

Nashville Youth Athletics Meet Safety Protocols

Heat Policy:

When the heat index is forecasted to be above 100 degrees, check heat index every 30 minutes and make a choices about postponing or cancelling meets.

Heat-Related Illness Symptoms and First Aid (NOAA)

HEAT CRAMPS

- **Symptoms:**
 - Painful muscle cramps and spasms usually in legs and abdomen
 - Heavy sweating
- **First Aid:**
 - Apply firm pressure on cramping muscles or gentle massage to relieve spasm.
 - Give sips of water, if nausea occurs, discontinue water

HEAT EXHAUSTION

- **Symptoms:**
 - Heavy sweating
 - Weakness
 - Cool, pale, clammy skin
 - Weak pulse
 - Possible muscle cramps
 - Dizziness
 - Nausea and vomiting
 - Fainting
 - Normal temperature possible
- **First Aid:**
 - Move person to a cooler environment
 - Remove or loosen clothing
 - Apply cool, wet cloths
 - Fan or move victim to air conditioned room
 - Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke)

- **Symptoms:**
 - Altered mental state
 - Possible throbbing headache, confusion, nausea, dizziness, shallow breathing
 - High body temperature (106°F or higher)
 - Skin may be hot and dry, or patient may be sweating
 - Rapid pulse

- Possible unconsciousness
- **First Aid:**
 - **Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.**
 - Move the victim to a cooler, preferably air-conditioned, environment
 - Reduce body temperature with a water mister and fan or sponging
 - Use fan if heat index temperatures are below the high 90s
 - Use extreme caution
 - If temperature rises again, repeat process
 - Do NOT give fluids

Have cooler with water and ice available at all meets.

At meets where extreme heat is predicted, have cooler available for athletes at finish line. - not doing b/c of covid

Provide ice water at all meets. - not doing b/c of covid. instead instructing all participants to provide their own water. NYA will have bottled water on hand in case of emergency.

Inclement Weather Policy

If there is lightning in the area the meet be delayed for 30 minutes to allow weather to clear. If at this time there is still lightning in the area, we will delay an additional 30 minutes. If after two 30 minute delays lightning remains in the area, the meet will be canceled. ALL PARTICIPANTS AND SPECTATORS MUST WAIT IN THIER CARS FOR THE DURATION OF THE DELAY.

Lost Child Protocol

If a child loses their parents while at a meet they will be kept safe at the NYA tent and an announcement will be made over the loud speaker. When claiming a child, verification from the child must be provided and you will be asked to provide proof of identity to be recorded by the meet director

First Aid

A comprehensive first aid kit will be kept at the NYA tent and stored under the timing table. All volunteers will be instructed on how to locate and use the kit. In the event that more medical attention is needed, a volunteer will call the nearest emergency center and request help. The address of each meet location will be listed on the inside of the first aid kit as well as the meet director's phone number.

Course/Race Management

Each race will be guided by a lead vehicle (ATV or bike) and a follow vehicle if one is available. If no follow vehicle is available the lead vehicle will circle back around to make sure everyone has cleared the course safely.

Course monitors will also be placed throughout the course. They will carry walkie talkies and make sure everyone passes safely and alert volunteers at the tent if help is needed.

COVID-19 Precautions

Athletes, Coaches, and Spectators

NYA will require all athletes, coaches and spectators to wear a mask when in close proximity to others while talking, cheering, etc. Athletes, coaches and spectators are not to approach NYA volunteers without a mask in place. If an athlete, coach, or spectator does not have a mask/ face covering, NYA will have disposable masks at the gate for purchase.

Signs will be posted at all entrances and at various places around the course reminding all attendees to Social Distance.

There will be no congregating allowed at the finish line.

Officials and Volunteers

NYA will require all volunteers to wear a mask/ face covering in the course area when in close proximity (less than 6 ft.) or speaking with anyone at the meet. If a volunteer does not have a mask/ face covering, NYA will provide disposable masks at check-in

Contact Tracing

NYA has contact information for the coach of every team participating in the series; can well as each individual registrant. MYA has contact information for all Staff and Volunteers who will be at the event. If anyone in the series tests positive for COVID-19

If anyone in attendance tests positive, NYA will contact coaches whose team attended about the positive COVID-19 occurrence. In addition, MYA will disseminate information via social media and other channels about the occurrence.

PPE Supplies

NYA will have hand sanitizer, face coverings, gloves, individually-sealed bottle waters (emergency use only), food cleaning supplies, paper towels, EPA approved disinfection supplies and other essentials on hand to keep Staff and Volunteers well- equipped to do their jobs. Hand sanitizer will be available for Spectators at various locations throughout the course.

Glove Usage

Volunteers will wear gloves in key areas that are in close proximity to Runners and at areas where the potential for transmission is high. Gloves will be replaced every 30 minutes and discarded when employees wash their hands. If contaminated with a foreign substance, employees must discard and replace their gloves.

Attendee Education

For participating teams, NYA will communicate to the attendees suggested COVID-19 mitigation practices including:

1. Adhere to Social Distancing of at least six feet;
2. Frequently wash hands with soap and water or use hand sanitizer;
3. Avoid touching your face;
4. Sneeze or cough into a tissue, or the inside of your elbow;
5. Disinfect frequently used items and surfaces as much as possible;
6. Utilize face coverings.

Signage

Signs promoting CDC recommendations for personal safety listed above will be placed at high traffic areas throughout the facility as well as Temperature/Entry Checkpoints.

Signs promoting Masks to be worn will be placed at high traffic areas throughout the facility.

Signs stating that Officials, Volunteers, Spectators, Runners and all Others must not enter they are sick or have symptoms of COVID-19 will be placed at all Entry Checkpoints. Signs promoting Social Distancing of 6ft will be placed at high traffic areas throughout the facility as well as Entry Checkpoints. Signs will additionally include requirements for 12 ft for anyone announcing, cheering or generally projecting their voice to be heard at a distance.

Signs will include warnings of the risks posed to vulnerable populations.

Water Fountains/Stations

Per safety guidelines referenced in this document, no water fountains or stations will be provided so that there are no shared spouts.

High-Touch Areas

The only high-touch areas in the facility are the restrooms which will be regularly cleaned.

Finish Line Area

The Finish Line area will be increased to allow for post-event separation (see Diagrams F and G). At the conclusion of each race, Runners must immediately leave the Finish Line area and return to their team areas. Congregating at the Finish Line will not be allowed. Coaches and team support personnel will be required to help assist moving their respective Runners out of the Finish Line area. All race medical / Official / Volunteers will wear a mask / face covering and gloves as they enter the finish area.

Results

Traditionally, the on-site posting of results sheets creates a gathering of attendees. To mitigate the results will not be posted on-site. Results will be posted on the Event website.

Post-Race Team Activities

Following a cool down immediately after the race, teams and support personnel will go to their Team Staging Area or to their team vehicles. Teams usually depart the park within a half hour after the conclusion of their final race. Team will be encouraged to practice Social Distancing after the race.