

COVID-19 Procedures for Athletic Programs

The Graham Recreation and Parks Department (GRPD) intends for this guidance to help our athletic facilities and programs make informed decisions about COVID-19 and minimize the risk of exposure for our staff, coaches, and the program participants and their families in our care. Policies and procedures set forth in this document follow CDC guidelines and the NC Department of Health and Human Services' *Interim Guidance for Administrators and Participants of Youth, College & Amateur Sports Programs* (updated July 22, 2020).

****To address evolving conditions and to comply with changing regulations, procedures for Athletic Programs are subject to change without notice. ****

In addition to these procedures, the safety of our participants and staff depend on the cooperation of our athletic program families. The GRPD requests:

- ☐ **Parents should not bring anyone to an athletic facility if a participant or anyone in the household is showing signs of illness of any kind or who may have been exposed to COVID-19 home.**

Symptoms of COVID-19

- Fever*
- cough
- shortness of breath or difficulty breathing

Additional symptoms include chills, new loss of taste or smell, and vomiting/diarrhea (children only). While symptoms in children are similar to adults, children may have milder symptoms.

*Fever is determined by a thermometer reading 100.4° or higher or by subjective signs such as flushed cheeks, fatigue, extreme fussiness, chills, shivering, sweating, achiness, headache, not eating or drinking.

- ☐ **Parents present a doctor's note allowing for the return to athletic programs for anyone denied access to an athletic facility due to symptoms of COVID-19.**
- ☐ **Parents sign and submit the COVID-19 waiver for all members of their household participating in a fall 2020 Graham Recreation & Parks athletic program.**

The GRPD will ensure:

- ☐ Parents/families will be sent COVID-19 related instructions in preparation for beginning athletic programs (i.e. - staying home if symptomatic).
- ☐ Staff will receive appropriate training:
 - PPE recommendations
 - Recognizing symptoms of COVID-19
- ☐ Information on proper use, removal, and washing of cloth face coverings will be provided to all staff, coaches, and program participants.
- ☐ A parent or legal guardian will sign an assumption of risk and waiver of liability relating to Coronavirus/Covid-19 prior to beginning the program

Arrival/Departure procedure:

- ☐ Before arrival: Parents should monitor their children for any symptoms of COVID-19 and keep them home if showing any signs of illness.
- ☐ Arrival and departure procedures will attempt to limit direct contact between staff and parents.
- ☐ A staff member will greet and screen participants outside of the field entrance.
 - A designated staff person will allow participants into the field gate upon arrival and will guide the exit procedure of participants upon completion of the session.

- o Only program participants, staff, and coaches will be allowed inside the field gate.
- o The staff person greeting participants will not be a person at higher risk for severe illness from COVID-19.
- o Staff will monitor and discourage congregation during arrival and departure.
- ☐ If possible, the same parent or designated person should drop off and pick up the participant(s) every day. Families should avoid designating those considered at high risk.
- ☐ Individuals may not congregate in common areas near the athletic facility or in the parking lot before, during, or after the athletic program.
- ☐ Time will be allotted in between nightly sessions for necessary cleaning between classes and to reduce crowding in the parking and spectator areas.
- ☐ Hand hygiene stations will be set up at the entrance of each field, so that staff, coaches and participants can clean their hands before they enter. If a sink with soap and water is not available, hand sanitizer with at least 60% alcohol will be provided. Use of hand sanitizer by participants will be supervised at all times.

Prevention of virus that causes COVID-19 from entering the athletic facility:

- ☐ COVID-19 Information signs (in English and Spanish) will be posted at all entrances to the athletic fields.
- ☐ Only participants, coaches, and staff who are required for daily operations of the athletic program will be allowed inside the fence of the athletic fields.
- ☐ **(REQUIRED)** Daily health screenings will be conducted on all individuals entering the athletic fields (see **Daily Health Screening of Staff, Coaches, and Participants for COVID-19** below). This screening will exclude individuals who are in any one of these four categories from entering the athletic fields:
 1. Person is showing any of the symptoms of COVID-19
 2. Person thinks they could have COVID-19
 3. Person has tested positive for COVID-19
 4. Person is awaiting the results of testing for COVID-19
- ☐ Participants and staff who share a home (including siblings) or who have been in close contact with anyone in the four categories above will be excluded from entering the athletic fields.
- ☐ Staff will be encouraged to stay home as appropriate.

