

# Current Indoor Sports Practice, Game and Spectator Protocol

## GENERAL SAFETY GUIDELINES FOR PRACTICES AND GAMES

- Students should wear a face covering at all times, unless under rigorous activity or poses a health risk. This would include practice and games.
- Coaches should wear a face covering, unless under rigorous activity or poses a health risk.
- Athletes should report to activity in proper gear and return home immediately to shower at the conclusion.
- Gathering sizes should be decreased as much as possible to reduce risk. Practice social distancing as much as possible at all times.
- Appropriate clothing should be worn at all times to minimize transmission.
- No sharing of clothing, shoes, towels, or water bottles.
- Hand sanitizer should be available at all times.
- Shared hydration stations (water trough, water fountains, water hose, etc.) should not be used except for filling of individual, labeled water bottles. EVERY coach and player should bring their own water bottle!

## COACH'S RESPONSIBILITIES -

- Maintain social distancing between players as much as possible.
- Ensure that if parents/spectators are allowed in the gym, they must all be wearing masks and observing social distancing.
- Clean/sanitize any equipment used daily before and after each practice.
- Any coach or player with COVID-19 related symptoms are not allowed to take part in workouts or practices and should contact their primary care provider or the local testing site for further instructions. Those showing symptoms should not attend practice or games.
- Coaches must track COVID-19 impacted attendance and report to school officials. Make sure that person does not return to practice or a game until proper return to play protocol is followed.
- If a coach becomes aware that either a player or coach from their team contracts the COVID-19 virus and tests positive, the head coach must notify Bruce Scifres at the CYO Office, as well as the school Principal, the Athletic Director, and Parish Officials. From this group the local Health Department and Archdiocesan Leadership will be notified.
- PHYSICAL FORM GUIDELINES - In following the guidelines of the IHSA, all CYO athletes who have a valid physical on file with their Athletic Director from the 2019 - 2020 school year are not required to get a new physical for the 2020 - 2021 school year, PROVIDED THAT THEIR PARENT SIGNS THE RELEASE FORM WITH THE ATHLETIC DIRECTOR STATING THERE HAS BEEN NO CHANGE IN THE HEALTH OF THEIR CHILD SINCE THE PREVIOUS YEAR. PLEASE CONTACT YOUR ATHLETIC DIRECTOR FOR MORE INFORMATION ABOUT THIS! Any student who is new to CYO or who does not have a valid physical on file with the Athletic Director from the 2019 - 2020 school year must have a valid physical filed with the AD before they can begin official practices.
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- STUDENT HEALTH AND SAFETY PLAN - In the attachment, you will find a copy of the Student Health and Safety Plan, which school Principals will be ensuring every parent gets a copy of, signs, and returns it to the school to be kept on file. It is recommended by the Archdiocese that coaches do the same with those participating in CYO sports this year! Please follow through with this and make sure that all parents of CYO athletes are aware of this and have signed this document, even those athletes who might not attend your school!

### **Spectator, teams and coaches' recommendations**

- 1.) We ask that spectators remain in their cars until the game/match is ready to begin.
- 2.) **The maximum in attendance will be 4 spectators per participant as well as 4 spectators for up to two coaches per team. This may change in the future.**  
Please honor this request as it is only fair to all involved for everyone's health and safety. The 4 spectators may sit together, however, social distancing between groups will be enforced. It is impossible for all gym personnel to constantly monitor distancing, so please do your part to abide by the rules.
- 3.) To spectators, if games are running ahead or running behind, please have someone contact you and let you know when the game/match is getting ready to start. Please do not enter the gym prior to 5 minutes before the start of the game.
- 4.) We ask that teams and coaches do not arrive any earlier than 20 minutes prior to their scheduled game time. Hopefully, this will help relieve crowd congestion at the venues.
- 5.) We ask that gym managers **DO NOT BEGIN ANY GAMES/MATCHES more than 10 minutes prior to the official scheduled time of the games/matches. This is out of courtesy to all spectators, coaches and teams.**
- 6.) As soon as the game or match is over, we ask that all spectators, players and coaches leave the gym and do not stay for any other games or matches. We do not want anyone congregating in the gym or in the hallways.
- 7.) Benches for teams will be marked and there will be 2 rows marked off behind the team benches where spectators WILL NOT BE ALLOWED TO SIT.
- 8.) Spectators should be wearing masks at all times as well as social distancing.

