Maryland

Best Practices for

YOUTH SPORTS

OPEN FOR YOUTH SPORTS

- This guidance is specifically addressed for Youth and Amateur Sports Gatherings and Events described in the CDC Guidance on Considerations for Youth Sports.
- Youth sporting events and tournaments that do not meet the license requirements of a youth camp per COMAR 10.16.06 are subject to MDH order 2020-10-08-01 and should properly socially distance with no general public audiences. All events and tournaments may be subject to more restrictive requirements from the local health office per Executive Order 20-04-05-02
- Develop a plan or checklist for reopening of indoor facilities that is consistent with CDC guidance that includes:
  - Staff training should be online as much as possible. For in person training, follow appropriate CDC and MDH guidelines regarding social distancing and COVID-19 prevention.
  - Leave policies, absenteeism, and staff screening.
  - Communications and signage.
  - Routine and frequent environmental cleaning and disinfecting, especially for high-touch surfaces, in accordance with CDC recommendations.
  - Physical facility evaluation for any damage or issues caused by vacancy. Follow CDC and Maryland Department of the Environment guidance on reopening buildings, including checking mechanical air and water/ice systems. Ensure all water lines are flushed, including equipment water lines and connections, according to manufacturer's instructions. Ensure building ventilation meets appropriate standards.
  - Social distancing protocols and procedures with staff, vendors, and guests, with special consideration for entrances and exits, bottlenecks, facility layouts and safe capacity limits.
  - Facial covering requirements for participants and staff.
  - Routine and frequent environmental cleaning and disinfecting, especially high-touch surfaces, in accordance with CDC recommendations.
- Develop a plan for vendors to bring products safely into the facility by arranging for deliveries when there are the fewest staff, and youth athletes.
- Connect with State and local authorities to ensure that all licenses and inspections are up-to-date prior to opening.
- Facility capacity may be limited based upon Executive Order or other local government guidance.

OPEN FOR MASKS ON MARYLAND

- Face coverings are required for all employees, parents or guardians, and participants, including children older than five years of age, when indoors. When outdoors, face coverings are required if unable to consistently maintain at least six feet of distance from other non-household individuals and are advisable under all conditions. For exceptions to this requirement, please see the latest Executive Order.
- Customers with disabilities who are unable to wear a face covering must be provided with an opportunity to receive the same goods and services as customers without disabilities. For more information, please see the Face Coverings FAQ.
- Caution should be used in requiring the use of face coverings outdoors during hot days or when children are engaged in vigorous activity. In these settings, face coverings can increase the risks of heat-related injuries, and may also not be advisable for children with asthma or other respiratory conditions. Face coverings for children aged over 5 years old are only required when they can be worn safely and consistently, with the following exceptions (for a full list, please see section IV.c of the Executive Order):
  - While swimming or engaging in other physical activities where the use of a face covering is likely to pose a safety risk

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- If unsafe to do so due to a disability or medical condition, including breathing conditions such as asthma and developmental disabilities
- If wearing a face covering would impede communication by or with persons with a hearing impairment
- While consuming food or beverages
- When exposed to high temperatures that pose a risk of overheating
- When outdoors and able to consistently maintain six feet of distance from other individuals

OPEN FOR EMPLOYEES

- Staff and volunteers should be trained in, and understand current COVID-19 health and workplace guidelines, such as hand hygiene and cleaning protocols, along with proper PPE use and disposal.
- Implement a daily screening process for staff and youth athletes, which includes CDC or MDH recommended health questions, and consider temperature testing.
- Direct staff and parents/guardians of youth athletes to follow CDC and state guidelines regarding home isolation for suspected or confirmed COVID infections.
- Encourage staff to maintain social distancing, including during breaks, and modify procedures to avoid staff congregation.
- Staff should be alert for heat-related signs and symptoms and consider additional protective measures for hot and Code Red days.
- Train staff on the proper responses to those who challenge social distancing, facial covering, and other protocols.

OPEN FOR SOCIAL DISTANCING

- Minimize congregating in common areas through signage, barriers, and employee communications. Restrict access to areas where social distancing and social gatherings requirements cannot be followed.
- Consider staggered practice and training times to minimize bottlenecks at entrances and exits of facilities.
- Parents/guardians and family are allowed to attend practice, trainings, and games but should ensure that proper social distancing is maintained. The sports gatherings and events are not open to the general public.
- Keep each group separate from other groups using physical distance, limit or eliminate using shared areas during breaks, and limit the number of people in shared bathroom or locker facilities to minimize exposure.
- Individual groups or teams should not exceed the limit of the sports' sanctioning organization. Group members and teams should limit mixing when possible (that is, try to avoid rearranging group members, even during scrimmages or games).

OPEN FOR CLEANLINESS AND COMFORT

- Increase cleaning and disinfecting, especially frequently and touched surfaces, in accordance with CDC guidelines.
- Clean and disinfect equipment after each use.
- Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available to parents/guardians, staff, and youth athletes, including at the entrance of the facility and at bathroom facilities.
- Minimize team huddles, high fives, and handshakes or other close contact activities.
- For contact sports (e.g., wrestling, basketball, and football), play should be modified to safely increase distance between players following CDC guidance.
- Post signage advising guests to not enter the facility if they are sick or symptomatic.

OPEN FOR COMMUNICATIONS

- Communicate commitment to cleanliness by posting compliance adherence to CDC guidelines, including social distancing, handwashing, cough and sneeze hygiene, cleaning and disinfection.
- Show everyone care by having signage that details social distancing protocol and COVID-19 prevention.
- Communicate with parents or guardians, staff, and youth athletes on the processes in place for their comfort, which includes face covering requirements, social distancing, and increased hygiene practices per the CDC and MDH guidance and that you are open for business and on the shared responsibility to monitor their health and stay home if not feeling well.and on the shared responsibility to monitor their health and stay home if not feeling well.
- Contact your local health department if you are concerned about transmission of COVID-19 in your facility.

Please refer to the Maryland Department of Health Directive and Order regarding Youth Sports for additional information.

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