



## READINGTON RECREATION

### COVID-19 PROCEDURES FOR YOUTH SPORTS

#### **BEFORE ARRIVAL: SELF-SCREEN FOR COVID-19**

- If a player has any signs or symptoms of COVID-19, stay home and do not come to participate.
  - Temperature of above 100.4
  - Cough
  - Shortness of breath or difficulty breathing
  - New loss of taste or smell
  - Congestion or runny nose (not related to seasonal allergies)
  - Fatigue or body or muscle aches
  - Nausea or vomiting
  - Sore throat
  - Diarrhea
- If anyone in the household has been diagnosed with COVID-19, quarantine for 14 days before returning to sports.
- If a player or anyone in the household traveled internationally or to a state on the Travel Advisory list, quarantine for 14 days prior to returning to sports.

#### **UPON ARRIVAL**

- Wear a face covering and maintain social distance when arriving at the facility.
- Wash your hands or use hand sanitizer before play or practice.

#### **DURING PLAY / ACTIVITY**

- Parents attending should maintain social distance from others not in the same household.
- Players "sitting out" and not playing during game play should wear a face covering while on the bench.
- There will be no physical contact, such as high-fives, handshakes, etc.
- Individualized drills or activities promoting social distancing will be used as much as possible.
- Shared equipment will be limited as much as possible. Equipment will be disinfected between different group's use.
- Group huddles will be limited as much as possible; face coverings should be worn during group huddles (i.e. flag football)
- Players should use hand sanitizer during water breaks or when they are "sitting out" of play.
- Face coverings are required while using the restroom.

#### **AFTER PLAY / ACTIVITY**

- Wear a face covering and maintain social distance while leaving the facility.
- Use hand sanitizer or wash your hands after participation.