### **CYO Concession Stand Area Recommendations**

We realize that each gym's logistics will vary. Keeping this in mind the CYO has established general recommendations for your concession stand and concession area. These are recommendations only.

- 1.) CYO Center will be serving drinks and popcorn as well as other snacks. The snacks will all be pre-packaged. This will be best for the health and safety of all patrons.
- 2.) A plastic shield will be placed around the concession serving window.
- 3.) We will have our concession area marked for social distancing.
- 4.) All workers will be required to wear gloves and will remain behind the plastic shield.
- 5.) All workers will have a temperature reading upon arrival.
- 6.) Hand sanitizer will be placed at the concession stand window.
- 7.) Drinking Fountains should not be used unless you are filling a water bottle.

There will also be a protective shield at the admission table.



**These policies were created by the CYO Office through consultation with Archdiocesan Leadership, and in alignment with IHSA policies for this fall. Athletic Directors should make sure all coaches are trained properly in this protocol!**

#### **CYO Kickball Practice Recommendations**

1. Hand Sanitizer should be available at all practices. It is up to the coach to decide if this will be provided by the coach or by the parent/guardian of each participant.
2. Temperature Reading – Please take your daughter's temperature prior to each practice to assure that they are fever free 100 or less). If they have a fever or are feeling sick, please keep them home.
3. Wearing a Mask- Please wear a mask to practices (see game and practice recommendations below) we are asking out of respect to others around us.
4. Sanitizing the Kickball – Coaches will sanitize all kickballs after each practice.
5. Water bottles- Please send your daughter's own water bottle to all practices, as there will be no sharing.
6. Social Distancing- Coaches will do their very best to keep social distancing during practices. However, we ask that parents/guardians practice social distancing during practice time as well.

*Please know that guidelines may change at some point, so, please be open and patient with any revisions.*

#### **CYO Kickball Game Recommendations**

Hand Sanitizer, Temperature Readings, Water bottles and social distancing recommendations will be in effect for the CYO Kickball Season(s).

Additional recommendations for "game" days.

1. We ask that all **spectators remain in their vehicles until the game begins** and then when approaching the field, please use social distancing.
2. Pray as a team prior to the game rather than both teams gathering on the field.
3. No pre-game huddles with both teams together.
4. Each team will bring a game ball. Each team will present their kickball to be used while they are on the defensive. It is up to the coach to sanitize the kickball in between innings, if you feel it is necessary.
5. Teams should have their players sanitize their hands if they come in contact with any player on the opposing team or if they feel it is necessary to clean hands if they make contact with their own teammate.
6. At the end of the game it is recommended that each team just give a nice verbal thank you and congratulations. No "high fives" or tunnels should be formed at this point.
7. We ask that spectators and teams do not "linger" after the game is over. Please make every effort to go directly to your vehicles.
8. Coaches will take care of sanitizing the kickballs at home after each game.

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### **Please read this very thoroughly and carefully**

9. **Players wearing masks up or down:** All players must wear a mask. The mask can be placed under the chin when in the field, but pulled up when walking into kick and while in the kicking line. Players may also pull the mask down to kick. Players will pull the mask up when stopped at first as this is the base that is most vulnerable to not being able to social distance.
10. **Coaches, Officials and Scorekeepers** must use common sense knowing that it may not be possible to "social" distance in all situations. Therefore, please have your mask ready and available at all times.
11. **Kicking Line up Recommendation** would be that you zig zag your players for social distancing by placing x's with chalk for the kicking line-up area.
12. **The above information will be in effect for all leagues during practices, the season and the playoffs.**

## Cross Country Practice Recommendations

1. Hand Sanitizer should be available at all meets and practices. It is up to the coach to decide if this will be provided by the coach or by the parent/guardian of each participant.
2. Temperature Reading- Please have your parents/guardian take their child's temperature prior to each to each practice or meet to assure that they are fever free 100 or less. If they have a fever or are feeling sick, please tell the parents to keep them home.
3. Wearing a Mask- Please wear a mask to practice participant may take off their mask while condition or Running.
4. Everyone at the meets should be wearing mask, Parents, guests, coaches and runners. We are asking this out of respect to others around us. Please not runners may take off their mask during the races.
5. Social Distancing- Coaches will do their very best to keep social distancing during practices. However, we ask that parent/guardians practice social distancing during practice time as well.

