

Dear Parents,

I hope you and your loved ones are safe and healthy during these unprecedented times. I have received many questions about how COVID-19 would change this year's athletic season. It is clear that the outbreak has been stressful for many families, and yet exercising and participating in activities such as sports can be a healthy way to cope with stress and connect with the community. After careful consideration I am excited to announce that youth sports will resume on **Monday, October 5, 2020** while following CDC, state, local and Diocesan guidelines. On Monday, October 5th the registration links will open on the CYS website, and schools will resume CYS-sponsored athletic activities. Official games will begin the first week of November.

The health and safety of our athletes, staff, and volunteers remain the highest priority. Below is a summary of actions being taken to lower the risk of exposure to COVID-19 as much as possible, while allowing the athletes to play.

- Intensifying cleaning and disinfecting of frequently touched surfaces on the fields, courts, or play surfaces daily and/or between uses. Cleaning and disinfecting shared objects and equipment between uses.
- Reducing physical closeness and contact between players while allowing players to focus on building individual skills (such as dribbling or kicking). Keeping children in small groups, staggering arrival, and drop-off times, keeping coaches and players six feet apart as much as possible. Discouraging unnecessary physical contact such as high-fives, handshakes, fist bumps, and hugs.
- Postponing travel outside of the Diocesan region community (i.e.: no Middle School Diocese Cup in 2020-21).
- Promoting healthy hygiene practices such as providing hand sanitizer before and after practices and games, encouraging children to cover coughs and sneezes with a tissue or the inside of their elbow, and reminding them to not spit.
- Requiring coaches, youth sports staff, parents, and spectators to wear a face covering during practices and games. Players must wear a face covering on the sidelines and during play, if feasible. As a reminder, face coverings should not be placed on children under two years of age, anyone who has trouble breathing, or anyone who is unconscious, incapacitated or otherwise unable to remove the cover without assistance.
- Providing extra equipment to minimize sharing or encouraging players to bring their own equipment.
- Limiting the number of spectators at a sporting event. Gyms will be limited to 25% capacity. Families are asked to limit the number of people attending games to ensure ALL parents can enter a facility to watch their child(ren) play.

The CDC emphasizes that among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. It is highly recommended that adults, age 65 or older, not attend any games. Additionally, individuals of any age with medical conditions are at increased risk. Thus, students with medical conditions such as, but not limited to, asthma, cerebrovascular disease, high blood pressure, diabetes, severe obesity, cancer, kidney disease, or weakened immune systems should refrain from participation in sports during the pandemic. All students who participate in an athletic program will be required to sign a COVID-19 Waiver Form.

Anyone who is sick or has been in contact with someone who has COVID-19 — including players, family members, coaches, staff, and spectators — should not attend practices nor games, and must notify their school athletic director.

Students must notify their parent(s) and coach if they experience symptoms of COVID-19, which include, but are not limited to, fever, cough, fatigue, muscles aches, chills, sore throat, runny nose, headache, chest pain, nausea, vomiting, diarrhea, loss of taste, loss of smell, or shortness of breath. Seek medical advice if you think you or a family member is sick.

If someone does get sick with COVID-19 during practice or at a game, that person and their team will be required to quarantine as outlined by federal, state, local and Diocesan guidelines. Please contact your school athletic director for more information.

You can also find additional information about COVID-19 on the following websites:

World Health Organization - [Click Here](#)

Center for Disease Control and Prevention - [Click Here](#)

COVID-19 updates from the United States - [Click Here](#)

CDC Advice - How to Protect Yourself and Others - [Click Here](#)

WHO Advice for the Public - [Click Here](#)

WHO's Guidelines for Mass Gatherings - [Click Here](#)

WHO's Hand-Washing Steps - [Click Here](#)

Looking forward to seeing everyone soon! Now, let's play!

Peace,

Rey Rodriguez
CYS Commissioner

"But when Jesus saw this he was indignant and said to them, 'Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs.'" Mark 10:14