



MADISON COUNTY RECREATION DEPARTMENT COVID-19 PROGRAM PROTOCOLS AND BEST PRACTICES

The health and safety of our participants, parents/guardians, spectators, volunteers, officials, and staff remain our highest priority. Participation may not allow for proper physical distancing and other safety measures currently recommended; therefore, participation in activities may increase the risk of COVID-19 transmission. Therefore, Madison County Recreation Department requests that parents, spectators, volunteers, officials, and staff adhere to the following guidelines to promote safety during the COVID-19 pandemic. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment during practice and competition.

All protocols are subject to change pending patron compliance and newly established guidelines.

Stay Home when Appropriate

- Players, parents/guardians, coaches, spectators, and officials should stay home and not attend programs or activities if sick, have fever (100.3 or higher), tested positive for, or are showing symptoms of COVID-19.
- Individuals that have recently had close contact with a person with COVID-19 (close contact defined as within 6 feet for a period of 15 minutes or longer) should not attend programs or activities.
- Individuals should consult state and/or local guidance on recommendations for returning to activities.
- If person develops symptoms during activity, person should be isolated and transported home or to a healthcare facility.
- Players, coaches, parents/guardians, and spectators who are at high-risk should seek approval from a medical professional prior to attending any activity.

Follow Proper hygiene and Etiquette

- All persons should wash hands with soap and water for at least 20 seconds frequently. Hand washing, or use of hand sanitizer should be used after using the restroom, before and after eating, and before any use of shared equipment.
- All persons should cover their sneezes with a tissue or use the inside of their elbow.
- High-fiving, fist/elbow bumps, handshakes, group celebrations, and spitting are not allowed.

Communicate Potential or Confirmed Exposure

- All players, coaches, and staff MUST self-report to MCRD if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
 - COVID-19 Symptoms
 - 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
 - Emergency warning signs: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face
- In addition, participants that start to feel ill during an activity/program should inform parent/guardian and/or coach/instructor, isolate from others and go home or to a healthcare facility.
 - MCRD will report any known COVID-19 case to local health officials.
 - MCRD will publicize any park facility closures and/or restrictions related to limiting COVID-19 exposure.
 - MCRD will regularly have maintenance staff clean and disinfect park facilities, such as restrooms and other indoor areas.
 - MCRD expects any organization that uses park facilities to follow these guidelines.

Follow Procedures for When Someone Gets Sick

- Immediately isolate sick person away from others and direct them to be transported home or to a healthcare facility, depending on the severity of their symptoms.
- Instruct individuals that had direct contact with the sick person to go home and follow CDC guidance for community related exposure.
- Inform persons that they should not return to activities until they have met the CDC's criteria to discontinue home isolation.
- Close off areas used by a sick person to others and do not use areas until they are cleaned and disinfected.
- Notify persons potentially exposed to a known COVID-19 diagnosis and advise those who had close contact to follow CDC guidance.
- Respect the safety and privacy of the COVID-19 individual by not sharing name or personal details on that individual when notifying others of potential exposure.
- Report situation to local health officials.

Restrooms

- Depending on traffic, restrooms will be cleaned and sanitized every 1.5 to 2 hours.
- Limit of 2 people in a restroom at one time. If you have to wait, please maintain 6 feet distance between others not in your household.

SPORT SPECIFICS

1. General

- a. Parents, please pre-screen yourselves and your player before coming to the field/court. See below.
 - i. Have any of the children you are bringing to practice had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19, or has any health department or health care provider been in contact with you and advised you to quarantine? *If yes, the child should not be at practice. The child can return 14 days after the last time he/she had close contact with someone with COVID-19 or listed below. If no, the child can be a practice if the child is not experiencing any symptoms.*