### Meets

It is suggested that you forgo award ceremonies for this year and mail out your ribbons. This will keep the crowd size down and so people may leave once their child has run their race. We know this is not Ideal but, we want to keep everyone as safe as possible and have a complete season.



## **CYO RETURN TO PLAY PROTOCOL – FOOTBALL – 2020**

### **ALL PRE-SEASON SPORTS ACTIVITIES ARE VOLUNTARY!!**

These policies were created by the CYO Office through consultation with Archdiocesan Leadership, and in alignment with IHSA policies for this fall. Athletic Directors should make sure all coaches are trained properly in this protocol!

#### **PHASE 1 – JULY 6<sup>TH</sup> – JULY 25<sup>TH</sup> PARTICIPATION POLICIES:**

- These first three weeks are for physical conditioning purposes only
- Practice attire should be T-shirts, shorts, gym shoes or cleats - No helmets or shoulder pads
- No footballs or pads or blocking dummies allowed... physical conditioning only
- No more than 3 times per week
- No more than 90 minutes per session, no more than one session per day
- No physical contact between players
- No parents allowed on practice field (for Coaches and players only)

#### **GENERAL SAFETY GUIDELINES –**

- Any student athlete who prefers to wear a face covering should be allowed, if doing so will not cause a health risk
- Coaches are encouraged to wear a face covering, unless under rigorous activity or poses a health risk
- Athletes should report to activity in proper gear and return home immediately to shower at the conclusion
- Gathering sizes should be decreased as much as possible to reduce risk. Try to have different groups in different areas of the field. Practice social distancing as much as possible, especially during Phase 1
- Appropriate clothing should be worn at all times to minimize transmission
- No sharing of clothing, shoes, towels, or water bottles
- Hand sanitizer should be available at all times
- Shared hydration stations (water trough, water fountains, water hose, etc.) should not be used except for filling of individual, labeled water bottles. EVERY coach and player should bring their own water bottle!

#### **COACH'S RESPONSIBILITIES –**

- Maintain social distancing between players as much as possible, especially during Phase 1
- Clean/sanitize any equipment used daily before and after each practice
- Any coach or player with COVID-19 related symptoms are not allowed to take part in workouts or practices and should contact their primary care provider or the local testing site for further instructions. Those showing symptoms should not attend practice
- Coaches must track COVID-19 impacted attendance and report to school officials. Make sure that person does not return to practice until proper return to play protocol is followed
- If a coach becomes aware that either a player or coach from their team contracts the COVID-19 virus and tests positive, the head coach must notify Bruce Scifres at the CYO Office, as well as the school Principal, the Athletic Director, and Parish Officials. From this group the local Health Department and Archdiocesan Leadership will be notified.

**PHASE 2 – JULY 27<sup>th</sup> – AUGUST 15<sup>th</sup> – Still voluntary attendance**

- All Phase 1 safety/hygiene guidelines remain in place
- Players can now wear helmets, mouthpieces, and cleats with T-shirts and shorts
- Footballs are now allowed at practice
- Limited physical contact with drills, no live contact or taking down to the ground
- Some play installation can begin for the season
- Still limited to three 90 minute sessions per week, only one session per day

**PHASE 3 – AUGUST 17 – Start of season with helmets, cleats, mouthpieces, T-shirts, shorts**

**AUGUST 19 – First Contact Practice (Full Equipment)**

- Official fall practices begin
- Same hygiene guidelines as Phase 1 and Phase 2
- Regular season games begin September 12<sup>th</sup> and 13<sup>th</sup>

**PHYSICAL FORM GUIDELINES** – In following the guidelines of the IHSAA, all CYO athletes who have a valid physical on file with their Athletic Director from the 2019 – 2020 school year are not required to get a new physical for the 2020 – 2021 school year, PROVIDED THAT THEIR PARENT SIGNS THE RELEASE FORM WITH THE ATHLETIC DIRECTOR STATING THERE HAS BEEN NO CHANGE IN THE HEALTH OF THEIR CHILD SINCE THE PREVIOUS YEAR. PLEASE CONTACT YOUR ATHLETIC DIRECTOR FOR MORE INFORMATION ABOUT THIS! Any student who is new to CYO or who does not have a valid physical on file with the Athletic Director from the 2019 – 2020 school year must have a valid physical filed with the AD before they can begin official practice on August 17<sup>th</sup>, 2020.