If a participant, coach, staff member or anyone in their immediate household displays symptoms during the program day and/or tests positive for COVID-19, the GRPD will:

- ☐ Immediately notify all parents/guardians of participants in the athletic program
- ☐ **(REQUIRED)** Consult with the Alamance County Health Department for guidance on cleaning, closure, and potential exposures and suspected cases

Those who have been excluded will only be readmitted to the when they can answer YES to all the following questions:

- ✓ Has it been at least 10 days since you first had symptoms?
- ✓ Have you been without fever for three days (72 hours) without any medicine for fever?
- ✓ Have there been three days (72 hours) since your symptoms have improved?
- ☐ Household members and people who have been in close contact with someone who has had symptoms of COVID-19 should stay home as much as possible for 14 days, monitor themselves for symptoms, and consult with their local health department. Close contact is defined as, within 6' for at least 10 minutes. If symptoms of COVID-19 develop, they should take the same steps as above to prevent spreading it.

Before reopening athletic facilities, the GRPD will:

- ☐ Take steps to ensure water systems and devices are safe to use after a prolonged facility shutdown to minimize the risk of Legionnaire's Disease and other disease associated with water.

- ☐ Train all staff and communicate with families on the following:
 - o Enhanced sanitation practices
 - o Social distancing guidelines
 - o Screening practices
 - o COVID specific exclusion criteria
- ☐ Make sure adequate supplies are available to meet cleaning requirements.

Participants, coaches, or staff who develop symptoms during the session:

- ☐ **(REQUIRED)** If a participant, coach or staff member develops any symptoms of COVID-19, they (and their family members) will be sent home as soon as possible.
- ☐ An isolation area will be set-up for when a participant becomes ill or exhibits symptoms during the session and is unable to immediately leave the facility. If no parent or legal guardian is present, staff will stay with the participant in the area isolated from others until the parent or legal guardian arrives. If the participant has symptoms of COVID-19, staff will remain as far away as safely possible from the participant (preferably 6') while maintaining visual supervision. Staff will wear a cloth face covering. If tolerated, the child should wear a cloth face covering also.

Preventing the spread of the virus in the athletic facilities:

- ☐ Social distancing strategies will be followed:
 - o Participants, staff, coaches, and spectators will stay 6' apart as much as possible
 - o Signage and other messaging to remind participants, spectators and staff of physical distancing will be posted around facilities
- ☐ Proper hand hygiene guidance for adults and children such as washing hands frequently with soap and water for at least 20 seconds will be followed. In addition to usual handwashing, hands will be washed:
 - o Upon arrival to the athletic facility
 - o Transitioning between activities as necessary
 - o After blowing noses, coughing, or sneezing or when in contact with body fluids
 - o After toileting
- ☐ All programs will be conducted outdoors.
- ☐ Cloth face covering guidelines will be followed:
 - o All staff members and coaches will wear cloth face coverings when at the athletic facility conducting athletic programming
 - o Participants should wear face coverings (must be provided from home) if it is determined they can reliably wear, remove, and handle masks following CDC guidance during low intensity activities.
 - o Participants who are engaged in high intensity activities, like running, may not be able to wear a face covering if it causes difficulty breathing.
 - o Information on proper use, removal, and washing of cloth face coverings will be provided to all staff and participants
 - o In general, the athletic program will follow CDC Guidance for wearing cloth face coverings
- ☐ Participants, coaches and staff will be:
 - o Encouraged to avoid touching eyes, nose, and mouth
 - o Encouraged to cover coughs and sneezes with a tissue or an elbow
- ☐ Hand sanitizing products with 60% alcohol may be used in lieu of handwashing at outdoor athletic facilities. Hand sanitizer will be stored out of reach of young children when not in use.

Sanitation and hygiene practices:

- ☐ GRPD staff will:
 - o (REQUIRED) Follow CDC and the NCDHHS Environmental Health Section guidance for cleaning and disinfection recommendations
 - o (REQUIRED) Use an EPA-registered disinfectant that is active against coronaviruses and follow manufacturer's instructions for use and contact time
 - o Clean and disinfect frequently touched surfaces throughout the program session
 - o Ensure disinfection of items not ordinarily cleaned daily such as gate entrances, benches, goals, and dugouts.
 - o Clean and disinfect shared tools, supplies, and equipment
 - o Allow time for cleaning between activities
 - o Minimize use of shared equipment
 - o Routinely check and refill/replace hand sanitizer at entries, soap, and paper towels in bathrooms
 - o Provide alcohol-based hand sanitizer with 60% alcohol at every entrance and exit of each athletic field if supplies are available

People who may be at higher risk of severe illness from COVID-19:

- ☐ People aged 65 years and older
- ☐ People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - o People with chronic lung disease or moderate to severe asthma
 - o People who have serious heart conditions
 - o People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - o People with severe obesity (body mass index [BMI] of 40 or higher)
 - o People with diabetes, chronic kidney disease undergoing dialysis, or liver disease
 - o Please note that people who are pregnant have been known to be at higher risk of severe viral illness, however, to date, data on COVID-19 has not shown increased risk
- ☐ Staff concerned about being at higher risk should discuss with their supervisor. They may want to speak with their medical provider to assess their risk.

