



Sports COVID-19 Health Guidelines

PenMet Parks (PMPD) aims to provide a safe and healthy sports program in accordance with state and federal law. PMPD will implement and comply with the following COVID-19 worksite specific safety practices in addition to our regular health and safety practices to keep our athletes, coaches, families, and staff safe during this season. The PMPD Covid-19 Health Policies have been guided by CDC Guidance for Youth Sports Programs and the Washington State Department of Health general guidance for youth sports.

On-site COVID-19 Safety Practices:

1. Health Screening at Entry

Athletes, coaches, staff, and parents will NOT be allowed on-site if they:

- Are sick, are showing signs of COVID-19, or have been in close contact with someone who has a confirmed or suspected diagnosis of COVID-19 in the last 14 days
- Are at high risk due to certain health conditions
- Don't pass the health screening survey

Temperature Check / Health Screening: A designated staff member or team coach will take the athlete's temperature upon arrival. (At drop-off and pick-up parents must keep at least a 6-foot distance.)

Parents or guardians will be asked the following questions:

1. Has the athlete had any of the following symptoms of COVID-19 since the last time they were in attendance?
 - A cough, Shortness of breath or difficulty breathing
 - Two or more of the following symptoms
 - A fever of 100.4°F or higher
 - A sore throat
 - Chills
 - Headache
 - New loss of taste or smell
 - Muscle aches
2. Does anyone in your household have any of the above symptoms right now?
3. Has the athlete been in contact with anyone suspected or confirmed with COVID-19?
4. Has the athlete taken any medication to reduce a fever before arriving?

2. Face Coverings

Coaches, athletes, referees/umpires, trainers, managers, supervisors, and any other paid or volunteer staff must wear facial coverings at all times.

3. Spectators

No spectators allowed on the field. One adult parent/guardian/caregiver for each athlete is allowed from behind the perimeter fence. Spectators must maintain physical distance of at least six (6) feet between each person. No spectators allowed for participants 18 and older.

4. Physical Distance

Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times, with exceptions for medical personnel performing their medical duties. Six feet of distance must be maintained among athletes when not engaged in sporting activities. Huddles and team meetings must be physically distanced.

Teams must exit the field immediately following their game, and arriving teams must wait until the preceding team has departed

5. Hygiene

Athletes, coaches, umpires/referees and any other paid or volunteer staff are to practice good hygiene, including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing your nose, coughing, or sneezing.

Avoid touching your eyes, nose, and mouth. If soap and water are not readily available, hand sanitizing stations will be provided at each check in station. Athletes should not share water bottles, uniforms, towels, or snacks and should not spit (saliva, sunflower seeds, etc.).

6. Records and Contact Tracing

Coaches will keep a roster of every athlete and volunteer present at each practice and game to assist with contact tracing in the event of a possible exposure. Players must check in with their coach immediately upon arrival at practice or game.

For questions or more information, please contact Spencer Manjarrez at 253-649-0347 or Smanjarrez@penmetparks.org