

Enhanced Policies and Procedures due to COVID-19

Sports Leagues (Youth and Adult)



PLEASE NOTE: As our understanding of COVID-19 and best practices changes, so might the information in this guide. We'll keep customers as up to date as possible with changes.

COVID-19 and Programming: In this guide, you'll find all the ways Frederick County Parks and Recreation is working to minimize the risk of COVID-19 exposure. However, it's important that participants, parents/guardians, staff, and friends realize that we cannot guarantee that there will be no exposure to COVID-19. As you'll read, we're screening participants and staff, cleaning and sanitizing more, and changing a lot of our policies to make sure the risk is as low as possible, but there's always a chance of exposure.

COVID-19 RESPONSE TEAM: If you have questions about COVID-19 and programming, please contact our main office at 301-600-2936 or by email at parksandrecreation@frederickcountymd.gov.

HIGHER RISK: We recommend that higher-risk participants consult their medical provider to assess the risk before attending. For more information, on how to better protect high risk individuals from COVID-19 visit the [CDC Website](#).

PROGRAM OFFERINGS: Please carefully review the information below. It is possible that our health and safety policies will change (either enhanced or relaxed) as new guidance from the Health Department and/or the CDC becomes available. Frederick County Parks and Recreation is committed to keeping our network informed and will issue updates to our policies as they develop.

INCLEMENT WEATHER: For a forecasted weather event including heavy rain, strong storm, and/or adverse heat conditions, a decision will be made on the status of the program 2 hours prior to any practice or game. In the event of questionable weather, please call our inclement weather phone line prior to leaving for camp at **301-600-6291 (option 2)**.

REFUND POLICY: If a participant is unable to continue in a program due to illness or exposure related to Covid-19, they will receive a credit that is pro-rated based on the number of days that is missed of said program(s). The participant may request a refund of the credit via email at parsandrecreation@frederickcountymd.gov or by calling the Central Office at 301-600-2936.

HOME HEALTH SCREENING: Prior to arrival, we request that customers screen for symptoms of Coronavirus on a daily basis. A full list of symptoms can be found [here on the CDC website](#). If you or your child are exhibiting symptoms, has been in close contact with someone that has COVID-19 (or is displaying symptoms), they will be advised to [home isolate](#) and may return to our programs after 14 days of having no symptoms.

WHAT TO BRING: Face coverings will be required when participants, staff, coaches, or spectators are in a shared space or unable to physically distance (such as sideline or spectator area). The only exception is for those actively participating in a physical activity. Please use the CDC's guidelines for [cloth face coverings](#) as a resource in your decision making. **Equipment:** To limit sharing of equipment, we ask that all players provide their own personal items (water bottles, towels, etc.) that is clearly labeled with their names. Player's personal items and belongings should be kept separate from others and not shared.

WHAT NOT TO BRING: In consideration of the health and safety of our staff and participants we are asking that children leave sports equipment (balls, bats, helmets, etc) at home. Sports equipment will provided by FCPR and sanitized before and after each use. A welcome email will be sent to all participants prior to the start of a program detailing the specific equipment required for the league you are registered in.

ROSTERING: To limit the size of groups, each team will have no more than 12 players and no more than 2 coaches (1 head and 1 assistant). To accommodate this, certain leagues will need to modify gameplay to 7v7 (soccer and field hockey).

SCHEDULING: To avoid congregation on the fields and parking lots, all leagues will schedule 30 minutes between the end of each game or practice and the start of the following game. Teams should take no longer than 15 minutes to gather their belonging and vacate the field and facility immediately following their game or practice. Practices will be limited to one per week per team. FCPR will assign practice slots and ensure that no more than 3 teams will practice on a full sized 100+yard multipurpose field at a time, with 10 yards in between practice areas.



On Site Procedures

CHECK IN PROCEDURES: We will change our check in procedure to allow for adequate physical distancing. All participants will receive a “welcome email” with your team assignment. To accommodate our revised check-in procedure, we ask that you adhere to the following drop-off and pick-up times. Players must arrive 30 minutes prior to game time. Teams must leave the premises immediately upon completion of their game.

Youth Leagues: Upon arrival to every practice and game, you must complete a health screening via the team snap app. The screening will be a series of questions that you can answer up to 8 hours prior to each practice and game via the team snap app. If you answer “no” to all the health screening questions and the child’s temperature does not exceed 100.4 degrees, your child is cleared to participate. You must show the time-stamped green approval screen to your coach prior to entering the practice or game field. Your child must be wearing a face covering upon exiting the vehicle.

Adult Leagues: Upon entrance to the turf field, you will be greeted by a staff member. Participants should come to practices/games in face coverings. You will be asked a series of health screening questions and if you have been exposed to COVID-19 in the past 14 days. Your temperature will be checked. Participants who have a temperature above 100.4, or have confirmed “yes” responses to the health screening questions will not be admitted into the program.

If a participant is exhibiting symptoms of COVID-19 and/or they have a fever exceeding 100.4, they must leave the field immediately. Participants must be fever-free for at least 3 days before they can return to the program with a doctor’s note. If the fever is a result of COVID-19, participants cannot return to the program for 14 days. In the event of a COVID-19 transmission confirmation or investigation, the Division of Parks and Recreation will contact the Health Department and follow their direction. See our FAQ’s related to COVID-19 on our webpage www.recreator.com

Our modified program will adhere to the following guidance:

I. Face Coverings and Physical Distancing

- i. Every participant (players/parents/officials/spectators) must have a face covering with them and wear it when physical distancing of 6 feet minimum cannot be maintained. Players, officials and coaches must wear face coverings when not actively engaged in a competition. All FCP&R staff members will wear face coverings when physical distancing cannot be maintained.
- ii. Limiting the interaction between team to team will be coordinated through scheduling, length of time in between games, removing the customary team cheer and hand shake after each game, and removing or limiting communal equipment. Teams may not enter the bench area until the team before has completely vacated the bench area. No team huddles and team cheers will be permitted.
- iii. A maximum of two (2) spectators per athlete will be permitted to attend the game.
- iv. Player sideline set up: Players/coaches must place bags and equipment at least 6’ apart from each other.

- v. Ensuring physical distancing during non-playing time: once the game is over, all athletes, coaches and officials must leave the field immediately and wear face coverings if physical distancing cannot be maintained. There will be no group huddles or team tents. Teams are not permitted to high five, hug, nor celebrate in close proximity to each other.
- vi. On spectator sidelines, all attendees must maintain 6' of distance between non-family members or wear face covering at all times.

II. Equipment

- i. Hand Sanitizer will be available at each field location.
- ii. Communal equipment such as water jugs will be removed entirely.
- iii. Players must only drink from their own water bottles.
- iv. All athletes, coaches and officials sanitize hands with hand sanitizer before each game.
- v. Staff will sanitize all shared surfaces and high touch areas (bleachers, benches, etc.) before the start of each game.
- vi. Game balls and equipment will be sanitized before the start of the game.

POSSIBLE EXPOSURE: Administration will implement risk assessment strategies and communicate quickly and openly to parents in the event of any suspected or confirmed exposure to COVID-19. In the situation of a confirmed positive COVID-19 case we will contact local health officials and follow their guidance on next steps.

We hope this guide has been helpful! If you have additional questions or concerns, please contact Keith Tapley at ktapley@frederickcountymd.gov. Thank you for your support! - *Frederick County Parks and Recreation*