

MI SAFE START: YOUTH SPORTS

An informed-choice guidance for evaluating protective measures

As locations begin the process of reopening or scaling up after their initial response to COVID-19, certain actions will be inherently more protective of their staff and the general public. This document provides guidance that should be followed regardless of the current level of COVID-19 transmission, and additional measures that can be scaled depending on local levels of COVID-19 transmission and the protective measures desired. This document is to assist in making choices that best align for public health protection, business operations, and laws. Businesses are responsible for complying with all executive orders; this document does not supersede the executive order or other laws.

Guidelines for all youth sports, regardless of local COVID-19 transmission levels:

Understand your community

- Establish and maintain communication with tribal, local and state authorities to understand facility roles in contact tracing protocol, local mitigation levels, or local reengagement phase for your community, as described in the [MI Safe Start](#) plan.
- Strongly consider special accommodations for employees who are members of an at-risk population. Possible considerations could include flexible leave, telework when feasible, or the reassignment to duties to reduce contact with the general public. Members of households with at-risk residents should be aware that by returning to work or other environments where distancing is not possible, they could carry the virus back home. Precautions should be taken to isolate from at-risk residents.
- Strongly consider special accommodations for participants who are members of an at-risk population. Possible considerations could include special operating hours at the establishment for teams with at-risk players or coaches, separate areas of the venue isolated from the rest of the establishment, or enhanced sanitation measures. Members of households with at-risk residents should be aware that by returning to environments where distancing is not possible, they could carry the virus back home. Precautions should be taken to isolate from at-risk residents.
- Individuals and teams from higher transmission areas should, whenever feasible, eliminate travel to lower transmission areas and vice versa.
- Employers should follow applicable Occupational Safety and Health Administration (OSHA) and Centers for Disease Control (CDC) guidance for businesses to plan and respond to COVID-19.

Safe behaviors

- Enforce hand washing and the covering of coughs and sneezes at all times.



- Ensure adequate supplies to support healthy hygiene practices for participants, spectators and employees including soap, hand sanitizer with at least 60 percent, paper towels, and tissues.
- Use gloves when removing garbage bags or handling and disposing of trash. Remove gloves properly and wash hands afterwards.
- Ensure enough time between events or practices to allow for proper cleaning and disinfection of the facilities and shared equipment.
- Discourage sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
- Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.
- When disinfecting, use products that meet [EPA's criteria for use against SARS-CoV-2](#) and that are appropriate for the surface. Prior to wiping the surface, allow the disinfectant to sit for the necessary contact time recommended by the manufacturer. Train staff on proper cleaning procedures to ensure safe and correct application of disinfectants.
- Consider making available individual disinfectant wipes in bathrooms.
- Provide no-touch trash cans and, if equipped, encourage use of no-touch doors.
- Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
- For younger athletes, it may be beneficial for parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).
- Consider having participants report in proper gear before events and launder clothing immediately upon return home.
- No pre or post event handshakes, hugs, fist bumps, high fives, or contact celebrations.
- No spitting, chewing gum, or tobacco in the event areas.
- Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
- If playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors. Do not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling or triggering asthma symptoms) to players or others using the facility.
- Take steps to ensure that all water systems and features (for example, drinking fountains, decorative fountains) are safe to use after a prolonged facility shutdown to [minimize the risk](#) of Legionnaires' disease and other contaminants associated with water.
- Facilities should train all employees and head coaches should train all assistants and volunteers in the above safety actions while maintaining social distancing and use of face coverings during training.

Health checks and response actions

- Require coaches, players and spectators who are sick to stay at home.

- Sick individuals may not be involved in sporting events until they have met [CDC's criteria to discontinue home isolation](#).
- If implementing health checks, conduct them safely and respectfully, and in accordance with any applicable privacy laws and regulations. Confidentiality should be respected. Employers may use examples of screening methods in [CDC's General Business FAQs](#) as a guide.
- Designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.
- Create and test communication systems for coaches, staff, umpires/officials, and families of players for self-reporting and notification of exposures and closures.
- Any individual with symptoms of COVID-19 (fever, cough, or shortness of breath or difficulty breathing, chills, muscle pain, sore throat, new loss of taste or smell, nausea, vomiting, diarrhea) at the event should immediately be sent/transported to their home or referred to a healthcare provider.
- Inform those who have had close contact to a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow [CDC guidance for home isolation](#) if symptoms develop. If a person does not have symptoms follow appropriate [CDC guidance for home quarantine](#).
- Coaches or event facilitators should notify local health officials immediately of any possible case of COVID-19 while maintaining confidentiality consistent with the Americans with Disabilities Act (ADA) and other applicable federal and state privacy laws.
- Close off areas used by a sick person and do not use them until after cleaning and disinfection. Wait 24 hours before cleaning and disinfecting. If it is not possible to wait 24 hours, wait as long as possible. Ensure safe and correct application of disinfectants and keep disinfectant products away from children.
- Implement flexible sick leave policies and practices for coaches, officials, and staff that enable employees to stay home when they are sick, have been exposed, or caring for someone who is sick.
- Monitor absenteeism of coaches and officials, cross-train staff, and create a roster of trained back-up personnel.
- Support coping and resilience among participants and employees.

