

Marlton Recreation Council Return to Play Protocols:

As per CDC guidance, Youth Sports organizations should coordinate their Return to play documents with their local health department and notify the department of any COVID positive cases so that the Department can conduct contact tracing to determine any close contacts with the positive case.

Burlington County Health Department - <https://www.co.burlington.nj.us/290/Health-Department>

Raphael Meadow Health Center

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All events **must** follow local and/or state public health authority recommendations. Coaches must be the more stringent of the MRC protocols or local league, tournament, or governing sport requirements.

The following dates represent the guidance for sports activities published by the New Jersey Department of Health.

- As of June 22, 2020: Inter-team games, scrimmages, and tournaments are permitted for low-risk sports, such as golf and individual running events (a more complete list is available below). Contact sports, which are defined as any sports categorized as medium or high risk (a more complete list is available below), must limit activities exclusively to no-contact drills, practices, and simulations of game situations as of June 22.
- As of July 8, 2020: Traditional practices and competitions are able to resume for medium-risk sports, such as baseball, softball, basketball, and soccer, in outdoor settings. No-contact practices for medium-risk sports are permitted in both outdoor and indoor settings. Practices and competitions for low-risk sports are permitted both in indoor and outdoor settings.
- As of July 20, contact practices and competitions are able to resume for high-risk sports, such as football, in outdoor settings. No-contact practices for high-risk sports are permitted in both outdoor and indoor settings.

The follow requirements must also be followed:

- Staff, parents, guardians, and visitors are required to wear cloth face coverings at practices and games. Athletes are encouraged to wear masks during downtime, but not during physical activity.
- Continue with COVID-19 mitigation and prevention strategies
 - Handwashing signs and other COVID19 prevention signs should be posted in areas throughout each sporting recreational complex including restrooms, snack stands and other high traffic areas. Proper hand hygiene should be encouraged before and after every practice and sporting event.
 - Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
 - **Avoid touching your eyes, nose, and mouth** with unwashed hands.
 - Players and coaches are prohibited from participation if experiencing any COVID related symptoms and must self-monitor themselves for any COVID symptoms prior to engaging in any MRC sporting activities.

- Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - As per CDC guidance, players and coaches that have received a positive test or who are sick must:
 - **Isolate** at home until he or she has had no fever for at least three (3) consecutive days and symptoms have improved
 - At least ten (10) days have passed since the first symptom appeared
 - As per CDC guidance, players and coaches who have had close contact with a person who has COVID19:
 - **Quarantine** at home for at least ten (10) days after his or her last contact if you are asymptomatic. No testing or additional testing is required.
 - After stopping quarantine, people should:
 - Watch for symptoms until 14 days after exposure
 - If they have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider
 - Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19
 - Close contact is defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period or individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes).
 - Check his or her temperature twice per day and watch for symptoms of COVID19
 - If possible, stay away from people who are at higher risk from COVID19
 - Maintain social distancing.
 - No handshakes, high-fives, or fist-bumps
 - No spitting, sunflower seeds, peanuts in the shell or gum
 - Huddles or pre-or post-activity meetings need to observe social distancing of 6 feet
 - If there is a safe alternative to a closed in dug out, use it
 - Sharing personal equipment is prohibited (helmets, gloves, towels)
 - Shared equipment limited to harder surfaces (balls, bases, goals, and cones). Catcher's equipment including the catcher's mitt must be disinfected if it must be shared.
 - All players will bring their own water bottles. No sharing of water jugs or bottles.
 - Space out player equipment bags and water bottles during breaks.
- Consider local and single day competitions.
 - Avoid carpooling to limit the chance of an exposed player spreading the disease to teammates and coaches
 - Follow local and/or state public health authorities for large events.

Resources:

New Jersey Department of Health COVID19 information hub: <https://covid19.nj.gov/>

Centers for Disease Control and Prevention, Considerations for youth sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Center for Disease Control and Prevention – COVID19 main page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>