

“THE STRENGTH OF THE TEAM IS EACH INDIVIDUAL MEMBER. THE STRENGTH OF EACH MEMBER IS THE TEAM.” PHIL JACKSON



NH TOMAHAWKS RETURN TO PLAY GUIDELINES PHASE 2

SUMMER 2020

Let's all work together so players have a safe, healthy, fun and great experience!



Phases & Timelines:

- **Phase 2 effective 6/15**
- **Allows team practices**
- **Phase 3 expected 6/29**

Format:

- **All training sessions are outdoors**
- **Grad Year Group/Team Based Training**
- **Group size limited to 50 players per field (including coaches)**
- **Multiple groups are allowed to practice in the same area**



Field Space:

- Each group has a pre-assigned spot.
- Field maps will be posted in advance.

Training:

- Practice & training sessions with focus on skills & drills
- Focus on maintaining 6 feet between players and coaches
- No shaking hands, high fives or huddles
- Players will be given water & sanitization breaks
- Players/Coaches should only pick up a ball with their stick

Very Important: If the answer is “YES” to any of the following questions below, your child must stay home.



Players will be asked the following questions upon arrival:

1. Do you have any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher?

Universal Guidelines:

<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/guidance-universal.pdf>

2. Have you had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days?
3. Have you traveled in the past 14 days either:
 - Outside the U.S.
 - By cruise ship
 - Outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.)



Players & Coaches:

- **Must temperature & Symptom Check before heading to practice.**
- **Must wear a face covering when not on the playing surface or when social distancing is difficult (i.e. talking to a player/coach) (Must wear a face covering TO & FROM the playing surface)**
- **Players should bring their own hand sanitizer to practice.**
- **Coaches will carry hand sanitizer with team equipment.**



- Players should bring their own water bottles. **NO Sharing**, common use water bottles or drinking stations allowed.
- Player equipment bags/backpacks should be **placed 6 ft apart**.
- Players should **not touch** other players' equipment or water bottles
- **No sharing** of any equipment; only pick up a ball with stick
- No spitting, chewing gum, licking fingers, chewing sunflower seeds
- Players & Coaches must follow social distancing guidelines, especially **staying 6 ft apart**



Enter/Exit:

- **Each field area will have its dedicated entrance & exit. Field map will have specifics.**
- **Coaches will be at the training space. Players should go directly to their assigned group space (see field map) & be prepared to answer the 3 screening questions on page 4.**
- **Practices are at 3 different field sites with staggered times to minimize number of players & groups at a facility.**

Arrival & Departure:



- **Arrival Times:**

- ✱ **PMA & BackRiver: Players CANNOT arrive more than 15 minutes early**
- ✱ **Joppa: Players CANNOT arrive more than 10 minutes early**

- **Departure:**

- ✱ **Players/coaches must exit using their designated field exit.**
- ✱ **Parents need to be on-time for pick up.**
- ✱ **No congregating after training—Players must leave field & parking lot immediately.**
- ✱ **Face coverings must be worn when entering & exiting**

Parking by Facility:



- Joppa Hill Farm Field (176 Joppa Hill Rd., Bedford, NH)
 - * Players can arrive no more than 10 minutes early.
 - * No parking or idling on Joppa Hill Rd.
 - * Try to park as close to player's field designated entrance/exit
- Back River Fields (formerly GPS turf) (15 Camp Allen Rd., Bedford, NH)
 - * **Field 1** parking pick up/drop off is the **FRONT** lot
 - * **Field 2** parking pick up/drop off is the **BACK** lots
 - * No parking on the side streets or side lots including the Girl Scout lots
- Presentation of Mary (PMA) (182 Lowell Rd. , Hudson, NH)
Players can arrive no more than 15 minutes early and park **IN FRONT** of the school. **No Parking at Anna Marie House**



Spectators:

- **No spectators on any fields.**
- **When watching from outside the fields, spectators should practice social distancing.**
- ✱ **For those at Joppa Hill Field, there are some great walking trails that can be entered at Joppa Hill Educational farm, just a few hundred yards north of the fields.**



All of this will only work if we all do our part.

COVID-19 Re-Opening Guidance for Amateur and Youth Sports requires organizations players' parents/guardians sign participation waivers outlining the additional risks due to COVID-19 associated with the activity.

With that said, each Coach, Parent/Guardian and player 18 years or older needs to read & acknowledge by signing the waiver at the link below:

<https://nhtom.sportngin.com/register/form/828136187>