

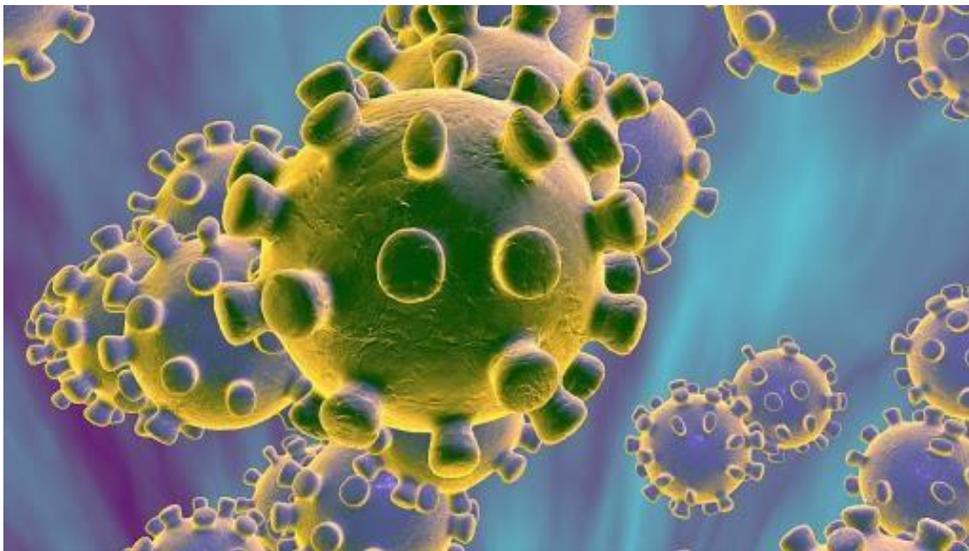


**BOYS & GIRLS CLUBS**  
OF BELLEVUE

# Return to Play - Athletics

## SAFETY & HEALTH PLAN

### CORONAVIRUS (2019 – NCOV)



*This guidance focuses on practices, for children and youth programs, that lower the risk for spread of COVID-19. This plan and it's procedures/protocols are based on guidelines provided by the Washington State Department of Health (DOH), King County Public Health, and Center for Disease Control (CDC).*

Any specific questions regarding Boys & Girls Clubs of Bellevue's Back to Play – Athletics Safety Plan should be directed to Stephanie Davidson or Nicole Jackson at 425-454-6162.

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## Sport Risk Category Guidance

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The risk of transmitting COVID-19 depends on multiple factors including:

- |                                   |   |
|-----------------------------------|---|
| 1. Number of people in a location | 4. Length of time at location               |
| 2. Type of location               | 5. Level of protective equipment (PPE) used |
| 3. Distance between people        |   |

As general guidance, smaller groups are safer than larger ones, outdoor locations are safer than indoor, sports that can ensure distance of six (6) feet or more are safer than closer contact, and shorter duration is safer than longer.

For the purpose of the Return to Play – Athletics Plan, sports are defined using the following risk categories:

- Low Risk Sports: Tennis, Swimming, Pickleball, Golf, Cross Country, Track and Field, Sideline/No Contact Cheer and Dance, Badminton, Disc Golf.
- Moderate Risk Sports: Softball, Baseball, T-Ball, Soccer, Volleyball, Lacrosse, Flag Football, Ultimate Frisbee, Gymnastics.
- High Risk Sports: Football, Rugby, Wrestling, Cheerleading and Dance with Contact, Basketball, Water Polo, Martial Arts Competitions, Roller Derby

### Phase 2:

1. Facial coverings required for all coaches, volunteers and athletes at all times.
2. Outdoor training, practices and competitions allowed outdoors for low, moderate and high risk sports. Maximum 200 people allowed at competitions, including spectators.
3. Attendance rosters should include group contact information. Clubs must adhere to the “return to play” safety plan. Any practice of training activities that can be done outdoors should be.
4. Indoor team training, practices and competitions allowed for low and moderate risk sports. Indoor team practices, training and intra-team competitions allowed for high risk sports. Scrimmage against other teams or training or practices with other teams is not allowed for high risk sports. For all indoor sports the occupancy of the facility may not exceed 25 percent of the fire code occupancy rating.
5. No tournaments allowed.
6. No spectators allowed.