Be prepared for closings

- Check State and local health department notices about transmission in the area daily and adjust sporting events accordingly.
- Be prepared to postpone or cancel an event if there is a case of COVID-19 in the facility or if cases increase in the local area.



Additional guidelines for youth sports arranged by level of protective behavior:

Facial Coverings and Distancing:



Facial Coverings: Participants and Visitors	Facial coverings required at all times, practice and competitions limited to allow for facial covering use	Facial coverings required indoors at all times, practice and competitions limited to allow for facial covering use indoors	Facial coverings required indoors at all times unless removed for participating in practice and competitions	Facial coverings encouraged indoors when within six feet of others unless removed for participating in practice and competitions
Facial Coverings: Employees	Facial coverings required at all times	Facial coverings required at all times when indoors, or when within six feet of others if outdoors	When indoors, facial covering required when within six feet of others, facial coverings encouraged when outdoors and within six feet of others	Facial covering encouraged when within six feet of others
Personal Distancing: Participants (Excluding During a Sporting Event)	Participants are never within six feet of others	Participants are never within six feet -or- Participants are separated with partitions when within six feet		Participants are often within six feet without the use of partitions
Personal Distancing: Participants to Employee (Excluding During a Sporting Event)	Employees and participants remain six feet apart during all interactions	Partitions are used when employees and participants are within six feet of each other during all interactions	Employees and participants are within six feet of each other (without partitions) numerous times throughout the event	Employees and participants are within six feet of each other (without partitions) for the majority of the event
Personal Distancing: Employees	Employees are never within six feet of each other	Employees are within six feet of each other occasionally while passing	Employees are within six feet of each other commonly at typical choke points	Employees are within six feet of each other often



Business Operations:



Sporting Events Allowed	No sporting events are allowed	Outdoor sports that do not require the handling of an object by more than one person, or the sharing of equipment, are allowed	Group training and competition events (within the same team) can occur, indoors or outdoors	Group training and competition events between teams can occur, indoors or outdoors
Teammate Interaction	Retain involvement with team sports through virtual team meetings, virtual practices and individualized training plans that can be completed at the player's place of residence	Consider having players work in small groups that remain together and cycle through stations, rather than switching groups or mixing groups	Skills development and conditioning activities are allowable in mixed groups, maintain social distancing where feasible	Skills development and conditioning activities are allowed in mixed groups
Competitions: Numbers	Schedule is reduced to a very limited number of competition events	Schedule is reduced to a moderate number of competition events		Schedule is not reduced, number of competition events is not limited
Competitions: Teams	Competitions are held between individuals of the same team only	Competitions are held between teams of the same geographic area	Competitions are held between teams of different geographic areas, but similar transmission risk areas	Competitions are held between teams without consideration to geographic area
Team Size	Team size is restricted to the minimum number of players and coaches feasible	Team size is restricted, though more than the minimum number of players and coaches feasible		No additional considerations are given to team size
Locker Rooms	Locker rooms are closed, participants report in proper gear before events, practices, or competition	Locker rooms are open with limited capacity, social distancing in locker room enforced, participants report in proper gear before events, practices, or competition	Locker rooms are open for limited use, encourage social distancing	Locker rooms are open, encourage social distancing



Shared Spaces During Events	Shared spaces (e.g. dugouts, locker rooms) are closed, use seating in stands or surrounding areas to hold players not actively playing	Number of participants in shared spaces (e.g. dugouts, locker rooms) limited to allow for social distancing, use extra seating in stands or surrounding areas to hold players not actively playing	Encourage social distancing in shared spaces (e.g. dugouts, locker rooms) for players not actively playing	No recommendations on player distancing in shared spaces (e.g. dugouts, locker rooms)
Shared Items (e.g. bats, balls, helmets, floor mats)	No sharing of equipment or other items	Items may be shared between members of the same team, items disinfected between use	Items may be shared between members of any team in the competition, items disinfected between use	Items are shared between members of any team in the competition
Schedules	All competitions and practices are prescheduled to allow for a single team at time, teams are scheduled so there is no overlap between one team leaving and another arriving	All competitions and practices are prescheduled to allow for a single team at time, teams are scheduled back-to-back in the facility or venue	All competitions and practices are prescheduled, teams are scheduled so there is no overlap between one team leaving and another arriving when feasible	Competitions and practices are prescheduled when feasible
Before the Event	Require players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group	Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group, if players congregate, require six-foot distancing between players at all times	Players may congregate prior to the practice, warm-up, or game, but social distancing is encouraged	Meetings prior to the practice, warm-up, or game, are not regulated
Signage	Post signs on how to stop the spread of COVID-19, properly wash hands, promote everyday protective measures, and properly wear a face covering		No signage posted	