- ii. Do any of the children you are sending to school have any of these symptoms?
 - 1. Fever (100.3 or higher), chills, shortness of breath or difficulty breathing, cough, new loss of taste or smell, sore throat, headache, nausea, vomiting, diarrhea, fatigue, muscle/body aches
 - 2. *If a child has any of the above symptoms, they should go home, stay away from other people, and the family member should call the child's healthcare provider.*
 - iii. Since they were last at practice, have any of the children been tested for or diagnosed with COVID-19? *If a child is waiting for test results or has been diagnosed with COVID-19 based on a test, their symptoms, or does not get a COVID-19 test but has had symptoms, they should not be at practice. Please contact your child's healthcare provider before bringing them back to practice.*
 - b. Face masks/coverings are recommended for all not actively participating in the activity/program (officials, parents/guardians, and spectators), especially when physical distancing is difficult.
 - c. Players are to wait in their vehicle with their parents/guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group, until program starts.
 - d. Players should be spaced at least 6 feet apart whenever possible, such as when participating in warm-ups, explaining drills or rules of the game, skill building activities, and simulation drills.
 - e. Only allow coaches to set up activities and move equipment to limit contact on equipment.
 - f. Discourage unnecessary physical contact, such as high-fives, handshakes, fist-bumps, or hugs.
 - g. Parents/guardians and spectators are not permitted on the game field/court at any time.
 - h. Spectators should maintain 6 feet distance between others that are not in their household.
 - i. Coaches and players/participants should vacate field/facility immediately at the conclusion of activity to avoid contact with the next group.
 - j. If inclement weather, persons should return to their personal vehicles and not congregate together.
 - k. No Sharing of Personal Belongings or Equipment
 - i. Players' personal belongings should remain physically separated from other players' personal items.
 - ii. Players are encouraged to bring their own equipment whenever able and clean after use.
 - iii. All personal belongings should be labeled with the owner's name to insure the item is not shared.
 - iv. All participants should bring their own water bottle labeled with their name. At no time should players share water bottles. Water fountains are not available for use.
 - v. It is recommended that all players bring their own snack; however, if provided to players, they should be pre-packaged and handed out to each player, ensuring no player shares food.
 - vi. Use of shared objects and equipment should be limited as much as possible.
 - vii. If scrimmage vests are used, they should not be shared and should be cleaned after each use.
 - viii. At no time should items such as mouth guards or whistles be shared.
2. Basketball
- a. Bleachers will be available at all elementary schools; except for Danielsville. There will be NO spectators allowed in the Danielsville gym, only ONE team mom from each team may be allowed in the gym per school policy. Along with MCRD staff. Team mom's please bring your own chairs when assigned practices at Danielsville.
 - b. There will be one entrance and one exit at each gym facility.

- c. All persons will be subject to temperature checks prior to entering the gym facility.
- d. Spectators/teams will NOT be allowed in the gym until their game/practice time (or after everyone from the previous game/practice has left the gym).
- e. **Spectators will be limited to no more than 50 in the gym at one time.** We are encouraging households (immediate family, those who live in the same house) only to attend games. When your child's game is finished, we ask everyone to start exiting the gym so that we can easily transition from one game to the next. Coaches and players will not be counted as spectators DURING their game time, but will be at all other times. Coaches and players will be allowed to enter the gym 5 minutes prior to their scheduled game time unless the spectator limit allows.
- f. Balls and cones will be available for use during practice; coaches can get them from the on duty supervisor. Once practice is completed, all equipment must be returned to the supervisor for sanitization.
- g. All players and coaches are recommended to wear a face mask/covering while in the bench area. Any face mask/covering worn should cover the nose and mouth areas at all times.
- h. Balls will be sanitized between games.
- i. Only head coach and assistant coach allowed on the bench with players.
- j. No postgame shaking of hands. Teams shall line up along the free throw line near their respective bench area and nod/wave in a sportsmanship gesture.
- k. We will be playing other agencies in the league; they will have guidelines in place for their facilities, but just be aware that there will be guidelines in place that may be different than ours.

PROGRAM SPECIFICS

- 1. POUND Fitness
 - a. Class sizes are limited to 15 participants to allow for proper social distancing.
 - b. Predetermined places, six feet apart from each other, will be provided for individuals to space out appropriately.
 - c. Instructors and participants will be screened using a signs/symptoms questionnaire and have their temperature checked before being admitted.