

## UTREC COVID-19 Guidelines

(Based on NJ Dept. of Health and CDC guidelines and recommendations)

The continuation and success of this season is dependent upon everyone doing their part. The following guidelines will be followed at each event (practice/game):

- Every athlete, family member / spectator, referee, and coach should be symptom free prior to each activity. It is each person's responsibility to each other when assessing and deciding to attend. If you feel unwell, or are presenting symptoms, STAY HOME and follow the quarantine guidance as issued by the CDC. The importance of staying home when experiencing symptoms of COVID-19 (actual or suspected); residing with someone experiencing symptoms of COVID-19 (actual or suspected), or a suspected exposure to COVID-19 is crucial to the effectiveness of any plan and stopping/mitigating the spread of COVID-19.

We actively encourage sick staff, families, and players to stay home. There is no reprisal or benching or penalizing of an athlete or family should they be considerate, selfless, and cautious enough to stay home. In addition, there will be no stigma placed upon them.

- A parent or guardian must complete an electronic COVID-19 pre-screening form for each athlete prior to him/her coming to each session (game and practice). This form will be emailed the morning of the day of the event for completion and is highly recommended to be submitted no later than a ½ hr. prior to the event so that you are not delayed upon arrival and the event starts on time. The responses you provide will assist in tracking potential COVID-19 cases or exposure, which in turn will help in our efforts to maintain a safe and healthy environment. Your information will be kept confidential and internal.
- Coaching staff will wear cloth or disposable face coverings.
- Athletes and families are to wear cloth or disposable face coverings on the way to the field and when leaving the field.
- Face coverings are **not** required to be worn by athletes during play.
- Players will follow social distancing guidelines while on sidelines and during breaks. Masks are strongly encouraged.
- Spectators (parents/guardians) are expected to social distance (6 ft.) and wear masks on sidelines as appropriate.
- No sharing of water coolers, water bottles, or food. Please provide your child with individual adequate drink and or snack. Team snacks are not allowed.
- Unnecessary physical contact will be discouraged including huddles, high fives, fist bumps, handshakes, etc.
- Please do not linger at fields or congregate before or after games/practices.
- No spitting.