



## SOMERSET COUNTY RECREATION & PARKS



### INDOOR COVID-19 GUIDELINES

The following guidelines for returning to play are designed to help keep participants, families and our community safe.

#### Part One: Centers for Disease Control and Prevention (CDC) Guidelines & Screening:

- Updated COVID-19 guidance from the CDC can be found at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.
- Be vigilant in preventing the spread of the COVID-19 virus by following CDC guidelines.
- Stay home if you are experiencing signs or symptoms of COVID-19, or if you have been exposed to someone who has had signs or symptoms of COVID-19. The CDC maintains a list of COVID-19 symptoms at the link above.
- Players, coaches, spectators and staff should check their own temperature prior to arriving at any SCRП gym. If your temperature is 100.4 degrees or higher, you are not allowed to enter a SCRП facility for a minimum of 14 days.
- SCRП staff will screen all players, coaches and officials each day and will keep records of screening for 14 days.
- Facility staff will be screened each day by SCRП.
- If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. SCRП strongly urges you to evaluate the risk of participating in any activity on our fields.

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#### Part Two: Screening Protocols

- Everyone will enter the Old Washington High gym through the front entrance located at near the side parking lot.
- All players, coaches and officials will be screened with a temperature and symptoms check.
  - Staff will be wearing masks at all times
  - The temperature and screening symptoms will be recorded for our records and those that pass the temperature check will receive a wristband.
  - YOU WILL NOT BE ALLOWED TO PARTICPATE, COACH OR OFFICIATE WITHOUT A WRISTBAND.
  - If someone fails the screening we will ask you to wait in a designated area to retest after a few minutes have passed. If anyone fails the test a second time, you will be asked to leave the facility.
- Anyone that FAILS the temperature screening and is asked to leave the facility will not be allowed to participate in any SCRП activities for 14 days UNLESS you can provide us with documentation showing you are Covid-19 negative AND are NOT displaying Covid-19 symptoms.

#### Part Three: Facility/Gym Rules

##### PPE/MAKS

- Off the Field of Play: Participants, officials, staff and spectators will be required to wear masks/face coverings to and from their designated team area. Once players, coaches and officials are at their designated team area AND are 6 feet away from others, masks may be removed.



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- Only coaches and players will be permitted near the team area.
- **MASKS MUST BE WORN AT ALL TIMES BY SPECTATORS**
- On the Field of Play: Participants, coaches and referees have the option to wear a mask/face covering at their discretion, unless the mask creates a safety concern for themselves or for other participants.
- Once games have ended: players, coaches & officials must put masks back on prior to leaving the team area.

#### **Cleaning/Disinfecting**

- Players, coaches, administrators, etc. should not share water, towels or other personal or playing equipment. – ALL PERSONAL ITEMS MUST BE LABELED
- Centralized hydration stations are not permitted at SCRPs facilities at this time
- Restrooms are open to the public and sanitized regularly. Practice proper hand hygiene after use.
- Team benches and bleachers will be sanitized in-between games.

#### **Social Distancing**

- Anyone entering a SCRPs gym, including participants, spectators, referees and staff, are expected to follow social distancing guidelines from CDC.
- Congregating is not permitted. Groups/spectators should be limited to single-family units.
- Maintain six-foot spacing when walking to and from the field.
- High-traffic areas (restrooms, concession stands, etc.) will be marked to indicate six-foot spacing.
- No handshakes, high fives, fist bumps or group celebrations before, during or after activity.
- Once games have ended, spectators should collect their kids and exit the facility IMMEDIATELY following the end of the game.

#### **Parents/Immediate Family/Guardians**

- (YOUTH SPORTS) Spectators will be limited to households ONLY (**PARENTS/GUARDIANS AND SIBLINGS ONLY**). Siblings are allowed to attend games to watch but this is not recommended.
  - Gym capacity will be limited due to Covid-19. Please adhere to this rule otherwise we will have to turn people away once we reach maximum capacity.
- Once games are over, everyone should return to their cars immediately – no congregating
- **MASKS ARE MANDATORY AT ALL TIMES BY THOSE WHO ARE NOT PARTICIPATING IN PHYSICAL ACTIVITY** (anyone ages 5 and older **MUST** wear a mask at all times while inside the facility)!

#### **Warm Ups/Warm Up Area**

- Each team will warm up on the end of the field nearest their designated team area.
- Teams should not interact with another team during warm ups and should stay in their group.

#### **Communication**



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- **All participants (including: players, coaches, officials and parents/immediate family) MUST communicate symptoms AND/OR possible exposure to Covid-19 within the duration of the winter recreation programs.**

### Part 3: Team Recommendations

- Parents/guardians should bring their own player(s) to the activity instead of carpooling.
- Players and coaches should practice proper hand hygiene (handwashing or hand sanitizer) before and after competition.
- Each player should utilize their own equipment, which should be disinfected before and after each activity, as well as during activities when possible.
- Players should label their equipment and water bottles.
- Players should arrive to the facility 15 minutes prior to schedule game time to allow for symptom screening and warm-up time.
- Players and coaches should report to the field dressed and ready to participate.
- Field users should have sanitizing options available for players and coaches. This may include, but is not limited to:
  - Hand sanitizer
  - Disinfectant wipes
- Upon returning home, players and coaches should remove and launder clothes and shower.

**PLEASE NOTE:**

**Failure to abide by Somerset County Recreation & Parks COVID-19 Participation Guidelines may result in suspension from the recreation program.**

**Understanding and Signature:**

**By signing this document, I agree to the above guidelines and agree to adhere to the policies put forth by Somerset County. I as the participant have responsibility of ensuring that I adhere to the above county policies, in their entirety, the undersigned hereby releases and agrees to hold harmless Somerset County Recreation and Parks and Somerset County Commissioners in general in regard to any illness caused by Covid-19.**

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Participant Name

\_\_\_\_\_  
Program Name

\_\_\_\_\_  
Participant Name

\_\_\_\_\_  
Program Name

\_\_\_\_\_  
PARENT Name

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
Date