

HUB

SPORTS CENTER

Spokane Valley HUB (dba HUB Sports Center) is doing everything we can to protect you, the public, as well as our workers and volunteers. To this extent, we will be following the Center of Disease Control (CDC) and local health department guidelines with regard to social distancing practices in order to reduce the spread of Novel Coronavirus, or COVID-19. Please follow these policies and procedures when visiting the HUB Sports Center.

Updated Guidance on Youth Sports by WA Governor 10.6.2020

Current County COVID Activity Level = **HIGH** (>57cases/100k/14 days or >5% positivity)
Team practices and/or training can resume for low, medium, and high risk sports if players are limited to **groups of six** in separate parts of the field/court, separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted. It is preferable for the groups of six to be stable over time. Attendance rosters should include group contact information.
Scrimmage, intra-team competitions, and league games or competition allowed for **low risk sports** (see below for a list).

Parent/Participant Responsibility

1. Ensure that you and/or your child have NOT shown any symptoms of COVID-19 nor have they been around anyone with symptoms in the last 14 days. (<https://srhd.org/what-is-covid-19>)
2. Ensure that you and/or your child understand how to prevent the spread of COVID-19 through hand washing and social distancing. (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>)
3. Read and understand the HUB Sports Center's COVID-19 Safety Plan Policies. (see below)
4. Sign the Liability and COVID waiver form prior to participating in activities at the HUB.

Trainer/Coach Responsibility

1. Personal trainers and Coaches will be responsible for ensuring that the HUB Sports Center's COVID-19 Safety Plan is being adhered to. (see below)
2. A safety briefing must be conducted at the beginning of each training, practice, or game session to re-emphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening.
3. Each client will sign a waiver of consent and commitment to the facility's reopening policies prior to their scheduled appointment time. Clients will be informed to wear training attire to the facility, and bring their own hand towel.

HUB Sports Center Responsibility

1. Clean high touch surfaces throughout the day and between user groups.
2. Post information about proper hygiene and how to "stop the spread".
3. Monitor activity level and user groups to maintain social distancing opportunities and limit group cross contact.
4. Communicate with SRHD about guidelines for activities.
5. Communicate with user groups about policies and procedure updates.

HUB Sports Center COVID-19 Safety Plan Policies

- All Staff and Guest follow guidelines from the Spokane Regional Health District (<https://srhd.org/covid19>) and the Center for Disease Control CDC (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>)
 - Wash your hand often and avoid touching your eyes, nose and mouth with unwashed hands.
 - Avoid close contact. Maintain 6 feet social distance whenever possible.
 - Use a mask or PPE when you go to crowded public areas.
 - Cover coughs and sneezes into a tissue or into your elbow. Wash hands ASAP
 - Remain vigilant for symptoms
 - Fever, cough, shortness of breath, loss of taste and smell, etc
 - Do **NOT** attend an activity at the HUB if you have any of these symptoms.
- All Guests must have the Health Screening Form and Liability Waiver signed and turned into their coach, trainer, or HUB Staff prior to participating in any HUB activity.
 - They must answer “NO” to question A and “YES” to question B in the attached Health Screening form (see attached) for them to participate. **This form will be required for each class meeting and/or training.** Form will be turned into HUB office or staff. Coach/Instructor fills out the form. This will count as the safety briefing.
 - The Liability Waiver will be renewed quarterly.
- Everyone needs to wear a mask or PPE when entering or leaving the HUB. You may remove your mask if you are actively participating in exercise. (Coaches/Trainers who are not exercising are required to keep their mask on.)
- Guests will bring their own water bottle. Drinking fountains will be closed, but bottle filling stations are open.
- Recommended to bring your own sanitizer for personal use.
- No spectators. Parents will drop off and pick up participants outside the facility.
- Guests bring their own equipment and not share equipment with other guests.
- See addendum on sport specific requirements.
- ALL usage must be reserved and paid for in advance through HUB Sports Center Administrative staff.

Low risk sports: tennis, swimming, **pickleball**, golf, cross country, track and field, sideline/no-contact cheer and dance, disc golf.

Moderate risk sports: softball, baseball, t-ball, soccer, **futsal**, **volleyball**, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, gymnastics, crew, field hockey, school bowling competitions.

High risk sports: football, rugby, wrestling, cheerleading with contact, dance with contact, **basketball**, water polo, martial arts competitions, roller derby.