**Union Twp. Recreation**

**COVID-19**

**Program Preparation Plan**



**August 2021**

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References

**This plan is in effect as presented with the following caveats superseding as per most recent/current NJDOH guidance directs:**

* **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.**
* **Coaching staff are not required to wear cloth or disposable face coverings at this time.**
* **Athletes and families (vaccinated) are not required to wear cloth or disposable face coverings on the way to, at, or when leaving the field. Unvaccinated people (including children) are highly recommended to wear face masks.**
* **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 not required at this time.**
* **Spectators (parents/guardians) are expected to social distance (6 ft.). Masks are not required at this time.**
* **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.**

**Union Township Recreation, in accordance with issued guidance, may institute mask wearing at their discretion.**

**1.0 What is COVID-19?**

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019-2020 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as “2019 novel coronavirus” or “2019-nCoV”.

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.

**2.0 What is the difference between Influenza (Flu) and COVID-19?**

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

**3.0 Symptoms**

COVID-19 affects different people in different ways. Anyone can have mild to severe symptoms. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

* Trouble breathing
* Persistent pain or pressure in the chest
* New confusion
* Inability to wake or stay awake
* Bluish lips or face

This list does not include all possible symptoms. The Center for Disease Control (CDC) will continue to update this list as we learn more about COVID-19.

**4.0 How to Protect Yourself & Others**

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. Know your risk.

*4.1 Know How it Spreads*

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).**The best way to prevent illness is to avoid being exposed to this virus.**

* The virus is thought to [spread mainly from person-to-person](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html).
* Between people who are in close contact with one another (within about 6 feet).
* Through respiratory droplets produced when an infected person coughs, sneezes or talks.
* These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
* Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

*4.2 Wash Your Hands Often*

[Wash your hands](https://www.cdc.gov/handwashing/when-how-handwashing.html) often with soap and water **for at least 20 seconds** especially after you have been in a public place or after blowing your nose, coughing, or sneezing.

It’s especially important to wash:

* Before eating or preparing food
* Before touching your face
* After using the restroom
* After leaving a public place
* After blowing your nose, coughing, or sneezing
* After handling your cloth face covering
* After changing a diaper
* After caring for someone sick
* After touching animals or pets

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

**Avoid touching** **your eyes, nose, and mouth** with unwashed hands.

*4.3 Avoid Close Contact*

**Inside your home:**Avoid close contact with people who are sick**.** If possible, maintain 6 feet between the person who is sick and other household members.

**Outside your home:**Put 6 feet of distance between yourself and people who don’t live in your household. Remember that some people without symptoms may be able to spread virus. [Stay at least 6 feet (about 2 arms’ length) from other people](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html). Keeping distance from others is especially important for [people who are at higher risk of getting very sick](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html).

*4.4 Cover Your Mouth and Nose with a Cloth Face Cover when Around Others*

You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected.

* Everyone should wear a [cloth face cover](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html) in public settings and when around people who do not live in your household, especially when other [social distancing](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html) measures are difficult to maintain.
* Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
* Do NOT use a facemask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
* Continue to keep about 6 feet between yourself and others.

The cloth face cover **is not a substitute** for social distancing.

*4.5 Cover Coughs and Sneezes*

* **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and **do not spit**.
* **Throw used tissues** in the trash.
* Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

*4.6 Clean and Disinfect*

**Clean AND disinfect**[**frequently touched surfaces**](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)**daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.**If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.**Then, use a household disinfectant.** Most common EPA registered household disinfectants will work.

*4.7 Monitor Your Health Daily*

**Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)**of COVID-19,** especially important if you are [running essential errands](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html).**Take your temperature** if symptoms develop.Don’t take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.Follow [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html) if symptoms develop.

**5.0 COVID-19 and Sports**

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die. With rare exceptions, COVID-19 is not claiming the lives of our children. However, a child with a mild or even asymptomatic case of COVID-19 can spread that infection to others who may be far more vulnerable.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed followed by touching of mouth, nose, or eyes. Due to this easy manner of transmission, an infant, child, young person, or adult who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, coaches and players. Infected persons with mild or even no symptoms can spread COVID-19.

**6.0 COVID-19 Program Preparation Plan**

Due to the risks, we will be adopting and implementing return to play protective guidelines such as the ones listed below to mitigate the risks of COVID-19 transmission. Conditions may change which would require stricter guidelines or even cancellation. Likewise, improving conditions may allow for adapting and a “lessening” of requirements, as warranted.

