



Department of Recreation & Cultural Affairs
705 Kinderkamack Rd. River Edge, NJ 07661

RETURN TO PLAY POLICY

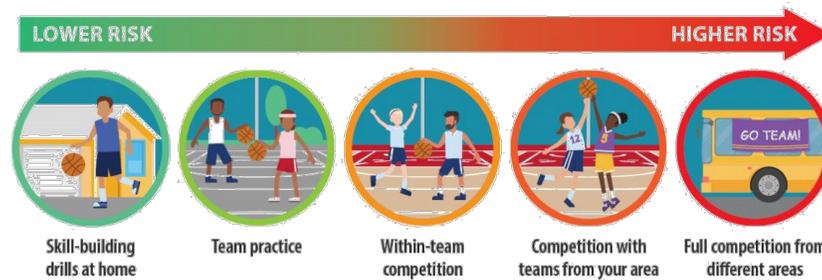
I. UNDERSTANDING POLICIES & EXECUTIVE ORDERS

- A. All players, coaches, staff, spectators and other attendees must adhere to:
 - a. The required guidelines outlined in the New Jersey Department of Health [Guidance For Sports Activities](#)
 - b. Recent [New Jersey Executive Orders](#)
 - c. Guidelines from the CDC on [Considerations for Youth Sports Administrators](#) and [Playing Sports](#)
 - d. Any additional mandates set forth by the Governing Body of River Edge
 - e. All Policies outlined in this document
- B. Parents or guardians of players must sign the Borough's [Hold Harmless Agreement](#) as well as any other documents deemed necessary by the particular league

II. LEAGUE PREPARATION

- A. **Understanding & Assessing the Risk:**
 - a. **Community levels of COVID-19:** High or increasing levels of COVID-19 cases in the local community increase the risk of infection and spread among youth athletes, coaches, and families.
 - b. **Physical closeness of players:** Sports that require contact or close proximity (within 6 feet) between players may make it more difficult to maintain physical distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players. For example:
 - Players and coaches can focus on individual skill building versus competition.
 - Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.
 - c. **Level of intensity of activity:** Activities that are high intensity or require a high level of exertion (such as full competition) present a higher level of risk of getting and spreading COVID-19 than lower intensity activities, particularly when indoors. Higher intensity activities are safer when done outdoors.
 - d. **Length of time that players are close to each other or to staff:** Activities that last longer pose more risk than shorter activities. Being within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more in a 24-hour period greatly increases the risk of becoming sick and requires [quarantine](#). Limit the time players spend in [close contact](#) to reduce the risk of COVID-19 spread. For example, players and coaches can:
 - play full contact only in game-time situations;
 - decrease the number of competitions during a season.
 - e. **Setting of the sporting event or activity:** Indoor activities pose more risk than outdoor activities. Minimize the amount of time spent indoors.
 - f. **Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).**
 - g. **Ability to engage in physical distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout):** During times when players are not actively participating in practice or competition, attention should be given to maintaining [physical distancing](#) by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.
 - h. **Age of the player:** Older youth might be better able to follow directions for physical distancing and take other protective actions like not sharing water bottles.

- i. **Players at higher risk of developing severe illness:** Parents and coaches should assess level of risk based on individual players on the team who may be at [higher risk for severe illness](#), such as children who may have asthma, diabetes, or other health problems.
- j. **Size of the team:** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.
- k. **Nonessential visitors, spectators, volunteers:** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- l. **Travel outside of the local community.** [Traveling](#) outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others.
- m. **Behavior of the athletes off the field:** Athletes who do not consistently adhere to [social distancing](#) (staying at least 6 feet apart), [mask wearing](#), [handwashing](#), and other prevention behaviors pose more risk to the team than those who consistently practiced these safety measures.



B. Make a plan to reduce risk

a. There is an increased risk of COVID-19 spread while playing team sports. There are ways to reduce this risk:

- o **Setting:** choose outdoor settings as much as possible, particularly for high intensity activities.
- o **Proximity:** maintain at least 6 feet of separation (about 2 arm lengths) and avoid close contact with other people.
- o **Field of play:** try to choose a larger playing area so that you can spread out from each other.
- o **Mask use:** wear a mask that covers your mouth and nose at all times.
- o **Exertion level:** limit high-intensity activities to the outdoors.
- o **Travel:** limit travel required outside of the local community.
- o **Ventilation:** look for facilities that have high ceilings and use ventilation practices such as opening doors and windows and use portable air cleaners that have HEPA filters.
- o **Frequently touched surfaces and shared equipment or gear:** wipe off frequently touched surfaces, equipment, or gear with disinfecting wipes before and after use.
- o **Clean hands:** wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol before and after using machines.
- o **Number of people:** limit how many individuals you interact with.
- o **Duration:** if choosing to stay indoors, keep your activities as brief as possible to avoid prolonged exposure.

