



## **Burlington Parks, Recreation & Waterfront Return to Play COVID-19 Protocols**

### **Overview:**

Our primary concern in returning to play is the health and safety of all of our BPRW players, families, staff and volunteer coaches. We are excited to begin soccer as we know how important sports are for the mental and physical health of our athletes. This transition back to the field will require families, players, volunteer coaches and BPRW to think about how we are each responsible for keeping our entire community healthy.

During the season, the number of people present (participants, coaches, officials, staff, and spectators) at games should be limited as much as possible. At no time shall the total number of people present exceed 150 people outdoors.

### **Family Responsibilities:**

- If you are not comfortable with your child returning to play, **DON'T** have them play. You are the only one who will make the decision about when your child returns to play.
- Check your child's temperature and complete a health check before arriving at practice sessions or games. At a minimum, participants should consider the following questions:
  1. Have you been in close contact with a person who has COVID-19?
  2. Do you feel unwell with any symptoms consistent with COVID-19? For example, have they had a cough, temperature, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell?
- Be sure your child has necessary sanitizer with them every practice and game. Ensure your child has plenty of water.
- Ensure child's clothing is washed after every practice or game and that all equipment, i.e. cleats, ball, shin guards etc. are sanitized before and after every practice or game.
- Follow the "arrive, play, and leave" mentality; actively discourage gathering in groups before or after activities.
- Cloth face coverings are required to be worn by all players, coaches, officials, staff, and spectators who are not immediately involved in active play at all times, consistent with the most current health guidance published by the Department of Health on face coverings.
- Notify your coach and program director immediately if your child becomes ill for any reason. This is a requirement.

### **Player Responsibilities:**

- Take temperature before attending practice or game, if you have a temperature of 100° or higher, do not attend practice session or game.

- If you are not comfortable returning to play, **DON'T**.
- Bring and use hand sanitizer with you to every practice and game.
- Bring your own ball and equipment (shin guards, goalie gloves, etc. to training.)
- Cover coughs and sneezes with your elbow. No Spitting.
- Do not touch or share anyone else's equipment, water, snack or bag.
- Do not assist coach with equipment before, during or after practice session or game.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Cloth face coverings are required to be worn by all players, coaches, officials, staff, and spectators who are not immediately involved in active play at all times, consistent with the most current health guidance published by the Department of Health on face coverings.
- Beginning September 8, cloth face coverings will be required at all times when physical distance of six feet cannot be consistently maintained, including during practices, scrimmages, games, meets and competitions for sports that involve contact or close proximity.
- During times when athletes are not actively participating in practice or competition, physical distancing of at least 6 feet between individuals should be maintained.
- No group celebrations, no high 5's, hugs, handshakes etc.

#### **Coach Responsibilities:**

- Check your temperature and complete a health check before arriving at practice sessions or games. At a minimum, consider the following questions:
  1. Have you been in close contact with a person who has COVID-19?
  2. Do you feel unwell with any symptoms consistent with COVID-19? For example, have they had a cough, temperature, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell?
- Prioritize the health and safety of the athletes.
- Inquire about how the athletes are feeling, or if they have been exposed to a person who is ill. Send them home should you believe they act or look ill.
- Promote an "arrive, play, and leave" mentality; actively discourage gathering in groups before or after activities.
- Ensure all athletes have their individual equipment (ball, water, bag, shin guards, etc. Coach is the only person to handle cones.)
- Cloth face coverings are required to be worn by all players, coaches, officials, staff, and spectators who are not immediately involved in active play at all times, consistent with the most current health guidance published by the Department of Health on face coverings.
- Beginning September 8, cloth face coverings will be required at all times when physical distance of six feet cannot be consistently maintained, including during practices, scrimmages, games, meets and competitions for sports that involve contact or close proximity.
- During times when athletes are not actively participating in practice or competition, physical distancing of at least 6 feet between individuals should be maintained. Teams should structure team meetings to limit congregation and ensure physical distancing between players on the sidelines.
- Bring and use hand sanitizer with you to every practice and game.
- No using pinnies.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.