State and Local COVID-19 Guidelines

In addition to these minimum guidelines, we will follow all state and local guidelines as regards COVID-19 and youth sports, including, but not limited to, start dates noted above and limitations on crowd sizes as applicable.

Refer:

New Jersey Department of Health Guidance for Sports Activities issued via Executive Order No. 149 (*et al* subsequent) issued originally on May 29, 2020. Latest NJDOH update March 18, 2021.

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (Covid-19), Considerations for Youth Sports (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>) as per web page (last 12/31/2020).

The following are minimum guidelines to reduce COVID-19 transmission risks for players, staff (team and league), parents/guardians, and spectators. The use of the term “event” applies to all practices, games, tournaments, and other approved activities.

The guidelines of this plan are separated into three (3) components:

* Education and Awareness
* Activity Management Practices
* Notification

**6.1 Education and Awareness**

**COVID-19 Coordinator**

A COVID-19 Coordinator will be appointed to oversee all aspects of the COVID-19 risk management plan including customization, implementation, monitoring, updates/changes, communications, staff training, regulatory compliance, documentation, and answering staff, player, parent/guardian and spectator questions about COVID-19 concerns.

Our appointed COVID-19 Coordinator is: Dan Proulx

We will also identify adult staff members and volunteers to help remind coaches, players, and staff of social distancing and support the COVID-19 Coordinator.

All staff and volunteers will be educated on COVID-19 health and safety protocols prior to the resumption of athletic activities, including:

* COVID 19 Symptoms;
* Social distancing and face coverings;
* Proper hand hygiene;
* Revised practice rules and regulations in place during COVID-19;
* The importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID19;
* How to address a situation in which an athlete presents with symptoms of COVID-19; and
* How do address situations in which social distancing or other necessary requirements are challenged by athletes or parents/guardians/visitors.

We will educate athletes, coaching staff/volunteers, and spectators 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 staying at home without fear of reprisal, and ensure everyone is 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.
* Immediately separate coaches, staff, officials, and athletes with COVID19 symptoms at any sports activity. 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.
* Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.

As needed and required, we will further consult and implement, as appropriate, recommendations listed in the State of New Jersey published guidance and CDC guidance regarding assessing risk, promoting healthy behaviors, and maintaining a healthy environment during youth sports.

We will communicate applicable details of the plan to parents/guardians and/or participants before commencing program via electronic outreach (Facebook, etc., and email).

**Signage**

COVID-19 warning signage should be conspicuously posted at entry, exit, and in bathrooms warning of COVID-19 risks and what steps can be taken to reduce such risks such as social distancing, use of face coverings, frequent hand washing and/or use of hand sanitizer, and enhanced risks to those with underlying conditions and over the age of 65. Use of signs, tapes, or physical barriers will be used to assist with guiding social distancing requirements.

**Electronic Outreach**

In addition to the signage and education sessions and flyers, we will post via Facebook and or other media as appropriate to relay COVID-19 risks and what steps can be taken to reduce such risks such as social distancing, use of face coverings, frequent hand washing and/or use of hand sanitizer, and enhanced risks to those with underlying conditions and over the age of 65.

**Documentation**

This plan, the materials used, and information publicized will be recorded and saved as proof of implementation of the COVID risk management program.

**6.2 Activity Management Practices**

**Spread out Scheduling of Practice and Games**

There should be enough time between practices and games to allow one group to vacate the premises before the next group enters as well as for proper sanitation of surfaces and other equipment as warranted. This staggered schedule will limit contact between groups and/or players. Within the program, we will consider creating consistent groups of the same staff, volunteers, and athletes, and avoid mixing between groups.

**Restructure Practices**

Restructure of practices to greatest extent possible to concentrate of conditioning, drills, skill building and limiting close contact to a specified number of minutes during simulation drills and scrimmages is encouraged.

**Carpools or Van Pools**

The use of carpools or van pools should be limited. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household. It is understood that sometimes this is not possible. Therefore, we discourage car pool/van pools, however, we will not monitor, provide, or prevent carpooling and the risk is assumed completely by those engaged in the said pooling action.

**No Congregation**

Staff, players, parents/guardians, and spectators should not congregate prior to the event and should stay in cars until right before warm ups and should avoid other groups that are leaving the prior event. Team staff, players, parents/guardians, and spectators should quickly exit after the event and go directly to their cars without congregating with other teams or spectators in common areas.