b. Send your plan to the Department of Recreation & Cultural Affairs for approval

c. Enforce your plan and the Return to Play Policy

C. Be an advocate of behaviors that reduce the spread of COVID-19

a. **Staying Home when Appropriate:** Educate & remind coaches/volunteers and player families about when they should stay home and when they can return to the activity.

b. **Physical Distancing:** Enforce social distancing protocols:

- o The size and type of a sporting event should be determined based on the ability of athletes and spectators from different households to stay at least [6 feet \(2 arm lengths\) apart](#).
- o Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
- o Remind athletes and their families upon arrival at the facility or field to maintain at least 6 feet of distance between themselves and people they don't live with.

- o Discourage athletes, coaches, staff, and families from greeting others with physical contact (e.g., handshakes).
 - o Identify adult staff members or volunteers to help maintain [physical distancing](#) among youth, coaches, umpires/referees, and spectators
 - o Space players at least 6 feet apart on the field (e.g., during warmup, skill building activities, simulation drills, while explaining rules)
 - o If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.
 - o Increase distance for high-intensity activities.
 - o Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
- c. **Enforce the use of masks of Coaches, Spectators, and players when in group huddles or on team bench.**
- d. **Encourage proper Hand Hygiene and Respiratory Etiquette**
- e. **Ensure adequate supplies to support [healthy hygiene](#):** Supplies include soap, water, hand sanitizer containing at least 60% alcohol, paper towels, tissues, disinfectant wipes, masks (as feasible), and no-touch trash cans.
- f. **Continuously communicate & remind coaches/volunteers, parents and players about the policies and procedures in place and to help reduce the spread of COVID-19**

III. PERSONAL RESPONSIBILITIES OF PARENTS/GUARDIANS/PLAYERS:

- A. Parents/Guardians/Players should know:
- o [Stay home](#) if you have tested positive for COVID-19 or are waiting on test results, are showing COVID-19 symptoms, or have had a [close contact](#) with a person who has tested positive or who has symptoms of COVID-19.
 - o Follow any quarantine guidelines that has been directed towards you from the, state, school or work
 - o Bring your own equipment, like gloves, head gear, helmets, water bottles, and bats, if possible, to limit shared equipment.
 - o Stay at least 6 feet (about 2 arm lengths) from other players when possible.
 - o [Wear a mask](#) that covers your nose and mouth to help protect yourself and others.
 - o Clean or sanitize your hands before and after practices, games, and sharing equipment.
 - o Tell a coach or staff member if you don't feel well.
- B. Parents/Guardians/Players should be consistently monitoring themselves and those in their household; individuals who can answer yes to any of the following questions must stay home:
- o Do you have a Temperature of 100.4 or greater?
 - o Has fever reducing medication been administered in the last 24hours?
 - o Do you or anyone in your household have any of the following symptoms: Fever/chills, Cough, Shortness/difficulty breathing, Fatigue, Muscle/ body aches, Headache, loss of taste/ smell, Sore throat, Congestion, runny nose, nausea/vomiting, diarrhea
 - o Have you come in close contact* with anyone diagnosed with COVID19 in the Past 14 Days?
 - o Are you isolating or quarantining because you may have been exposed to a person with Covid-19 or are worried that you may be sick with COVID-19?
 - o Are you currently waiting on the results of a COVID-19 Test?
 - o Have you traveled outside of the tri-state area?