Allowable Guests	Only participants are allowed in venue	Participants may be accompanied by a single caregiver	Participants may be accompanied by caregivers or dependent children	Participants may be accompanied by others
Spectators	Spectators are not allowed at practices or competition events	Require social distancing between spectators from different households, and limit spectator capacity so social distancing guidelines can be adhered to	Encourage social distancing between spectators from different households	Spectators are allowed at practices or competition events
Participant Personal Items	Participants leave personal items at home or in car, only bring in items essential to the competition or their wellbeing	In addition to essential items, participants bring in limited personal items, items are placed in a plastic bag during the duration of the competition		No restrictions on participant personal items
Refreshments	Eliminate team snacks, no communal beverage containers, all participants bring their own beverages	Limit team snacks to individually packaged items, no communal beverage containers, all participants bring their own beverages	Limit team snacks to pre-packaged foods, no communal beverage containers, all participants bring their own beverages	No recommendation on team snacks or beverages
Payment	Use touchless payment options		Exchange cash or credit card payment by placing method of payment on receipt tray or on counter rather than by hand, disinfect pens before and after use	No payment restrictions in place



Merchandise Returns	Prohibit the return of purchased products or merchandise	If there must be a return of purchased products or merchandise, disinfect merchandise before restocking, do not allow a return on merchandise that cannot be disinfected	If there must be a return of purchased products or merchandise, disinfect returned merchandise if possible	No restrictions on returns
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Sanitation and Cleaning:



Clean and disinfect frequently touched surfaces on the field, court, or play surface	Frequently touched surfaces cleaned before and after each competition or practice		Frequently touched surfaces cleaned daily	Frequently touched surfaces cleaned less frequent than daily
Clean and disinfect shared objects (for example, balls, bats, gymnastic equipment)	Shared objects cleaned between each use	Shared objects cleaned between each competition	Shared objects cleaned daily	Shared objects cleaned less frequent than daily
Shared Spaces (e.g. Locker Rooms, Dugouts)	Shared spaces are closed	Shared spaces are cleaned and disinfected at the start and end of each day, and between uses by different teams	Shared spaces are cleaned and disinfected at the start and end of each day	Shared spaces are cleaned and disinfected less than daily
Deep Cleaning	Close one day per week (or proceed after business hours) for a thorough deep cleaning of the entire establishment		Deep cleaning of the entire establishment regularly performed, but not weekly	Deep cleaning of the entire establishment not regularly performed
Employee Duties	Cleaning and disinfecting time is built into the employee's daily work schedule			Cleaning and disinfecting time is not accounted for in the employee's work schedule



Health and Wellbeing:

Most Protective  **Least Protective**

<p>Health Screening: Participants</p>	<p>All individuals must attest to a set of self-screening questions before traveling to a facility, employee led screening questions asked of all individuals when entering facility, signage posted on door or entrance to facility explaining symptoms of COVID-19</p>	<p>All individuals must attest to a set of self-screening questions before entering facility, signage posted on door or entrance to facility explaining symptoms of COVID-19</p>	<p>Signage posted on door or entrance to facility explaining symptoms of COVID-19 and what to do if exhibiting any of these symptoms</p>	<p>Signage posted on door or entrance to facility explaining symptoms of COVID-19</p>
<p>Health Screening: Employee</p>	<p>Require self-conducted pre-shift health screening followed by on-site verification using temperature and symptom checks for all employees</p>	<p>Require on-site pre-shift health screening using temperature and symptom checks for all employees</p>	<p>Require self-conducted pre-shift health screening of all employees</p>	<p>No health screening of employees</p>
<p>Contact Tracing</p>	<p>Keep a list of contact numbers for all participants and spectators</p>	<p>Keep a list of contact numbers for all participants</p>		<p>Participant lists are incomplete</p>



Facility Policy:



Telework	Telework required whenever possible and feasible with business operations	Telework encouraged whenever possible and feasible with business operations	Telework considered whenever possible and feasible with business operations	Telework not supported even though possible and feasible with business operations
Employee Shifts	Set shifts so that employees are working with the same cohort of employees on a day-to-day basis, stagger start times so employee cohorts do not overlap	Set shifts so that employees are working with the same cohort of employees on a day-to-day basis	Employees work with different employees from day to day	
Employee Common Areas	Common areas closed	Common areas open but enforce capacity to ensure six feet separation	Common areas open with six feet separation encouraged	Common areas open with no restrictions
Business Travel	Non-essential business travel not allowed	Non-essential business travel limited to local travel between similar transmission areas	Non-essential business travel limited to domestic travel between similar transmission areas	Non-essential business travel not restricted