Coaches, staff, visitors and athletes will be required to abide by the gatherings/limitations as set forth in Executive Orders and/or Administrative Orders in effect at the time of competition.

**Before the Event**

Team staff should wipe down and sanitize all benches and other sideline seating areas including railings and equipment racks.

NOTE: Indoor facilities should ensure appropriate indoor air/ventilation. This plan does not incorporate those aspects at this time as all activities are outdoors. Should indoor activities (most notably basketball) resume, this plan will incorporate those aspects and appropriate actions will be executed.

**Shared Equipment**

The use of team provided equipment should be limited to the greatest extent possible and should be disinfected between each use if possible. Balls should be disinfected whenever possible and an adequate supply should be kept on hand. Coaching staff should be aware of the sanitation procedures for team equipment (balls, bats, etc.) and sufficient disinfecting wipes or similar products should be made available. Consult CDC guidance for cleaning and disinfection.

**Team Check in Process**

Team staff and players should continue social distancing during the team check in process. There should be a single point of contact for teams during events.

**Daily Screening**

All athletes, coaches, staff and others participating in practices and competitions must be screened, via temperature check **and/or** health questionnaire, at the beginning of each session. Players, coaches, staff, and volunteers showing symptoms of COVID-19 shall not be permitted to participate. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.

Conduct pre-event observation and/or questioning of all players and staff about the existence of any COVID-19 symptoms including cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit, or known close contact with person who is lab confirmed to have COVID-19.

Parents should monitor the health of their children and not send them to participate in sports events if they exhibit any symptom of COVID-19. Adult participants should do the same. They should seek COVID-19 testing promptly and report results to team staff and sports organization officials given the implications for other participants, families, and staff. Parents of minor participants and adult participants should protect any vulnerable persons in the same household with whom they come into frequent, close contact. They should also be aware of the enhanced risks for those age 65 or over and/or with compromised immune systems for 14 days after such frequent, close contact.

A parent or guardian must complete an electronic COVID-19 pre-screening form for each athlete prior to him/her coming to each session. 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.

**Temperature Check**

Players, staff, and spectators will be asked to take their own temperature before leaving the house and they should stay at home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses for contagious disease. A Covid Screening form will be required to be submitted electronically prior to attending an event.

A staff member will be present to use an infrared non-contact forehead thermometer to take the temperature of all players and staff before they enter the field/facility in the event they “forget” to submit the electronic form. The temperature will be taken, and the electronic form filled out and submitted on the spot to enable participation. Any reading of 100.4 or higher should result in a denial of entry.

**Pre-Game Warm Ups**

During pre-game, players and staff should maintain the 6 ft. distance if possible during warm ups and drills and should only have close contact during actual competition.

**Staff Face Coverings**

Staff is to wear face covering whenever within 6 ft. of another player, staff member, or parent.

**Social Distancing**

All staff, players, parents/guardians and spectators not of the same household should practice social distancing of 6 ft. whenever possible. Individuals shall remain 6 feet apart from one another whenever possible. This applies to athletes, coaching staff, parents/guardians, and other spectators.

**Field Adjustment**

The field alignment shall be adjusted to allow for greater distances between inter-field sidelines. Specifically denoted boundary lines between player bench / team benches will be marked. Team benches should account for 6 ft. social distancing.

**Player Face Coverings**

Players are to wear face coverings in close contact areas and situations where applicable. Players should be allowed to wear face coverings in competition should they choose to do so and long as they do not compromise their safety. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Athletes are highly encouraged and asked to wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench. Players will follow social distancing guidelines while on sidelines and during breaks. Masks are strongly encouraged.

Face coverings are not required to be worn by athletes when engaging in high intensity aerobic workouts, i.e. on the field or where doing so would inhibit the individual’s health. Face coverings are not required to be worn by athletes during play.

**Parent / Spectator Face Coverings**

Parents and spectators are to wear face coverings whenever they are at the facility and within 6 ft. of a person not of the same household. Coaching staff will wear cloth face coverings. Athletes and athletes families are to wear cloth or disposable face coverings on the way to the field and when leaving the field.

**Personal Hygiene**

Staff, players, parents/guardians, and spectators should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use hand sanitizer (at least 60% alcohol), abstain from touching their face (mouth, nose or eyes), refrain from spitting, and cover their cough or sneeze with an elbow or tissue and throw tissue in the trash. In addition, as a backup, players and staff should carry their own hand sanitizer.