**STUDENT HEALTH AND SAFETY PLAN** – In the attachment, you will find a copy of the Student Health and Safety Plan, which school Principals will be ensuring every parent gets a copy of, signs, and returns it to the school to be kept on file. It is recommended by the Archdiocese that coaches do the same with those participating in CYO sports this year! Please follow through with this and make sure that all parents of CYO athletes are aware of this and have signed this document, even those athletes who might not attend your school!



## **CYO High School Boys and Girls Volleyball Season**

This is the most current information regarding the procedure for the CYO High School Boys and Girls Volleyball Season. Our main goal is to be able to safely sponsor the season for our high school youth. Therefore, we need everyone's support for the following procedures and protocol. All rules will apply with "social" distancing. The net height for the girls' league will be 7'4" 1/8. The net height for the boys' league will be 7'11".

**We will limit spectators to 4 spectators per participant as well as 4 spectators per coach. There is no way to monitor this, so please use common sense. All matches will take place at the CYO Center.**

- 1.) Each match will consist of the best two of three games using the rally scoring system.
- 2.) The rally will be 2 out of 3 games to 20 points only. This will be used for all matches.
- 3.) There will be no exchange of team benches during the match.
- 4.) The scoring system will allow us to schedule matches in order to have enough time to clear out spectators and teams after matches.
- 5.) Coaches will need to make the official aware of substitutions and subs will run in and out as quickly as possible with social distancing.
- 6.) No handshakes will occur before or after the matches. Just a simple verbal acknowledgment will be exchanged.

The matches will be scheduled on Tuesday, Wednesday and Thursday evenings at 40 minute intervals. This will allow enough time for spectators and coaches to leave prior to the next match.

- 7.) There is the possibility of scheduling 2 matches back to back for the teams. This will eliminate some of the crossover of teams and spectators.
- 8.) **Benches will be marked for "team use only" and the two benches behind the teams WILL BE MARKED OFF LIMITS TO SPECTATORS.**

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**Masks or face coverings will be required for all spectators. A mask or face covering for players and coaches will also be required.** Players must wear their mask or face covering except during rigorous activity, that being during warm-ups and matches.

Spectators are asked to leave immediately and are not to stay for extra matches that DO NOT involve their parish.

**Warm-Ups** Coaches must bring their own warm-up balls. Each team will be allowed 5 minutes for their warm-up (including serving time) and there will be only one team on the court at a time. The game ball will be provided by the host venue.

Players must bring their own water bottles and the drinking fountain may be used only to fill the bottle if necessary. **You may not drink from the water fountain.** However, beverages will be available at the concession stand for purchase. It is recommended that teams bring their own hand sanitizer to each match. There are several hand sanitizing stations in our CYO gym at the entrances and at the concession stand too.

### CYO Physical Release Form for the 2020-21 School year

Due to the Covid 19 situation, the Catholic Youth Organization in conjunction with the Archdiocese of Indianapolis is eliminating the need for updated sports physicals for the 2020-21 school year.

Students with approved physicals from the 2019-20 school year will not need to get a new physical for the 2020-21 school year, **provided that the child's parent or guardian signs the acknowledgement below.**

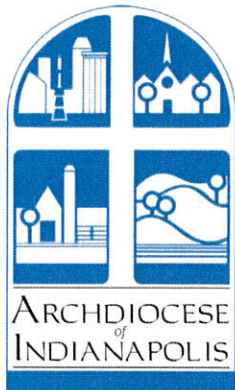
I \_\_\_\_\_ (Print name) the parent/guardian of  
\_\_\_\_\_ (Print student's name) acknowledge that  
the student athlete's health/condition has not changed since the prior year's  
physical. This executed form must be kept on file with your parish CYO AD for the  
upcoming school year.

