

# Outdoor sports starting Spring 2021

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## Practice & Game Precautions for Player & Parents

- Practice social distancing of 6 feet at all times while congregating with friends, teammates and coaches
- Clearly mark your child's water bottle, bat, helmet, glove or any other equipment you bring to the field
- Parents must provide their child(ren) with water, there will be no team water coolers
- Parents are to sit on chairs on sidelines rather than on bleachers, and PLEASE be cognizant of where your child is at all times; please be sure to be 6 feet away from other families
- Siblings cannot roam free around the players, field. They must be by parents at all times.
- If you feel more comfortable, bring personal hand sanitizer wipes and face masks for your child
- Thoroughly clean and disinfect your child's personal equipment before and after all scheduled event.
- Parents should not go after foul balls, they should be retrieved by a coach.
- Players and families should leave the fields as soon as practice or the game ends. Do not congregate after games are over

## Guidelines for Coaches

- Face coverings at all times
- Disposable gloves optional
- Social distancing MUST take place at all times *\*Exceptions to evaluate injury situations*
- Spray down bats & balls & am equipment as you see fit
- All coaches will be temperature checked prior to all games and practice; ***individuals with a temperature over 100.3 will not be able to participate***
- Practice in pods whenever possible to help limit exposure

## Recommendations for Players

- Face coverings – when sitting on the bench or idle
- No sunflower seeds allowed
- Disposable gloves – not mandatory
- All players must bring their own equipment, including bats & helmets.
- Catching position must have their own equipment and NO sharing at all
- Social distancing must take place at all times
- All players will be temperature check prior to all games and practices
- Players that are not feeling well cannot attend practices or games

## PLAYERS DO NOT SHARE

- Gloves, bats, helmets, catcher's equipment & water bottles, seeds
- Umpires will not hold the Softballs the team on the field will be supply the ball in play.

# Covid Testing Procedures

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*At the time of this release Recreation is obligated to follow Bergen County Health Department mandates. If any change takes place everyone will be notified of new policy.*

If a Player or Coach leaves the field not feeling well, we highly recommend they do not return to the field until they have a confirmed negative Covid test.

## Procedures for Close Contacts / Positive Test

- Contact your coach immediately if your child has been in close contact with someone that has tested positive for COVID-19 or has tested positive for COVID-19 themselves.
- Coach then contacts commissioner of sport immediately and reviews events together
- Commissioner contacts borough and county for guidance.
- Participants that test positive must isolate for 10 days from when symptoms first appeared or from the date of the positive test result, whichever is first, and can return after that time when they have been fever free for 24 hours without fever reducing medication and other symptoms are improving. This is the Bergen County Health Center guideline and is consistent with state and CDC guidance.
- All close contacts as determined by borough and/or county must quarantine for 14 days from the date of the last known exposure. Participants who have had COVID-19 within the last three months no longer need to quarantine if they are identified as a close contact.
- Anyone suspected of having Covid (and waiting for test results) must stay away from recreation activities until proven that they are negative OR if positive follows quarantine guidelines above.
- Close contact of a close contact does not need to quarantine.

## Out of State Travel Restrictions

New Jersey strongly discourages all non-essential interstate travel at this time

- Travelers and residents returning from any U.S. state beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home for 10 days. No quarantine is required for trips shorter than 24 hours.
- If you take a test in 3 to 5 after you return, and get a negative result – you can return to the field 7 days after of the date of your return home (meaning day 8).

Anyone who has recovered from COVID 3 months or less do not need to quarantine

If practices/games are paused, halted or suddenly suspended, assume there has been a COVID incident. You will receive instructions as soon as recreation can get them out. Sometimes it is best to stop everything then sort out issues rather than sorting out first and possibly exposing other people.

Safety is always our priority, things may not run as smooth as we all may like but with the fluid situation we all live under, our goal is to get it right.