

Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change programming for the year. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume our Sports, Enrichment and Educational programs, while following CDC considerations to protect participants, families, staff, volunteers and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our student athletes to play.

- We are requiring all Participants, Players and Coaches/Staff/Volunteers to wear masks when participating in UYKQ activities, practices or games and when in attendance inside the gymnasiums, classrooms, or activity rooms. Each individual should bring extra masks in case they should lose or damage their masks. **Spectators are not permitted to attend practices and should wait outside until practice has concluded for indoor sports activities.**
- When arriving for games and/or practices, players, coaches and family members should remain in their car just before warmups or the beginning of practice, to allow other team(s) to exit the facility. For enrichment/educational programs, parents are expected to drop off and pickup at main entrance of facility.
- Parents and Spectators should socially distance as much as possible and are required to wear masks covering both nose and mouth properly, as well as take other protective measures when possible when attending **permitted** athletic events.
- 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 scheduled UYKQ activities. Please inform your (coach/group leader) and League Commissioner/Executive Director (Haneef Hill – hhill@uykq.org), immediately.
- Individuals with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), followed by strict mask use for an additional 5 days when around others to minimize the risk of infecting others you encounter.
- For anyone who is unvaccinated or is more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, it is recommended you quarantine for 5 days followed by strict mask use for an additional 5 days.
- Participants and Coaches/Staff/Volunteers should only return when they have received a **Negative COVID test after 5 days of exposure. If symptoms occur, players/coaches should quarantine until a negative test confirms symptoms are not COVID related.**

We also recommend calling your doctor if you think you or a family member is sick. You can also find more information about COVID-19 at [www.cdc.gov](http://www.cdc.gov). Here is a link to the updated CDC guidelines: <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>.

Thank you and stay healthy,

Haneef Hill  
President & CEO  
Urban Youth Kings & Queens Inc.