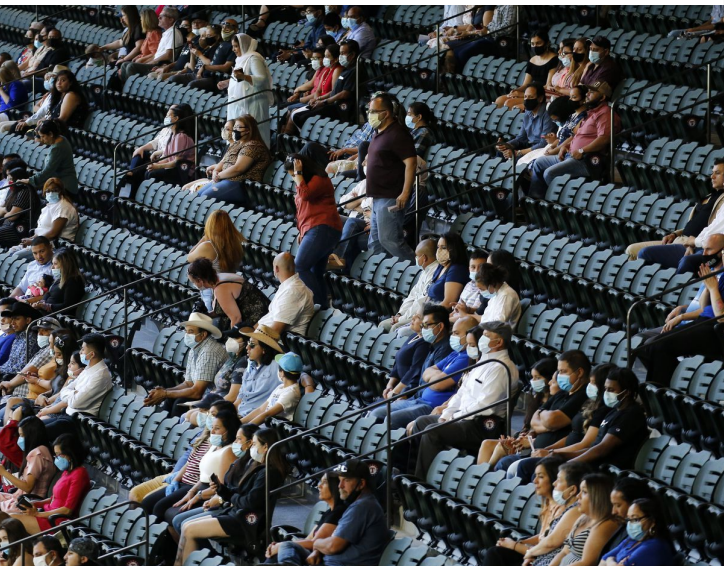


- Have a plan for spectators and participants for each event
- Even if crudely written, create a map of the field itself
 - Access points, parking, field itself, seating, concessions, restrooms, etc.
- Anyone who is hosting a sporting event should have a map and document outlining safety protocols



REGISTRATION PROTOCOLS

PROTOCOL FOR EVENT AND PARTICIPANT REGISTRATION



- Follow local, youth sports guidelines for registration and attendance.
- Identification Communication Protocols:
 - Report any positive test to Washoe County Health District and conduct contact tracing procedures
 - Cease activity and disinfect equipment for 24 hours
 - Positive case may return after 10 days since initial symptoms and 72 hours completely symptom free



VENUE SIGNAGE

NECESSARY SIGNS & STICKERS FOR
EACH EVENT



- Ensure proper signage for social distancing, exits, masks, etc.



CONCESSIONS & SERVICE

PROTOCOL FOR EVENT FOOD/DRINK



- All concessions transactions should be cashless
- Food and Beverage Staff should undergo extensive Covid-19 training
- Signage and stanchions will provide social distancing
- Masks and gloves required for all concession employees
- Concessions will be limited to prepackaged food and canned/bottled drinks. No condiment or self-serve stations should be offered



YOUTH SPORTS RETURN TO PLAY

ADDITIONAL RESOURCES

State of Nevada Guidance for Adult & Youth Sports

<https://nvhealthresponse.nv.gov/wp-content/uploads/2021/03/NV-COVID-19-Guidance-Adult-Youth-Sports.March-2021-Update.pdf>

CDC Guidelines & Resources

Toolkit for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/youth-sports.html>

Administrator Considerations

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Playing Sports

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>



