



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 team coach or staff member 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. Does the athlete have any Class A symptoms or 2 or more class B symptoms of COVID-19?

Table 1: Symptoms Consistent with COVID-19

Class A Symptoms	Class B Symptoms
<ul style="list-style-type: none"> • Fever (subjective or greater than or equal to 100.4°F) • Chills • Cough • Loss of sense of taste and/or smell • Shortness of breath 	<ul style="list-style-type: none"> • Fatigue • Headache • Muscle or body aches • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea (at least 2 loose stools in 24 hours)

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, spectators, and any other paid or volunteer staff must wear facial coverings at all times.

3. Spectators

Two (2) spectators per athlete allowed on the field. Spectators must maintain physical distance of at least six (6) feet between each person.

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, use a hand sanitizer that contains 60-95% alcohol content. Hand sanitizing stations will be provided at each check in station. No food is allowed by at or near the fields.

Athletes should not share water bottles, uniforms, towels, 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, contact the recreation department at 253-858-3400 or info@penmetparks.org