**Close contacts are individuals who has been within [6 feet of an infected person](#) (laboratory-confirmed or a [clinically compatible illness](#)) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes in one day). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for [discontinuing home isolation](#).*

- C. Parents/Guardians/Players should understand the risk involved and should stay home if they are not comfortable with the guidelines set forth in this document or by the NJDOH or Executive Orders. According to the CDC below are the risk levels:
- Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members
Increasing Risk: Team-based practice
More Risk: Within-team competition
Even More Risk: Full competition between teams from the same local geographic area
Highest Risk: Full competition between teams from different geographic areas
- D. Parents/Guardians/Players should understand how [COVID-19 is spread](#):
- Covid-19 is spread very easily from person to person
 - Direct contact with an infected person;
 - Contact with droplets from an infected person’s cough, sneeze, sing, talk, or breath
 - Infections occur mainly through exposure to respiratory droplets when a person is in close contact with someone who has COVID-19.
 - Some infections can be spread by exposure to virus in small droplet and particles that can linger in the area for minutes to hours (airborne transmission). These viruses may be able to infect people who are further than 6 feet away from the person who is infected or after that person has left the space.
 - Touching contaminated objects or surfaces (like doorknobs or tables), and then touching your mouth and face.
 - Studies have also suggested that COVID-19 may be spread by people who are not showing symptoms.
- E. Parents/Guardians/Players should understand the [at risk](#) demographic as outlined by the CDC and encourage those who fall into the categories below to stay home:
- × Adults 65 years and older or people of any age with serious underlying medical conditions such as:
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Obesity (BMI of 30 or higher)
 - Immunocompromised state (weakened immune system) from solid organ transplant
 - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Sickle cell disease
 - Type 2 diabetes
- F. Parents/Guardians/Players should take every precaution and take the time to disinfect all player equipment prior to and after each activity.
- G. Parents/Guardians/Players should practice good hygiene:
- Cover Sneeze/Cough inside elbow or Tissue
 - Do not touch your eyes, nose or mouth with your hands
 - [Wash your Hands](#) with soap & water for 20seconds (if not available, use hand sanitizer)
- H. Parents/Guardians/Players must come prepared with their own labeled water bottle, hand sanitizer or wipes.
- I. Parents/Guardians/Players must come prepared with their own face mask.
- J. Parents/Guardians/Players should understand that the potential [long term effects](#) of COVID-19 make it even more important to reduce the spread of the disease by following precautions such as wearing masks, avoiding crowds and keeping hands clean.

IV. ACTIVITY SCREENING AND ADMITTANCE

- A. All parents/guardians must sign the Borough’s [Athletic Waiver and Release of Liability](#) for each child prior to participating
- B. Screening and Admittance will be overseen by designated volunteers of the program. Volunteers will keep a [log](#) of the information collected each day.
- a. Before the start of a practice or game, temperature checks will be overseen by designated volunteers of all players, coaches/volunteers, and team personnel upon arrival. Temperatures must be recorded in the [log](#).

- b. All participants must be asked the following questions (if yes to any, will be sent home)
 - Has fever reducing medication been administered in the last 24hours?
 - Do you or anyone in your household have any of the following symptoms: Fever/chills, Cough, Shortness/difficulty breathing, Fatigue, Muscle/ body aches, Headache, loss of taste/smell, Sore throat, Congestion, runny nose, nausea/vomiting, diarrhea
 - Have you come in close contact* with anyone diagnosed with COVID19 in the Past 14 Days?
 - Are you isolating or quarantining because you may have been exposed to a person with Covid-19 or are worried that you may be sick with COVID-19?
 - Are you currently waiting on the results of a COVID-19 Test?
 - Have you traveled outside of the tri-state area?
 - c. Persons that have a fever of 100.4° or answer yes to any of the above questions will not be admitted to the program
- C. During activities, if any participants, volunteers, or spectators show symptoms related to COVID-19 they will be immediately sent home to isolate and reported to the Borough’s Health Department.

V. FACE MASKS, INFECTION CONTROL AND SOCIAL DISTANCING

- A. All outdoor activities must adhere to the outdoor gathering limitations as outlined in [Executive Order No. 234](#), or Executive Order in effect at the time of the activity.
- B. All outdoor activities must adhere to [Executive Order 163](#), which requires face covering if unable to keep 6ft distance as stated:

“When it is not practicable for individuals in outdoor public spaces to socially distance and keep a six-foot distance from others, excluding immediate family members, caretakers, household members, or romantic partners, consistent with Paragraph 3 of Executive Order No. 107 (2020), all individuals shall wear face coverings. This requirement shall not apply when wearing a face covering would inhibit that individual’s health, including when engaging in high intensity aerobic or anaerobic activities, when in the water, and in other situations where the presence of a mask would pose a risk to the individual’s safety, or where the individual is under two years of age.”