**Water Bottles**

Parents/guardians should provide separate marked water bottles or sports drink for their child. All coaches and staff should bring their own water and drinks to activities. Team water coolers for sharing through disposable cups are not permitted. A dedicated single bottle water supply will be available.

**No Contact / No Handshake Policy**

A strict no contact policy will be observed for customary game-related activities such as pre-game coaches’ handshakes, umpire-coach-player introductions, and post-game handshakes between members of opposing teams. Instead, officials, players, and coaches should use verbal queues such as saying “good game”, without shaking hands, high-fiving, or fist-bumping.

**Snack**

Team snacks / volunteer snacks are prohibited. No spitting or eating seeds, gum or similar products on the team bench or in heavy spectator areas.

**Awards**

All team or player awards will be presented wrapped up and given to the team manager or his/her designee. There will not be any presentation on the field.

**Player Equipment**

Player provided equipment should be kept in a bag and should be spaced to encourage social distancing. Players should bring their own disinfectant wipes to wipe down their own equipment between uses as applicable. Do not share personal equipment. No pinnies are to be used or shared.

**Shower / Wash Clothes**

After every event, players and staff should take a shower and wash all clothes.

**After the Event**

After the completion of the event, the team staff should remove and dispose of all trash.

**Facility Modification**

Facility entrances and exits should be set up at separate locations whenever possible.

Pavilion picnic tables will not be available (Finn Road Park).

Bleachers will be appropriately denoted for 6 ft. spacing.

**Facility Washing / Hand Sanitizer Stations**

The facility owner/operator and/or sports organization should provide hand washing and/or hand sanitizer stations throughout the facility and near play fields.

**Facility Sanitation**

The facility owner/operator and/or sports organization should regularly clean and sanitize all common areas including benches, other seating, water fountains, bathrooms, concession stands and similar areas between games and activities. The facility owner/operator and/or sports organization should also provide cleaning supplies and hand sanitizer near playing fields or other player seating areas. See CDC guidance on cleaning and disinfecting facility including what cleaning products to use and steps for safe disinfectant use.

**Concessions**

Concession staff should wear gloves and face coverings; practice social distancing whenever possible with coworkers; frequently wash hands with soap and water for at least 20 seconds and after all potential contamination events; may use hand sanitizer (60% alcohol) but not as a substitute for hand washing; frequently sanitize all surfaces; mark off 6 ft. spacing for patron lines; and minimize handling of cash, credit cards, and mobile devices whenever possible. However, at this time, no concessions are anticipated.

**Behavior of the athletes off the field**

Athletes who do not consistently adhere to social distancing (staying at least 6 feet apart), mask wearing, handwashing, and other prevention behaviors pose more risk to the team than those who consistently practiced these safety measures. Operators and coaches should encourage all participants to abide by applicable infection control protocols outside of the sports activity.

**6.3 Notification**

**Waiver / Release**

An approved waiver/release with COVID-19 language form will be signed by all parents/guardians and players and is required prior to participation. An approved Adult Waiver/Release with COVID-19 language will be signed prior to participation by all team and league staff who are employees, independent contractors, or volunteers.

**COVID Exposure and Notification**

The importance of staying home when experiencing symptoms of COVID-19 (actual or suspected); residing with someone experiencing symptoms of COVID19 (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.**

**Stay Home When Appropriate**

Players, staff, parents/guardians, and spectators should stay home when they are showing signs of COVID-19, have a temperature, or have had close contact with a person with COVID-19.

**If COVID Symptoms Exhibited at Event**

If a player or staff member exhibits symptoms during an event, they should immediately be separated and sent home or to a health care facility depending on the severity of the symptoms. Notify parents immediately. Notify the COVID-19 Coordinator. They should not be allowed to return to activity until they have met the CDC criteria to discontinue home isolation

**Player or Staff Has Close Contact**

Anyone with close contact with a person exhibiting symptoms should also be separated and sent home and should follow CDC guidelines for self-monitoring and procedures for community related exposures.

**Duty to Inform / Disclose, Quarantine, and Return to Activity**

If a staff member or player has tested positive for COVID-19, exhibits symptoms but has not been tested, or has had close contact, such staff member or parent/guardian on behalf of player must immediately notify the COVID-19 Coordinator and they must remain in quarantine until meeting state or CDC Criteria for Discontinuing Home Isolation. Return to activity should be cleared by the COVID-19 coordinator who may require written clearance from a health care professional. See Player or Staff Member Return to Sports Activity entry.