General athletic program operations:

- ☐ The program will consist of individual and small group drills and small-sided intersquad games to best allow social distancing and limit contact.
- ☐ Classes will only meet once per week to limit the frequency of interaction among all parties associated with the athletic program.
- ☐ No groups larger than twenty-five (25) people will be allowed on the field. Group sizes will be limited to twenty (20) participants and no more than five (5) staff members / coaches.
- ☐ Only one (1) spectator per participant may be allowed in the spectator area. The spectator area will be considered the area outside of the fence of the field where the program is being held. Spectators will need to follow social distancing guidelines in the spectator area.
- ☐ All spectators will be required to wear a face covering while inside the spectator area.
- ☐ Participants will bring their own water bottle to every session and will not share with other participants.
- ☐ Participants should refrain from making physical contact with others as much as possible. Staff will discourage high fives, handshake lines, and other forms of physical contact. Staff will encourage the use of verbal praise and visual cues in lieu of traditional physical celebrations.
- ☐ Spitting, eating seeds, or chewing gum or similar products will be prohibited on the playing field.
- ☐ All GRPD facilities are tobacco free; therefore chewing tobacco or smoking is prohibited in all areas of the facility.

- ☐ Participants will be encouraged to bring their own equipment (i.e – soccer ball, baseball bat, helmet) to limit sharing of equipment as much as possible.
- ☐ Personal equipment that is not being used should be stored with proper separation (i.e – backpacks, additional clothing, and electronics).
- ☐ Additional cleaning and sanitation of the athletic facility will be performed prior to participant arrival and after participant departure.
 - o Cleaning checklists will be posted in each facility
- ☐ Hand sanitizing stations will be placed near each athletic field. Hand sanitizer will be available to all participants, coaches, and staff on the field as well.
- ☐ Per CDC Guidelines, staff and coaches will wear cloth masks at all times while on the playing field.
 - o Participants may wear masks should they choose (and provide their own) during the athletic program, but it will not be mandated
- ☐ Staff will wear appropriate PPE when cleaning athletic facilities and/or athletic equipment.

Daily Health Screening of Staff, Coaches and Participants for COVID-19

The staff member conducting screenings should maintain a 6' distance while asking questions. Each staff person, coach, and those dropping off participants will be asked the following questions before the participant will be allowed to enter the athletic field or spectator area. Anyone who answers YES to the following questions will not be allowed to enter the athletic field or spectator area.

Everyone wishing to enter the facility will be asked:

- ☐ Do you or do any of the participants you have brought to the athletic program have a fever*, cough, shortness of breath or difficulty breathing, chills, new loss of taste or smell (vomiting or diarrhea-children only)?
- ☐ Have you or any of the participants you have brought to the athletic program:
 - o Had any of these symptoms since last time you were last here?
 - o Been in contact with anyone with fever*, cough, shortness of breath or difficulty breathing, chills, new loss of taste or smell (vomiting or diarrhea-children only) since the last time you were here?
 - o Potentially been exposed** to COVID-19 or have reason to believe you/they have COVID-19?
 - *Fever is determined by a thermometer reading 100.4 or higher or by subjective signs such as flushed cheeks, fatigue, extreme fussiness, chills, shivering, sweating, achiness, headache, not eating or drinking.
 - **Exposure is sharing a household or having close contact with anyone with COVID-19 or has symptoms of COVID-19.

Staff, coaches, and participants will be screened by:

- ☐ Making a visual inspection for signs of infection such as flushed cheeks, fatigue, or irritability
- ☐ Having their temperature taken with an infrared thermometer:
 - o The staff person taking temperatures will wear cloth face coverings. Stay 6' apart unless taking temperature.
 - o If possible, parents, family members, or legal guardians should bring a thermometer from home to check their own child's temperature prior to entering the athletic field

If using the facility's thermometer, staff will:

- ☐ Wash hands or use hand sanitizer before touching the thermometer
- ☐ Wear gloves if available and change between direct contact with individuals
- ☐ Clean and sanitize the thermometer according to manufacturer's instructions
- ☐ Wash hands or use hand sanitizer after removing gloves and between direct contact with individuals

Temperatures will not be taken orally (under the tongue) because of the risk of spreading COVID-19 from respiratory droplets from the mouth.