

Medway Field Hockey COVID guidelines

The following outlines the Medway Youth Field Hockey 2020 Fall Season COVID-19 Plan. This document will be updated as additional guidelines are put forth by the State of Massachusetts and the CDC. As of July 24, 2020, Gov. Baker has announced we are in Phase III, Step 1 for activities through August 17th.

Medway Field Hockey is committed to the safety, health and well-being of all participants, coaches and volunteers associated with our program. The purpose of this document is to provide information on how our organization and the Commonwealth League plan to conduct practices and games with specific safety protocols in place related to the coronavirus (COVID-19). There will always remain an inherent risk in participating in sports, but we are committed to plan activities and implement modifications to minimize risk.

The guidelines in this document are based upon rules and regulations, and considerations set forth by State of Massachusetts, the CDC and USA Field Hockey. Massachusetts is currently in Phase III and Step 1– Field Hockey is classified as “Moderate Risk” which means we may engage in Level 1, 2 & 3 activities as long as minimum standards for modifications are met.

Given the fluid nature of this situation, DSYFH will continue to monitor the information from federal, state and local health authorities, and will provide updates as available.

General Protocols:

- As of now, per the State, each participant will be required to wear a face covering during practices and games when not able to maintain a distance of 6 feet from coaches/other players.
- Hand sanitizer and disinfectant wipes will be provided in each Team’s gear bag. Participants will be asked to use hand sanitizer as a matter of ritual before practice begins.
- We will not be loaning any equipment to participants due to the current health environment. Participants must bring mouth guards, goggles and shin guards in order to participate – we cannot loan these items to players.
- Participants are required to wear a Face covering upon arrival at practice (drop off) and after practice (pick up) in addition to while playing at practice.
- Coaches are required to wear a Face covering at all times during practice as well as entering and exiting all athletic facilities
- Face coverings are required anywhere in the athletic facility parking lot by all Parent/guardians, participants and coaches.
- Parents/guardians are asked to remain in their vehicles until participants are released for pick up. One Parent/guardian (no siblings) are permitted to walk over to pick up participant (Face covering required)
- Parents/guardians are asked to quickly exit the parking lot after drop off/pick up and are discouraged from congregating in parking lot area

- Parents/guardians and siblings are not permitted on the field at practice (please remain in vehicle if you plan on staying at practice)

Practice Protocols: (phase III, Step 1, Level 1-3 Activities Minimum Modifications)

- Attendance will be taken at each practice.
- Coaches will help participants maintain approximately 6-foot distance from their teammates except during competitive play (per phase III, Step 1 recommendations)
- Coaches will modify practice drills and skills stations so to adhere to 6' social distancing rules and limit close contact among participants using creative measures such as hula-hoops (younger players) to keep players from standing too close.
- At each practice and game, an assistant coach will be designated the "COVID Coordinator" in charge of monitoring that players and coaches are maintaining 6' social distance, wearing face coverings, and disinfecting equipment after use.
- Traditional drills and skills stations will be modified so to minimize sustained close contact
- Deliberate close contact will be eliminated from practice game play
- Participants must bring their own individual water bottles and are not permitted to share
- Participants may handle balls only with sticks, not their hands. Coaches will handle all cones and other equipment, e.g., agility ladder, goals.
- Goalie equipment will only be used by one specific person per use and disinfectant wipes will be provided to clean after use
- There will be no sharing of any equipment
- No celebratory handshakes, high fives or hugging will be permitted

Commonwealth League Game Protocols:

- Each participant must wear a face cover during the game and while sitting or standing on the sideline.
- Each participant must social distance of 6' while standing or sitting on the sideline.
- Umpires must wear a face cover while officiating the game as well as entering and exiting the field of play.
- After games are completed, there will be no exchange of handshakes between both teams.
- There is one spectator allowed per player to not exceed 50 people per playing field.
- Spectator groups are asked to remain 6' from the sidelines of playing field.
- Coaches are required to wear face covers at all times.
- Bench areas must be wiped down at the conclusion of each game (and end of season).
- If a participating town experiences a participant who is diagnosed with Covid-19, the town representative must email the Commonwealth League Director regarding the participant's medical health so that necessary groups can be contacted regarding potential exposure.

If Participant or Coach is Sick (non-confirmed COVID-19)

- If known prior to the start of practice, the individual must stay home.
- If a child or coach becomes sick during practice hours, they will be required to isolate at designated area until a parent/guardian can pick-up (a coach with a valid license may drive themselves home).
- The participant or coach will be required to remain at home and may not return to practice for 72-hours with no symptoms, e.g., normal temperature.
- Parents/guardians of other participants and coaches in the group will be notified that someone in the group became ill while attending practice, however COVID-19 is not confirmed.
- We will not release any sick individuals' names in order to protect privacy.
- All equipment the individual had been in contact with during that day will be disinfected and sanitized prior to the next practice.
- The group members will all be monitored for additional symptoms and parents/guardians will be notified.
- If COVID-19 symptoms are present, getting tested is strongly recommended.

If there is a COVID-19 infection

- If it is learned prior to practice, that a participant or coach is considered a “primary contact” (they are not sick but had direct contact with someone who has tested positive) and have NOT been on-site since the contact, the Program Director will not allow that person to participate until after they have self-isolated for 14 days or 7 days and have a negative COVID-19 test.
- If it is learned that a participant or coach is considered a “primary contact” (they are not sick but had direct contact with someone who has tested positive) and have been on-site since the contact, the Program Director will require their entire group (all coaches and participants) to isolate at practice until they are able to return home. Participants and coaches within the group will not be permitted to return to practice and are encouraged to self-isolate for 14 days or 7 days and have a negative COVID-19 test.
- If a participant or coach tests positive for COVID-19, their entire team or cohort will be required to self-isolate for 14 days, and the Dover Board of Health will be notified.
- We will not release any sick individuals' names in order to protect privacy (except to the Medway BOH).
- All equipment used by the group will be disinfected and sanitized

Emergency Weather

- If extreme weather is known before hand, we will cancel practice, and send an email 30min prior to the start of practice.
 - If extreme weather occurs during practice, participants and staff will take shelter where possible, e.g., in cars
- o Notice of emergency pick-up will be emailed to parent/guardian via myrec.
- Due to the emergency nature of these events, guidelines may be difficult to adhere to and the immediate safety of those present will supersede COVID-19 prevention measures.