

## **Reopening plan – Medway Field Usage**

**Please provide a detailed plan with the address the follow:**

**Daily attendance sheets that need to be available if parks & Rec/Board of Health request it.**

### **Assessing Risk**

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread in your sport, consider:

Physical closeness of players, and the length of time that players are close to each other or to staff.

Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).

Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).

Age of the player.

Players at higher risk of developing serious disease.

Size of the team.

Nonessential visitors, spectators, volunteers. Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.

Travel outside of the local community.

### **Promoting Behaviors that Reduce Spread**

Youth sports organizations may consider implementing several strategies to encourage behaviors that reduce the spread of COVID-19.

#### **Staying Home when Appropriate**

Educate staff and player families about when they should stay home and when they can return to activity

Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees aware of these policies.

Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.

Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.

CDC's criteria can help inform return to work/school policies:

If they have been sick with COVID-19

If they have recently had a close contact with a person with COVID-19

## Hand Hygiene and Respiratory Etiquette

Teach and reinforce handwashing with soap and water for at least 20 seconds

If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).

Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.

If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

## Cloth Face Coverings

### Adequate Supplies

### Signs and Messages

Broadcast regular announcements on public announcement (PA) system

Include COVID-19 prevention messages (for example, videos) about behaviors that prevent spread of COVID-19 when communicating with staff, volunteers, officials, and families. This could include links, videos, and prevention messages in emails, on organization websites, and through the team and league's social media accounts.

Find freely available CDC print and digital resources on CDC's communication resources main page.

## Maintaining Healthy Environments

Youth sports organizations may consider implementing several strategies to maintain healthy environments.

### **Cleaning and Disinfection**

Clean and disinfect frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible.

Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.

Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.

### Shared Objects

Discourage sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.

Make sure there are adequate supplies of shared items to minimize sharing of equipment to the extent possible (e.g., protective gear, balls, bats, water bottles); otherwise, limit use of supplies and equipment to one group of players at a time and clean and disinfect between use.

Keep each player's belongings separated from others' and in individually labeled containers, bags, or areas.

If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food and utensils. Offer hand sanitizer or encourage hand washing.

### **Water Systems**

To minimize the risk of Legionnaires' disease and other diseases associated with water, take steps to ensure that all water systems and features (e.g., drinking fountains, decorative fountains) are safe to use after a prolonged facility shutdown. Drinking fountains should be cleaned and disinfected but encourage staff and players to bring their own water to minimize touching water fountains.

### **Modified Layouts and Social (Physical) Distancing**

Identify adult staff members or volunteers to help maintain social distancing among youth, coaches, umpires/referees, and spectators (if state and local directives allow for spectators).

Space players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills)

Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.

Prioritize outdoor, as opposed to indoor, practice and play as much as possible.

Create distance between players when explaining drills or the rules of the game.

If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.

Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.

Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.

If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting.

### **Communal Spaces**

Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out into spectator areas if more space is available (e.g., if spectators are not allowed).

### **Maintaining Healthy Operations**

Youth sports organizations may consider implementing several strategies to maintain healthy operations.

Protections for Staff and Players at Higher Risk for Severe Illness from COVID-19

Offer options for individuals at higher risk of severe illness from COVID-19 (risk increases with age, and people of any age with certain medical conditions are at higher risk), such as virtual coaching and in-home drills that limits their exposure risk.

Limit youth sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19.

### **Regulatory Awareness**

Be aware of state or local regulatory agency policies related to group gatherings to determine if events can be held.

#### **Identifying Small Groups and Keeping them Together (Cohorting)**

Keep players together in small groups with dedicated coaches or staff, and make sure that each group of players and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.

Consider staging within-team scrimmages instead of playing games with other teams to minimize exposure among players and teams.

### **Staggered Scheduling**

Stagger arrival and drop-off times or locations by cohort (group) or put in place other protocols to limit contact between groups and with guardians as much as possible. One example is increasing the amount of time between practices and competitions to allow for one group to depart before another group enters the facility. This also allows for more time to clean the facility between uses.

When possible, use flexible worksites (e.g., telework) and flexible work hours (e.g., staggered shifts) to help establish policies and practices for social distancing (maintaining a distance of approximately 6 feet) between employees and others, especially if social distancing is recommended by state and local health authorities.

### **Gatherings, Spectators, and Travel**

Avoid group events, such as games, competitions, or social gatherings, where spacing of at least 6 feet between people cannot be maintained.

Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).

Avoid activities and events such as off-site competitions or excursions (e.g., watching a professional team compete).

#### **Designated COVID-19 Point of Contact**

Designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.

## **Communication Systems**

Put systems in place for:

Consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of players (as feasible) self-report to the youth sports organization if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19<sup>external icon</sup> (e.g. see “Notify Health Officials and Close Contacts” in the Preparing for When Someone Gets Sick section below), and other applicable laws and regulations.

Notifying staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).

### **Leave (Time Off) Policies**

Implement flexible sick leave policies and practices for coaches, officials, and staff that enable employees to stay home when they are sick, have been exposed, or caring for someone who is sick.

Examine and revise policies for leave, telework, and employee compensation.

Leave policies should be flexible and not be punitive to people for taking time off and should allow sick employees to stay home and away from co-workers. Leave policies should also account for employees who need to stay home with their children if there are school or childcare closures, or to care for sick family members.

Develop policies for return-to-play after COVID-19 illness. CDC’s criteria to discontinue home isolation and quarantine can inform these policies.

### **Back-up Staffing Plan**

Monitor absenteeism of coaches and officials, cross-train staff, and create a roster of trained back-up personnel.

### **Coach and Staff Training**

Train coaches, officials, and staff on all safety protocols.

Conduct training virtually, or ensure that social distancing is maintained during training.

### **Recognize Signs and Symptoms**

If feasible, conduct daily health checks (e.g., symptom checking) of coaches, officials, staff, and players safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations.

Youth sports program administrators may use examples of screening methods found in CDC’s supplemental Guidance for Child Care Programs that Remain Open as a guide for screening children, and CDC’s General Business FAQs for screening staff.

### **Sharing Facilities**

Encourage any organizations that share or use the youth sports facilities to also follow these considerations.

#### Support Coping and Resilience

Encourage employees to take breaks from watching, reading, or listening to news stories, including social media if they are feeling overwhelmed or distressed.

Promote healthy eating, exercising, getting sleep, and finding time to unwind.

Encourage employees to talk with people they trust about their concerns and how they are feeling.

#### Preparing for When Someone Gets Sick

Youth sports organizations may consider implementing several strategies to prepare for when someone gets sick.

#### Advise Sick Individuals of Home Isolation Criteria

Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.

#### Isolate and Transport Those Who are Sick

Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure (see "Notify Health Officials and Close Contacts" below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.

Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.

#### Clean and Disinfect

Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).

Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.

## Notify Health Officials and Close Contacts

In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA)  and other applicable laws and regulations.

Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.

Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.