Parish \_\_\_\_\_ Date \_\_\_\_\_

Signature: \_\_\_\_\_

Please note that if you have a child who is either new to CYO sports or who did not have a physical form on file at your school, the child must get a physical. The form must be kept on file with your Athletic Director before your child can play CYO sports this year.





## **ARCHDIOCESE OF INDIANAPOLIS**

### **STUDENT HEALTH AND SAFETY PLAN**

**2020 – 2021**

**June 16, 2020**

#### **Catholic Schools in the Archdiocese of Indianapolis believe:**

- in fostering positive relationships that exemplify the love of God;
- that Catholic school communities are enriched by the unique image and likeness of God that is present in each individual;
- that formation best occurs within faith-filled cultures of learning that are inclusive;
- that parents are the primary educators of each young person and that it is the responsibility of Catholic schools to support the domestic church;
- that Catholic schools are part of the evangelizing mission of the Church, forming disciples through the intentional integration of faith, culture, and life; and
- that “excellence” is defined by and achieved through the growth and holistic development – spiritual, intellectual/academic, social, emotional, and physical – of the individual within the context of community.

The best way in which Catholic schools can practice these beliefs is by operating Catholic school ministry and its extra-curricular activities in their preferred form – in person – whenever possible. Therefore, as early as July 1, 2020, Catholic school ministry and its extra-curricular activities will resume with new health and safety precautions in place, unless there is a resurgence of the pandemic and/or canonical and/or civil authorities require(s) closure.

The Catholic school will take every precaution possible to protect students and adults. Heightened protocols related to cleaning and sanitization are in place. Expectations of proper handwashing, physical distancing to the extent possible, and minimal sharing of resources to the extent possible will be enforced. Guidance from IDOE, CDC, and local authorities will be employed as best fits our Catholic school community as determined by administration. A more comprehensive plan is (attached/included).

**For a student to be enrolled and to participate in Catholic school ministry and any of its extra-curricular activities, each parent/guardian with custodial rights must acknowledge and agree to the following criteria for participation:**

1. My child is in good physical and mental health and does not have any physical or mental conditions, which could affect my child’s ability to participate in Catholic school ministry and its extra-curricular activities. I have medical insurance coverage appropriate for my child’s participation and have provided evidence of such insurance coverage and emergency contact information to the School.

2. I understand that the School will make every reasonable effort to provide a safe environment, including specific measures to guard against the spread of a contagion such as Covid-19. I accept that no matter the precautions taken by the School there is no way to fully assure that such measures will be successful in preventing injury, exposure to a contagion, or illness. I understand that by allowing my child to participate in Catholic school ministry and its extra-curricular activities, there is some assumed risk on behalf of students and their parents.
3. I will provide my student the necessary equipment, resources, and supports needed for participation. These needed materials will be communicated by the teacher(s), coach(es), and/or moderator(s). I will also reinforce to my student the need to maintain all expected protocols related to his/her health and that of others.
4. I understand that parish and school leaders, united in the mission of the Catholic Church, work collaboratively to make sure shared spaces are as safe and secure as possible for participants in all ministries.

Each parent/guardian of \_\_\_\_\_ hereby acknowledges  
(Print Student Name)  
that he/she has read, understands, and agrees to the criteria for participation in Catholic school ministry and its extra-curricular activities as stated in this Student Health and Safety Plan.

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

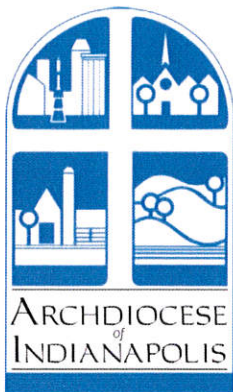
Signature \_\_\_\_\_

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

Signature \_\_\_\_\_

Date of Signatures \_\_\_\_\_

Please return this signed form to the school office no later than (DATE).



