



GVCO Guidelines for COVID-19 Safety

GVCO prioritizes the health and safety of our community. We are following guidance for recreational and youth sports from the CDC, state and local governments, as well as our school district, in modifying policies and protocols to facilitate a healthy and comfortable experience for participants and staff to mitigate the risk of spreading the virus. Individual programs have specific policies related to their programs posted on websites and included in program information. As always, we rely on everyone's cooperation in keeping the whole community safe and need your help in assessing your or your child's risks and staying home when appropriate.

GVCO believes in the value of recreation and exercise in promoting individual health and the benefits of our programs in strengthening our community. We are excited to move forward.



GVCO Broad Guidelines for All Programs:

All sports-related gatherings must conform with the gathering limitations set forth by Governor Wolf's Plan for Phased Reopening (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. Gatherings' occupancy counts include student athletes, coaches, athletic staff, officials, spectators, site staff, and any other individuals on site during the event. All event attendees are expected to maintain social distancing when arriving, attending, and departing the facility.

To conduct games and practices, organizations and teams **must adhere to the following:**

- Coaches and league officials must review and consider the [CDC guidance on consideration for youth sports](#).
- GVCO and its programs must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
- GVCO and its programs must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.
- GVCO and its programs must educate all athletes, staff and families about the [symptoms of COVID-19](#) and [when to stay home](#). Athletes also should be educated on [proper hand washing](#) and sanitizing.
- Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
- Coaches and athletes must maintain appropriate [social distancing](#) at all times when possible, including in the field of play. During down time, athletes and coaches should not congregate.
- Coaches and athletic staff must monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms or are sick, they must be sent home.
- All athletes, coaches, and officials must bring their own water and drinks to team activities.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.

- If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for [facilities to be cleaned and disinfected](#), and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Concession stands or other food must adhere to the [Guidance for Businesses in the Restaurant Industry](#).