

Marlton Recreation Council Return to Play Protocols:

As per CDC guidance, Youth Sports organizations should coordinate their Return to play documents with their local health department and notify the department of any COVID positive cases so that the Department can conduct contact tracing to determine any close contacts with the positive case.

Burlington County Health Department - <https://www.co.burlington.nj.us/290/Health-Department>

Raphael Meadow Health Center

15 Pioneer Blvd.

Westampton, NJ 08060

Phone: 609-265-5548

Fax: 609-265-3152

Email - bchd@co.burlington.nj.us

All events **must** follow local and/or state public health authority recommendations. Coaches must be the more stringent of the MRC protocols or local league, tournament, or governing sport requirements.

The following requirements must also be followed:

- Staff, parents, guardians, and visitors are required to wear cloth face coverings at practices and games. Athletes are encouraged to wear masks during downtime, but not during physical activity.
- Continue with COVID-19 mitigation and prevention strategies
 - Handwashing signs and other COVID19 prevention signs should be posted in areas throughout each sporting recreational complex including restrooms, snack stands and other high traffic areas. Proper hand hygiene should be encouraged before and after every practice and sporting event.
 - Wash your hands 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.
 - 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.
 - Players and coaches are prohibited from participation if experiencing any COVID related symptoms and must self-monitor themselves for any COVID symptoms prior to engaging in any MRC sporting activities.
 - 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
- Maintain social distancing.
- No handshakes, high-fives, or fist-bumps
- No spitting, sunflower seeds, peanuts in the shell or gum

- Huddles or pre-or post-activity meetings need to observe social distancing of 6 feet
- If there is a safe alternative to a closed in dug out, use it
- Sharing personal equipment is prohibited (helmets, gloves, towels)
- Shared equipment limited to harder surfaces (balls, bases, goals, and cones). Catcher's equipment including the catcher's mitt must be disinfected if it must be shared.
- All players will bring their own water bottles. No sharing of water jugs or bottles.
- Space out player equipment bags and water bottles during breaks.
- Consider local and single day competitions.
- Avoid carpooling to limit the chance of an exposed player spreading the disease to teammates and coaches
- Follow local and/or state public health authorities for large events.

The MRC will follow all CDC guidance regarding the definition of close contact, isolation and quarantine requirements. The CDC requirements can be found using the links below. Key items are also listed below regarding isolation and quarantine key points.

Isolation Requirements may be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

Quarantine Requirements may be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

Who needs to isolate:

I think or know I had COVID-19, and I had symptoms. You can be with others after:

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since the date you had your positive test

If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

Who needs to quarantine?

People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease within the last three months and show no symptoms.

What counts as [close contact](#)?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19

Options to reduce quarantine

Reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work. A shorter quarantine period also can lessen stress on the public health system, especially when new infections are rapidly rising.

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.

See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) for guidance on options to reduce quarantine.

Resources:

New Jersey Department of Health COVID19 information hub: <https://covid19.nj.gov/>

Centers for Disease Control and Prevention, Considerations for youth sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Center for Disease Control and Prevention – COVID19 main page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>