

# Norwich Recreation 2020 Health & Safety Guidelines

This working document has been created as an outline of Norwich Recreation's increased attention to the health, safety and well-being of our program participants. Direction was taken from the Centers for Disease Control, as well as the Vermont Department of Public Health and consultation from weekly Vermont Recreation Director's COVID-19 meetings, Vermont Department of Recreation, Vermont State Parks, and the Agency for Commerce and Community Development. This document is distributed with the understanding that as the public health situation is changing, Norwich Recreation will remain flexible, responsive and sensitive to all federal and state guidelines.

## Session Guidelines

- All athletic sessions will keep 8:1 ratio, with an average of 16 participants and 2 coaches/assistants,. The group will not change staff or participants during a session (exceptions made in the case of illness and absences without return)
- All participants will adhere to a regular handwashing or sanitation schedule (handwashing for a minimum of 20 seconds or on-field sanitizing with at least 70% alcohol solution)
- All participants, even within groups, will maintain a 6' distance unless all participants in the activity are wearing masks and/or engaged in approved active play. Active play does not include time on sidelines or team strategizing.
- Masks must be worn during any time that participants/coaches/assistants would be interacting with others and during transition times. All coaching staff will wear masks during the entirety of practices/sessions.
- All balls and equipment will be sanitized thoroughly at the end of each day
- Staff will perform contact-tracing worksheets on all participants and partner coaches in the form of checking in/out. We will cross-check with the system rosters.
- Anyone presenting as, or presumed to be ill will be asked to remove themselves from the session for at least 3 days from their last symptoms, and 10 days from the onset of symptoms.
- All staff will have completed VOSHA training, and will have attended either Norwich Police, SafeSport or Cal Ripken safety training. The Vermont Department of Health's most current guidelines will be reviewed by all staff

## Participant Guidelines

- Unregistered drop-offs are not permitted
- All out-of-state participants outside of the commuter radius will need to quarantine for 14 days or be tested at day 7 before entering Norwich Recreation programs. Any participant who has traveled to a high risk area will do likewise.
- All participants will be issued a face covering upon request. Parents/guardians will receive additional masks as needed.
- No sharing of equipment/food/water bottles (unless between family members)
- No one with the following symptoms may attend a Norwich Recreation program.  
*(ranging from mild symptoms to severe illness):* **Cough, shortness of breath or difficulty breathing /Fever of 100.3 degrees F/37.9 degrees C/Chills, shaking, muscle pain, new loss of taste or smell/Severe headache, ear pain and/or sore throat/A significant rash/Uncontrolled cough/Having been in contact with someone with COVID-19 in the last 14 days/Diarrhea**
- Anyone experiencing a runny nose, cough or any illness symptoms (as outline above) while at a program must be sent home. No exceptions.

## Site Guidelines

- Norwich Recreation requests that indoor facilities be cleaned, and all surfaces disinfected at the start of each day, before participants arrive. Outdoor facilities require surface disinfection.
- Norwich Recreation requests the right to post COVID-19 cautionary guidelines at the entrances of all facilities, and in handwashing areas as needed.