Town of Stratham

Stratham Parks and Recreation

COVID Guidelines

Fall Youth Soccer

Risk Level: Moderate

Location: Stevens Park

This fall season, will not look like past seasons of soccer here in Stratham. While in person activities have been cancelled over the last six months, we are hoping to be able to offer a safe and fun experience for the youth of Stratham. We expect 100% compliance with the guidance outlined below. Questions or concerns about the guidance outlined below should be directed to Seth Hickey, the Parks and Recreation Director. This will be a time to be with their peers, in person, having fun and getting fresh air and exercise. This is not a competitive soccer program, this is a time for kids to have fun and be with their friends in a safe environment.

**Everyone**

*When should you stay home?*

All coaches, spectators and participants who have signs or symptoms of illness are to stay home when ill to decrease risk of viral transmission.

a. Has any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher.

b. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.

c. Traveled in the past 14 days either: i. Internationally (outside the U.S.), ii. By cruise ship, or iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).

Person(s) with any COVID-19 symptoms, those who report close contact with someone suspected or confirmed with COVID-19, or those reporting travel risk factors should not be allowed to attend the game or practice session:

a. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and self-isolate at home following the instructions below.

b. Asymptomatic persons reporting that in the past 14 days they have had close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should self-quarantine for 14 days from their last exposure or return from travel.

**Parents**

Registered participants, parents and siblings are the only individuals permitted at Stevens Park during games and practice sessions.

Parents/guardians of attending games are required to wear cloth face coverings at Stevens Park.

Parents shall remain in their cars during practice sessions.

Parents during games must maintain social distancing from others

All spectators must remain behind second sideline that designates spectator area.

Parents and coaches should not transport any athletes that are not immediate family members. In the event, that this becomes necessary, all parties must wear cloth face coverings and space out seating to maintain maximal distance from each other.

**Players**

**All players must be screened at home by a parent for COVID-19 related symptoms.** To manage your screening process, families will be required to use a new feature within TeamSnap called Health Check. Family members can answer the necessary screening questions within the app prior to arriving to the field. More information on this can be found at, <https://helpme.teamsnap.com/article/1501-health-check>.

a. Has any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher.

* + - *Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough or shortness of breath*
    - *General body symptoms such as muscle aches, chills and severe fatigue*
    - *Gastrointestinal symptoms such as nausea, vomiting or diarrhea*
    - *Changes to sense of taste or smell*

b. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.

c. Traveled in the past 14 days either: i. Internationally (outside the U.S.), ii. By cruise ship, or iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).

All athletes should bring to practice sessions and wear, reusable/washable cloth face coverings over their nose and mouth when around others and not actively engaged in athletics and when social distancing is not possible.

Athletes should arrive to the field already dressed and prepared to participate.

Athletes should bring their own water bottles. No sharing or common use water bottles or drinking stations are allowed.

Athletes shall bring their own equipment and not share their personal equipment with other players.

Athletes should carry hand sanitizer in personal equipment bag, if a bag is brought to practice or games.

Athletes preparing to rejoin play should sanitize hands prior to leaving the bench (after water break or between substitutions)

**Coaches**

Coaches and athletes should be screened on arrival to each sporting event by asking if the individual:

a. Has any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher.

b. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.

c. Traveled in the past 14 days either: i. Internationally (outside the U.S.), ii. By cruise ship, or iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).

To manage your screening process, families will be required to use a new feature within TeamSnap called Health Check. Family members can answer the necessary screening questions within the app prior to arriving to the field. As the coach, you can quickly review who has conducted the necessary screening of your players within the Health Check feature. More information on this can be found at, <https://helpme.teamsnap.com/article/1501-health-check>.

An isolation area shall be identified and communicated to all coaches and athletes at the beginning of every session for anyone who *develops* symptoms during the session. Parents will be notified by the coach to pick up the participant as soon as possible. This isolation area will be behind the softball shed. If a player is put into the isolation area, the Parks and Recreation Director must be notified.

Sequential practices and games should be scheduled to allow adequate time for cleaning of facilities/equipment and to allow for spectators and athletes to exit the area and avoid interaction with other incoming or exiting groups.

Multiple groups are allowed to practice in one large area/field as long as the separate groups do not mix or interact in any way (e.g., no floating of coaches or support staff, and no interaction between athletes of different training groups).

Training sessions may begin and are allowed for groups of up to 50 participants (e.g., 45 athletes per training area with 5 staff/coaches/volunteers).

A safety officer will be monitoring social distancing and compliance with protective actions and prompt other staff and athletes and spectators about social distancing, hand hygiene and use of cloth face coverings.

Alcohol-based hand sanitizer with at least 60% alcohol must be readily made available to coaches and athletes and kept with coaches at all times.

Shared equipment provided by the staff or volunteers must be cleaned and disinfected according to CDC guidance after every use between athletes and at the completion of each, training session. During practices, training sessions, and competitive sporting events, close-contact, non-athletic activities shall be avoided.

Equipment bags and backpacks of athletes should be placed 6-feet apart. Athletes should not touch other athletes’ bags, equipment or water bottles. Benches areas must not be used for storage of personal equipment or group equipment.

Bench area must not be used for storage of personal equipment or group equipment. Centralized areas for congregating, such as benches and dugouts, should be avoided unless there is enough room to allow for at least 6 feet of space between staff, volunteers, and athletes.

All mouth-based activities often encountered with training sessions shall not be allowed. This includes but is not limited to: spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.

Coaches shall bring trash bags to each training session and remove all garbage following each training session.

A good resource to share with parents and players prior to the start of the season from the CDC regarding youth sports, <https://www.youtube.com/watch?v=LMBzjaVRChY>.

**When can an athlete return to play?**

Person(s) with suspect or confirmed diagnosis of COVID-19 must stay home until symptom-based criteria are met for discontinuation of isolation:

a. At least 10 days have passed since symptoms first appeared, AND

b. At least 3 days (72 hours) have passed since recovery (“Recovery” is defined as resolution of fever off any fever reducing medications plus improvement in other symptoms)