## Indoor Capacity

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Indoor facilities must adhere to overall capacity limits based on the gym/room's square footage. The total square footage, divided by 300, is the number of individuals who are allowed in the gym/room during Phase 2. If the gym/room is larger than 12,000 square feet, the capacity is 25% of the fire code capacity for that space. *Square footage = room length divided by room width of the gym/room.*

Example: 12,000 sq. ft. / 300 = 40 individuals allowed (total capacity)

- The \_\_\_\_\_ Boys & Girls Clubs square footage for indoor gym/space is \_\_\_\_\_
- The \_\_\_\_\_ Boys & Girls Clubs total capacity for indoor gym/space is \_\_\_\_\_

## VIRUS PREVENTION

### Face Coverings

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In compliance with the [Safe Start Washington Plan](#) and statewide face covering mandate, all athletes/participants, spectators, coaches, referees/umpires, staff and volunteers must wear face coverings at all times.

For the safety of each person, and those they come in contact with, it is important that a face covering be worn properly, covering both the nose and mouth, and removed using CDC guidelines for safe removal and disinfection.

Parents/guardians are asked to send their child(ren) to Club with a personal mask labeled with their child's name, however, upon request, a cloth or disposable mask will be provided by BGCB until measures are deemed unnecessary. It is the responsibility of the person wearing the mask to ensure cloth face coverings are washed properly after use daily.

- In rare circumstances when a face covering cannot be worn, individuals may use a face shield with a drape as an alternative to a traditional face covering. Face shields should extend below the chin, to the ears, and have no gap at the forehead to be effective.

Questions regarding a person's inability to meet this mandate should be addressed with the following individuals:

- Adults – please direct any questions regarding staff or volunteers to the Director of Safety.
- Youth – please direct any questions regarding youth to the Club/Area Director.
  - If an exemption is granted, please ensure proper documentation is kept on file

## Personal Protective Equipment (PPE)

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In addition to providing face coverings upon request, Boys & Girls Clubs of Bellevue will provide additional PPE, including hand sanitizer and any other PPE that is determined necessary in keeping individuals safe. Hand sanitizer will be stocked as needed and kept throughout the building.

## Hygiene Practices

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Wash hands often with soap and water for at least 20 seconds. Athletes/participants, coaches, referees/umpires, staff, and volunteers must wash hands when they enter the program space, before and after practice (especially after touching shared objects), after going to the bathroom, after nose blowing or sneezing, and before leaving to go home.

All programs, including outdoor programs, should be in areas that have adequate handwashing facilities on site. Set up temporary handwashing stations with running water if a program must operate without sufficient facilities.

- Use an alcohol-based hand gel with at least 60% alcohol when soap and water are not readily available.
  - Alcohol-based hand gel is not a substitute for handwashing when hands are dirty or before eating. Wash hands with soap and water as soon as possible.
- Individuals should not touch their eyes, nose, and mouth with unwashed hands.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash. Clean hands with soap and water, or hand gel.
- Athletes/participants should not share water bottles, uniforms, towels or snacks and should not spit (saliva, sunflower seeds, etc.).

## Parent Drop Off/Pick Up

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To reduce the risk of exposure to youth and staff, all Clubs must develop a system for drop off and pick up that reduce the need for families to enter the Club. Club staff are responsible for ensuring families are able to remain physically distance when dropping off or picking up athletes/participants.

- Doors will be locked when possible and Club staff will monitor the doors at all times, especially during drop off and pick up times.



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- Club staff will sign in all athletes/participants when applicable, eliminating the sharing of computers or pens.

## Spectators

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Spectators are not allowed at this time. Players will be screened upon arrival.

## Health Screenings Prior to Entry

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Health screenings of all athletes/participants, spectators, coaches, referees/umpires, staff, and volunteers, including temperature checks and intake questions, will be conducted upon arrival and must be kept on file for 30 years. Club staff will keep a record of all temps, as well as, a running log of youth or staff that are out each day due to illness.

- Temperature will be taken before entry, if over 100.4 degrees that individual will be sent home. Refer to the “Returning to Club after Suspected Symptoms” section to determine when you or your child(ren) are able to return.
- In addition, anyone entering the building will be asked the following questions at drop off. Anyone who answers “yes” to any of the questions may not attend Club.
  - Have you or your child taken any medication to reduce a fever?
  - Have you, your child, or anyone else in your household, had contact with anyone who has had a confirmed case of the Coronavirus or is currently awaiting test results in the last 14 days due to potential exposure?
  - Have you, your child, or anyone else in your household, have any of the following symptoms?
    - A fever (greater than 100.4) symptoms of lower respiratory illness (such as cough, shortness of breath, difficulty breathing), new loss of taste/smell, head/body aches, congestion, or nausea/vomiting.
- Club athletic staff will keep a youth, as well as, an adult health screening log on-site.

BGCB understands that medical professionals will have occupational exposure due to the nature of their profession, which will not impact their or their child(ren)’s attendance as long as they have not been exposed outside of work.

