



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Return to Youth Programming

Thank you for choosing the Y for youth programming opportunities. We have worked with federal, state and local health officials and YMCAs throughout the country to develop a careful, phased-in approach to reopening facilities and expanding programs. As always, our highest priority is the safety and well-being of our members, staff and communities.

**Here are some things you can expect from the Y youth programs:**

- Thorough cleaning and disinfecting each Y facility and working with hosting facilities on appropriate cleaning procedures
- Developing enhanced sanitation and hygiene protocols
- Sourcing cleaning and sanitation supplies and personal protective equipment
- Implementing personal safety measures for staff, members, participants, volunteers, and visitors to the facility, which includes daily self-reported health screenings
- Reconfiguring physical spaces and adjusting equipment to meet capacity and social distancing restrictions
- Developing training programs and instructing staff and volunteers on new procedures

**In addition to the Y's commitment to safety, the Girls on the Run program has implemented the following:**

- Reduced team sizes and/or creating pods
- Daily participant self-reported health screening
- Relaxed attendance requirements
- Individual water bottles only, a snack is recommended to be brought from home
- Meeting/practice space arranged with 6ft minimum distancing when possible
- Individual equipment and/or enhanced equipment cleaning between participants
  - Participants will receive a cinch sack with materials at the beginning of the season
- Increased handwashing breaks and/or hand sanitizing stations
- Face coverings are required for all indoor activities
- Face coverings are required at all times unless the participant is outdoors, involved in intense physical activity and can maintain 6ft distancing from others
- Physical markers and reminders will be used to maintain physical distancing for participants, coaches and spectators
- Limited spectators to maintain appropriate physical distancing if necessary
- Alternate drop off and pick up procedures may be necessary
- Switching to a virtual model if necessary

**To ensure participant safety, youth and coaches will not be permitted to attend if they answer yes to the YMCA screening questions:**

- Have you or someone in your household tested positive for COVID-19 within the last 14 days?



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- Have you experienced new or worsening, fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea in the past 48 hours?

**Participants who are ill or believe they might have COVID-19 should stay home from programming until they can answer “no” to the screening questions.**

**Please contact the program director as soon as possible if COVID-19 is suspected within your household. This information will be kept confidential and allows the Y to assess the risk of spread to other families.**

In the event of a possible or confirmed COVID-19 exposure the Y will work with local health officials and follow the most current guidelines of the CDC and Iowa Department of Public Health. We cannot reduce the risk of COVID-19 spread without the partnership with the families in our programs.

For participant and community safety, all participants should assess whether they or their household is at greater risk of infection and/or complications due to Coronavirus. You can find guidance from the CDC on assessing risk at:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>

If you have any questions regarding the **Girls On The Run** program please reach out to Christa Vander Leest, Girls on the Run of Central Iowa Director, at [christa.vanderleest@girlsontherun.org](mailto:christa.vanderleest@girlsontherun.org).