For examples on how face coverings may endanger an individual’s health, refer to the “Feasibility and Adaptations” section on the CDC website under [Face Cover Considerations](#)

- C. Players, coaches, and spectators should remain 6-feet apart whenever possible. If unable to keep to the 6ft distance face coverings must be worn, unless when wearing a face covering would inhibit that individual’s health*
 - a. **Coaches/Referees** Must wear face-coverings at all times when 6-feet of distance is not possible. Gloves are optional.
 - b. **Spectators** will be required to wear face coverings, when unable to keep a 6ft distance.
 - c. **Players:**
 - i. Players should wear face coverings when not engaging in vigorous activity or are in close-contact areas where distancing is not feasible (i.e. bench area, interacting with an athletic trainer/coach, etc)
 - ii. Face coverings are not required when persons are engaged in high intensity aerobic or anaerobic activities such as running.
 - iii. Face coverings should not be worn when engaged in activities that may cause the cloth face covering to become wet, like when swimming, or when doing so may endanger the individual’s health*
 - iv. When face coverings are not worn, efforts should be made to maintain at least 6 feet distance from others.
 - v. Players are permitted to wear a face-covering any time if the player or their parent/guardian/caretaker deem it necessary.
- D. [Face Covering Considerations:](#)
 - a. When you wear a mask, you protect others as well as yourself. [Masks work best when everyone wears one.](#)
 - b. A mask is NOT a substitute for [social distancing](#). Masks should still be worn in addition to staying at least 6 feet apart, especially when indoors around people who don’t live in your household.

- c. CDC continues to study the effectiveness of different types of masks and update their recommendations as new scientific evidence becomes available. The most recent scientific brief is available here: [Scientific Brief: Community Use of Cloth Masks to Control the Spread of SARS-CoV-2 | CDC](#)
- d. [Choose the right style mask](#)
 - Have two or more layers of washable, breathable fabric
 - Completely cover your nose and mouth
 - Fit snugly against the sides of your face and doesn't have gaps
 - If wearing a gaiter, choose one with two layers, or fold it to make two layers
 - If you wear glasses, find a mask that fits closely to your nose or one that has a nose wire to limit fogging
 - Masks that are not made of breathable fabric, like vinyl are not recommended
 - Masks with exhalation valves or vents are not recommended
- e. Masks should NOT be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- f. *If purchasing a face covering is a financial burden, please refer to the CDC guidelines for [Making a Your Own Face Covering](#)*
- E. Programs should plan to stagger group practices and competitions to limit interaction between groups.
- F. Players and coaches should avoid all but the essential contact necessary during practice or games.
- G. Nonessential contact is prohibited (no touching, high fives, fist pumps, chest bumps, etc.)
- H. Spitting is restricted
- I. Equipment should not be shared whenever possible. When shared, all equipment should be sanitized before and after its use.
- J. Sharing of equipment between teams and other groups is highly discouraged during practices. Whenever possible, teams should have their own practice equipment.
- K. All athletes, coaches, and staff should bring their own water and drinks to activities (no shared water coolers) Food and Beverages are not permitted to be shared.
- L. All state requirements and CDC guidelines should be followed even when participating at a non-Borough facility.

VI. FACILITY

- A. Signage should be visible during each activity with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (e.g., hand hygiene, covering coughs)
- B. If restrooms are available at each facility, and they should be used frequently to wash hands whenever possible
- C. All Borough restrooms are cleaned daily, with the exception of the winter months when the restrooms are closed for the season.
- D. All concession stands will be temporarily closed until further notice

VII. EDUCATION

- A. All volunteers, parents and athletes should be educated on Covid-19 health & safety protocols
- B. All volunteers, parents and athletes should be educated on the [symptoms of COVID-19](#) and should stay home if they or anyone in their household displays any of the following symptoms: Fever/chills, Cough, Shortness/difficulty breathing, Fatigue, Muscle/ body aches, Headache, loss of taste/ smell, Sore throat, Congestion, runny nose, nausea/vomiting, diarrhea
- C. All volunteers, parents and athletes should be educated on how to [stop the spread of a virus](#)
- D. All volunteers, parents and athletes should be educated when they should stay home and when they can return to the activity.
 - a. [Stay home](#) if you have tested positive for COVID-19 or are waiting on test results, are showing COVID-19 symptoms, or have had a [close contact](#) with a person who has tested positive for or who has symptoms of COVID-19.
 - b. Actively encourage sick volunteers, families, and players to stay home.

