
Rutland Recreation & Parks Department

Fall Sports Guidelines/Procedures 2020-2021

Guidelines

Practices and scrimmages:

School-based fall sports programs may initiate coach-led practice sessions (ex. Skills and drills) and intrasquad scrimmages within your school program no earlier than the first day of academic intrusion beginning on September 8th. *The Rutland Recreation and Parks department will be following these same guidelines.*

Face coverings are required to be worn by all players, coaches, officials, staff and spectators at all times. This includes during active play.

Competitions:

If permitted under “Guidance for Specific Types of Sports”, school-based fall sports programs may initiate interscholastic games, meets and competitions when Vermont Schools reach step III as described in the Strong and Healthy Start guidance. *The Rutland Recreation and Parks department will be following these same guidelines.*

Games and meets may only occur between or involve Vermont-based teams or teams from counties eligible for quarantine-free travel, based on the most recent map published by the **Agency of Commerce and community Development**.

Guidance for Specific Types of Sports

The risk associated with different types of sports programs is a function of the degree of contact between participants and the type of setting or venue in which the contest is held.

Safety Precautions

As previously noted, facial coverings are required to be worn by all players, officials, staff and spectators at all times.

During times when athletes are not actively participating in practice or competition, appropriate physical distancing should be maintained. Teams should structure team meetings to limit congregation and ensure physical distancing between players on the sidelines or benches.

During competition, alter spacing of players, coaches, officials and staff to achieve physical distancing to the greatest extent possible.

The number of spectators should be limited as much as possible and measures should be put in place to ensure social distancing between households. Interactions between spectators and participants should be minimized before, during and after events.

No spitting on the field or sidelines.

No sharing water bottles.

Not all facilities will have restrooms available - please plan accordingly.

Procedures

· Parents/guardians and players must wear a mask during drop off/pick up.

· **Please provide a cloth mask for your child to wear during practices/games.**

****If your child experiences anxiety, asthma, or any other medical conditions that would be unsafe while wearing a mask during physical activity please give a hand written note to the Head Coach or Program Director**

· Screening Questions will be asked each day:

1. Have you been in close contact in the last 14 days with someone who is positive for COVID-19?

This question is for the child, but the parent can answer for them.

2. Have you had any of the following symptoms?

- Cough
- Shortness of breath
- New loss of taste or smell
- Fever of 100.4

· **Temperature checks will be taken every day upon arrival at practices/games. This includes but is not limited to coaches, players and officials. Hand washing as players enter the facility/field will be asked (this can be with hand sanitizer or soap from bathroom)**

The Following Children, Staff Members & Volunteers will be Excluded from sport activities:

- Sick for any reason
- Have symptoms of COVID19 or have been in contact with someone with COVID19 within the last 14 days.
 - Exhibiting any of the following COVID19 Symptoms: a cough, fever, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell
- Campers/Staff/Volunteer with a temperature greater than 100.4 F must be sent home until they have had no fever for 72 hours without the use of fever-reducing medications.
- Severe sore throat that lasts more than 48 hours, especially with a fever.
- A significant rash, particularly when other symptoms are present.
- Large amounts of discolored nasal discharge.

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- Severe ear pain.
 - Uncontrolled cough.
 - Diarrhea.
 - Vomiting.
 - Severe headache, especially with a fever.