



## **BPRW “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 winter sports programming as we know how important sports are for the mental and physical health of our athletes. This transition back indoors will require families, players, volunteer coaches and BPRW to think about how we are each responsible for keeping our entire community healthy.

### **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. Has your child traveled outside the state to a non-green County within the past 14 days?
  3. Do you feel unwell with any symptoms consistent with COVID-19? For example, have they had fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, fatigue, muscle or body aches, headache, congestion or runny nose, sore throat, new loss of taste or smell, nausea or vomiting, diarrhea?
  4. If the answer is “yes” to any of the above questions your child must stay home.
- Avoid congregating before, during, and after practice; promote an “arrive, play, and leave” mentality.
- No spectators are allowed in the gym.

### **Player Responsibilities:**

- If you are not comfortable returning to play, **DON'T**.
- Take temperature before attending practice or game, if you have a temperature of 100° or higher, do not attend practice session.
- If possible, bring your own equipment.
- Cover coughs and sneezes with your elbow.
- No spitting or expulsion of bodily fluids of any sort on the playing surface (field, court, ice, etc.), or anywhere in or around the playing surface or in the facility.
- No sharing of water bottles.
- Cloth face coverings must be worn at all times.
- During times when not actively participating in practice or competition, physical distancing of at least 6 feet between individuals should be maintained.
- No group celebrations, high fives, handshakes, fist bumps or hugs.

### **Staff/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. Have you traveled outside VT to a non-green County within the past 14 days?
  3. Do you feel unwell with any symptoms consistent with COVID-19? For example, have they had fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, fatigue, muscle or body aches, headache, congestion or runny nose, sore throat, new loss of taste or smell, nausea or vomiting, diarrhea?
  4. If the answer is “yes” to any of the above questions you must stay home and contact Jen Cotton.
- Prioritize the health and safety of the athletes.
- Avoid congregating before, during, and after practice; promote an “arrive, play, and leave” mentality.
- Cover coughs and sneezes with your elbow.
- No spitting or expulsion of bodily fluids of any sort on the playing surface (field, court, ice, etc.), or anywhere in or around the playing surface or in the facility.
- Cloth face coverings must be worn by all players, coaches, officials and staff at all times when indoors, including during practices, scrimmages, games, meets, and competitions and all outdoor activities will continue to follow the requirement to wear cloth face coverings during practices, scrimmages, games, meets and competitions. Individuals failing to properly mask should be asked to comply or directed to immediately leave the activity or facility. If an individual fails to properly mask, the facility or the State of Vermont may suspend the team’s practices or games indefinitely.
- During times when athletes are not actively participating in practice or competition, all athletes are expected to maintain a physical distance of at least six feet between individuals. Teams must ensure adequate physical distance between players on the sidelines or benches and should structure team meetings to limit congregation.
- Equipment, and other supplies touched by participants, must be thoroughly cleaned and disinfected regularly. Limit sharing equipment as much as possible. No using pinnies.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.