## Physical Distancing

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Physical distance of 6 feet must be maintained between staff, coaches, referees/umpires, volunteers, and spectators at all times with exceptions for medical professionals and volunteers performing their medical duties. 6 feet of distance must be maintained among athletes/participants when not engaged in sporting activities. Huddles/team meetings must be physically distanced and unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs are discouraged.

## Cleaning Guidelines

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Clean high touch surfaces and disinfect shared equipment before and after each use. Ensure restrooms are cleaned and disinfected regularly.

General cleaning guidance:

- Windows and doors should be opened and all fans should be on to create a well-ventilated area to minimize breathing chemicals.
- If you are going to be spraying chemicals, all staff must wear a mask and eye protection (eye glasses, sunglasses, safety glasses) that will prevent ingesting cleaning materials in mouth, nose & eyes.
- Mask should be worn throughout entire cleaning process. If a mask is not available, do not spray chemicals. Instead clean by dipping a rag into bleach and water.
- Items to have in stock before cleaning:
  - Spray Bottles
  - Bleach
  - Clorox/Lysol spray and/or wipes
  - Eye Protection
  - Face mask
  - Gloves
  - Rubbing Alcohol (90%)
- For tablet/computer cleaning, use a soft cloth when doing so.
- Any exposed skin (arms, hands, neck, face areas not covered) should be thoroughly washed with soap and water after removing gloves, mask, and eye protection.

### **IF SIGNS OF CORONAVIRUS APPEAR IN A CLUB**

No symptoms at the start of the program does not mean symptoms will not develop as the day goes on.

- Staff, coaches, and volunteers should monitor youth during programming for symptoms.
- Any person that develops symptoms during the day will be sent home immediately.
  - Clubs should track any illnesses of youth or staff.

- If athletes/participants that attend on a regular basis do not show up for two days and staff have not heard from a parent/guardian as to the reason, staff should do their best to call to find out if they are out due to illness.

When a Club sends a person with Coronavirus symptoms, clean and disinfect the areas where the ill person spent time.

## Athletes/Participants Who Develop Symptoms

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Each Club should have an identified space for isolating an ill person until they can be sent home.

If an athlete/participant is showing signs of Coronavirus at Club, remove that individual from the group immediately so they can be taken home by their parent/guardian. If a parent/guardian is not present, take them to an isolation room or area that can be used to isolate a sick person, call a parent/guardian asking them to pick up their child(ren). If an isolation room or area is not available, ensure the athlete/participant wears a mask at all times and ensure they are at least 6 feet away from other participants while they wait. Follow triage room protocol.

- After the athlete/participant is picked up by their parent/guardian, clean and disinfect surfaces in isolation room or area following the cleaning guideline found in this plan.

## Adults Who Develop Symptoms

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If a coach, referee/umpire, spectator, volunteer, or staff member develops symptoms while at Club, they should exit the building as soon as possible. All staff and volunteers should immediately notify their direct supervisor to arrange for immediate coverage of their area and should wear a mask and maintain 6 feet of distance from others until they are able to leave the Club.

## Returning to Club after Suspected Symptoms

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If testing for COVID-19 is not performed, stay home for at least 10 days after symptom onset, and at least 24 hours after fever has resolved and symptoms have improved. People with compromised immune systems or are considered high risk may need to isolate at home for longer.

If testing for COVID-19 is negative, stay home until 24 hours after the fever resolves and symptoms improve.

### **IF NOTIFIED A PARENT / GUARDIAN TESTS POSITIVE**

Immediately contact your supervisor/Area Director, who will then contact the Director of Safety and Compliance. The Director of Safety and Compliance will work with the Director of Program Quality to notify, Department of Health and will circle back with the supervisor for next steps.

- In most cases, the Club will close for 24-48 hours for deep cleaning.
- Member must stay home for 14 days before returning to Club.

### **IF A POSITIVE CORONAVIRUS CASE IS FOUND IN A CLUB**

If you receive a call that a youth or staff member has tested positive for Coronavirus, immediately contact your supervisor/Unit Director, who will then contact Stephanie Davidson or Nicole Jackson. .

- If Public Health determines the Club needs to be closed, the entire club will need to be deep cleaned and sanitized before reopening.

### **Returning to Club after Testing Positive**

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Anyone with a confirmed case of COVID-19 may return to program when:

- At least 24 hours have passed since recovery.
  - A person is recovered when they have no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath. Additionally, at least 10 days have passed since signs first showed up.
- In addition, a negative COVID-19 test result must be received prior to returning to Club.