**Player or Staff Member Return to Sports Activity**

See [*CDC guidelines on When You Can Be Around Others After You Had or Likely Had COVID-19*](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%253A%252F%252Fwww.cdc.gov%252Fcoronavirus%252F2019-ncov%252Fprevent-getting-sick%252Fwhen-its-safe.html)*.*

Here is a summary:

* + **They think or know they had COVID-19, and had symptoms**

Players and staff can be with others after: 3 days with no fever, and symptoms improved, and 10 days since symptoms first appeared. Depending on healthcare provider’s advice and availability of testing, player or staff member might get tested to see if they still have COVID-19. If they are be tested, they can be around others when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart.

* + **They tested positive for COVID-19 but had no symptoms**

Players and staff can be with others if they continue to have no symptoms after 10 days have passed since test. Depending on healthcare provider’s advice and availability of testing, they may get tested to see if they still have COVID-19. If they have been tested, they can be around others after they receive two negative test results in a row, at least 24 hours apart. If they develop symptoms after testing positive, they must follow guidance above for “They think or know that they had COVID-19, and had symptoms.”

* + **They have been around a person with COVID-19**

Players and staff who have had [**close contact**](https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html) with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness. It is possible that someone could be able to spread COVID-19 for up to 14 days even if they do not have symptoms. If they have been tested, they can be around others after they receive one negative test results.

According to CDC, “…factors to consider when defining close contact include proximity, the duration of exposure (e.g., longer exposure time likely increases exposure risk), whether the individual has symptoms (e.g., coughing likely increases exposure risk) and whether the individual was wearing a facemask (which can efficiently block respiratory secretions from contaminating others and the environment). Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure, but 15 min (continuous or cumulative) of close exposure can be used as an operational definition. In healthcare settings, it is reasonable to define a prolonged exposure as any exposure greater than a few minutes because the contact is someone who is ill. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the person cough directly into the face of the individual) remain important.”

**Testing of Participants**

Testing is recommended if an athlete, coach, or other team member is sick, was exposed to a person who has COVID-19 or had “close contact” with an individual. Any further testing recommendations are dependent on the re-evaluation of the State’s testing priorities. We will not pay for or conduct the testing.

**Notification of Third Parties**

The COVID-19 Coordinator should notify local health officials, staff, and family members of players immediately of any lab confirmed case of COVID-19 for any staff member or player while complying with local and state privacy/ confidentiality laws as well as with HIPAA and the Americans with Disabilities Act.

**Contract Tracing/Public Health Investigation**

Operators, coaches, participants, and others engaging in sports activities must cooperate with local health departments (LHDs) on contact tracing. Contact tracing is the process used to identify those who have come into contact with people who have tested positive for many contagious diseases, including COVID-19. It is a long-standing practice and is an integral function of LHDs. Given that recreational sports teams are comprised of students enrolled in local school districts, it will be necessary for both recreational youth sports staff and school district staff, including but not limited to, administrators, school nurses, school safety specialists, counselors, and any other staff deemed appropriate by the school district, to collaborate with and assist LHDs with contact tracing in the event of illness of a player, coach, referee, athletic trainer, and/or anyone else involved with a sports team/group.

Additionally, all school districts and club/recreational youth sports staff should collaborate with LHDs to develop contact tracing policies and procedures, as well as identify the best methods to educate the broader school and youth sports community on the importance of the public health investigation and contact tracing.

**6.4 How to address situations in which social distancing or other necessary requirements are challenged by athletes or parents/guardians/visitors**

Be respectful, calm, and understanding. Remind them the waiver which they signed implied compliance with the Covid Plan and was given as agreement to play. State that these are risk reduction methods to protect them, as well as others. Ask them to please comply for this one event and that they may bring their concerns to the COVID -19 Coordinator and Union Twp. Recreation Committee. Take their name, contact info, and grievance. If compliant at this point, move on.

If still non-compliant then ask them to please leave so that the event may continue otherwise it will be cancelled. You or another coach should contact the COVID-19 Coordinator and the league commissioner for sport immediately. If they do not leave, the event is cancelled.

The authorities (police) should be contacted should escalation to physical or verbal violence occur. Contact the COVID-19 Coordinator and the league commissioner for sport immediately.

**References**

New Jersey Department of Health Guidance for Sports Activities issued via Executive Order No. 149, issued on May 29, 2020**, current update March 18, 2021.**

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (Covid-19), Considerations for Youth Sports ([https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html).Updated](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html%29.Updated) as per web page (last 12/31/2020).