## **ARQUIDIÓCESIS DE INDIANÁPOLIS**

### **PLAN DE SEGURIDAD Y SALUD ESTUDIANTIL**

**2020 -2021**

**el 16 jun 2020**

**Las escuelas católicas de la Arquidiócesis de Indianápolis creen en:**

- Fomentar las relaciones positivas que ejemplifiquen el amor de Dios.
- Que las comunidades escolares católicas se enriquecen con la imagen y semejanza únicas de Dios que están presentes en cada persona.
- Que la formación se produce mejor dentro de las culturas de aprendizaje llenas de fe las cuales son inclusivas.
- Que los padres son los principales educadores de cada joven y que es responsabilidad de las escuelas católicas apoyar a la iglesia doméstica.
- Que las escuelas católicas son parte de la misión evangelizadora de la Iglesia, formando discípulos a través de la integración intencional de fe, cultura y vida.
- Que la "excelencia" se define y se logra mediante el crecimiento y el desarrollo integral (espiritual, intelectual/académico, social, emocional y físico) de la persona a nivel comunitario.

La mejor manera en que las escuelas católicas pueden practicar estas creencias es mediante la operación del ministerio escolar católico y sus actividades extracurriculares en su forma presencial, siempre y cuando sea posible. Por lo tanto, desde el 1.º de julio de 2020, el ministerio escolar católico y sus actividades extracurriculares se reanudarán con nuevas precauciones de salud y seguridad, a menos que haya un resurgimiento de la pandemia y/o las autoridades canónicas y/o civiles requieran el cierre de estas.

La escuela católica tomará todas las precauciones posibles para proteger a los estudiantes y adultos. Se han implementado protocolos mejorados relacionados con la limpieza y desinfección. Se aplicarán las expectativas del lavado de mano adecuado, distanciamiento físico en la medida de lo posible y un intercambio mínimo de recursos en la medida de lo posible. La orientación del Departamento de Educación de Indiana (Indiana Department of Education, IDOE), los Centros para el Control y Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) y de las autoridades locales se emplearán de la mejor manera posible para nuestra comunidad escolar católica, según lo determine la administración. Se adjunta/incluye un plan más completo.

**Para un estudiante que se matriculará y participará en el ministerio escolar católico en cualquiera de las actividades extracurriculares, cada padre/tutor con derechos de custodia debe reconocer y aceptar los siguientes criterios de participación:**

1. Mi hijo(a) tiene buena salud física y mental, no tiene ninguna condición física o mental que pueda afectar la capacidad de mi hijo(a) para participar en el ministerio escolar católico y sus actividades extracurriculares. Tengo una cobertura de seguro médico apropiada para la participación de mi



hijo(a) y he proporcionado evidencia de dicha cobertura del seguro e información de contacto de emergencia a la escuela.

2. Entiendo que la escuela hará todos los esfuerzos razonables para proporcionar un entorno seguro, incluyendo las medidas específicas para evitar la propagación de un contagio; como de la COVID-19. Acepto que, independientemente de las precauciones tomadas por la escuela, no hay forma de asegurar completamente que tales medidas tendrán éxito en la prevención de lesiones y exposición a un contagio o enfermedad. Entiendo que al permitir que mi hijo(a) participe en el ministerio escolar católico y sus actividades extracurriculares existe un riesgo que será asumido en nombre de los estudiantes y sus padres.
3. Proporcionaré a mi estudiante el equipo, los recursos y los apoyos necesarios para la participación. Estos materiales necesarios serán comunicados por el(los) maestro(s), entrenador(es) y/o moderador(es). También, reforzaré a mi estudiante la necesidad de mantener todos los protocolos esperados con relación a su salud y la de los demás.
4. Entiendo que los líderes parroquiales y escolares, unidos en la misión de la Iglesia Católica trabajan en colaboración para garantizar que los espacios compartidos sean lo más seguros posibles para los participantes de todos los ministerios.

Cada padre/tutor de \_\_\_\_\_ por la presente reconoce  
(Nombre del estudiante en letra imprenta)

que él/ella ha leído, entendido y está de acuerdo con los criterios para la participación en el ministerio de la escuela católica y sus actividades extracurriculares como se indica en este Plan de Seguridad y Salud Estudiantil.

Nombre del padre/tutor (en letra imprenta) \_\_\_\_\_

Firma \_\_\_\_\_

Nombre del padre/tutor (en letra imprenta) \_\_\_\_\_

Firma \_\_\_\_\_

Fechas de las firmas \_\_\_\_\_

**Devuelva este formulario firmado a la oficina de la escuela antes del (FECHA).**