

Hopewell Recreation

Fall 2020 Youth Sports

Covid-19 Guidelines

- We ask you not to arrive to your practice or game more than 15-minutes. We are trying our best on all fronts to avoid crowds.
- To help limit the number of people on the field we are asking that only one parent is on the field during the child's practice time. Parents also have the option of returning to their car during practice. Once games begin only parents and siblings are allowed to attend games. As Governor Cooper loosens restrictions, we will re-evaluate these guidelines.
- Upon arrival, players and parents need to wear a mask from their car to the field. (Any form of face covering works; masks, bandana, buff)
 - a. Everyone's temperature will be taken as soon as you arrive. You will also be asked a series of COVID-19 questions. If cleared, you will be allowed to proceed to your field and begin practice or warm-ups for your game. Once you step off the asphalt you can take your mask off. At the conclusion of the practice or game, you will be required to put your mask back on until you reach your vehicle. Players **WILL NOT** wear their mask during practice or games.
 - b. You will be required to use our hand sanitizer before you enter your field and after your practice or game. Our main goal is to keep you and us safe.
- Coaches will wear face coverings during practice and games when they are less than six feet from any player. They may slide it down when outside of six feet from any player.
- We are discouraging high fives, fist bumps and any other form of touching between players and coaches. There will be no sharing of water bottles or towels. The participant needs to have plenty of water.
- Parents are asked to social distance while on the field and wear a face covering when social distancing is not possible. During games, the perimeter of the field will be marked for families to sit, social distanced from other families.
- If a player or immediate family member that lives under the same roof as the player is any of the following symptoms **DO NOT** come to the game.
 - 1) Shortness of breath or difficulty breathing
 - 2) Fatigue
 - 3) Muscle or body aches
 - 4) Headache

- 5) New loss of taste or smell
- 6) Sore throat
- 7) Congestion or runny nose
- 8) Nausea or vomiting
- 9) Diarrhea
- 10) Fever greater than 100.4

- If a player or family member living under the same roof contracts COVID-19, it is the adult's responsibility to inform their coach. The coach MUST inform a member of our staff about the diagnosis ASAP. Their name will remain anonymous, but for the safety of everyone involved we will notify everyone that there has been a positive case within the league. The infected person will not be allowed back for the 14-day quarantine period or until they receive a test with a negative result. The infected person that is tested for COVID-19 is not allowed to participate or spectate until a test is performed and a negative result comes back.
- We will be taking sanitization and cleaning very seriously. We will clean all touch points multiple times per hour. All playing equipment will be sanitized between practices or games. We will leave the bathroom doors open and black out the mirrors so that no one can see in. We will not have concessions and we have closed off our water fountain. You will need to bring your own water. The picnic tables and playgrounds will be closed.
- As Governor Cooper loosen restrictions, we will re-evaluate these guidelines.