- c. Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
- d. Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.
- e. Immediately separate coaches, staff, officials, and athletes with COVID-19 symptoms at any sports activity. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community related exposure.

VIII. REPORTING OF COVID -19 CASE

- A. Any person who has tested positive for COVID-19 must report it to their coach or league administrator immediately.
- B. Should a person be noticeably sick during a program, or have a fever of 100.4 or greater must immediately be separated and sent home and should be tested for Covid-19.
- C. If league is notified of a positive case, report to the Department of Recreation & Cultural Affairs immediately by completing the [COVID-19 REPORT FORM](#).
- D. Leagues should **ensure proper privacy/HIPAA related laws** and should not share individual names with the community.
- E. Individuals who had contact with a sick person should be immediately separated and sent home for a 14-day quarantine period from last known exposure with Covid-19 positive individual.
- F. Close off area sick person used for 24 hours.
- G. Clean and disinfect surfaces & shared objects in area sick person has touched after area has been closed off for 24 hour period.
- H. Notify staff, families, or other teams immediately of suspected COVID case, if contact was made within 2 days of the positive test. **Ensuring proper privacy/HIPAA related laws**.
- I. **The state will notify and advise any close contacts of COVID positive person** (i.e. for period starting 2 days before person became sick/showed symptoms)
- J. COVID-19 diagnosed persons must remain in isolation for at least 10 days since symptoms first appeared AND At least 24 hours with no fever without fever-reducing medication AND other symptoms of COVID-19 are improving.

IX. QUARANTINE

- A. When a Covid-19 positive test is reported, all close contacts of the individual within 2-days of positive test must quarantine for 14-days.
- B. **CLOSE CONTACTS** are individuals who has been within [6 feet of an infected person](#) for a cumulative total of 15 minutes or more over a 24-hour period, 2 days before they have any symptoms or 2 days before the positive specimen collection date.
- C. **POSTIVE COVID-19 TEST:** Any team that has a report of a positive COVID-19 test from a player, coach, or visiting team and has been in close contact with the individual 2 days before they have any symptoms or 2 days before the positive specimen collection date, must quarantine for 14-days.
- D. **PLAYER/COACH CLOSE CONTACT:** If a player or coach has had close contact with a positive COVID-19 individual outside the athletic environment (e.g. notified by school, same household, party, or any other event outside of team activity.) Individual should quarantine immediately for 14 days. Parent should contact their doctor and notify the coach and league administrator immediately.
- E. **FAMILY MEMBER IN QUARANTINE:** If a family member is placed under quarantine for having contact with a COVID-19 positive individual (e.g., A sibling had direct contact in class at school with a positive case and the school has instructed to quarantine; A parent at work had direct contact with a case.) REGAL asks that all family members review if family member is unable to physically quarantine (i.e. shares room with sibling or based on living situation cannot remain away from others in household.) If unable to quarantine appropriately we ask that the player also quarantine for 7 days to assure no risk to team.
- F. **TRAVEL:** The State of New Jersey strongly discourages all interstate travel. Players and coaches returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine following recommendations from the CDC.
 - a. If travel is unavoidable, travelers should consider getting tested with a viral test (not an antibody test) 1-3 days before the trip and again 3-5 days after the trip.

- b. If travelers test positive, they should self-isolate for at least 10 days and should postpone travel during that time.
- c. If travelers test negative, they should quarantine for a full 7 days after travel.
- d. If testing is not available (or if the results are delayed), travelers should quarantine for 10 days after travel.

G. Resources:

- a. [CDC: COVID-19 When to Quarantine](#)
- b. [NJDOH Quarantine Options](#)

X. [TIMEFRAME FOR SELF-ISOLATION/QUARANTINE BASED ON TESTING RESULT:](#)

	Symptomatic Tested +	Symptomatic Tested –	Asymptomatic Tested +	Asymptomatic Tested –	Asymptomatic Tested –	Asymptomatic Not/Never tested
				No COVID-19 household* or close contacts* or traveler from impacted area*	But is a household* or close contact* or traveler from impacted area*	But is a household* or close contact* or traveler from impacted area*
Timeframe for Self-Quarantine or Self-isolation	10 days since symptoms first began AND 24 hours (1 full day) fever-free without use of fever reducing medications AND improvement in symptoms	At least 24 hours (1 full day) after symptoms go away NOTE: If person is a household or close contact, or a traveler from impacted area, they should complete 14-day quarantine	10 days after specimen collection, assuming no symptoms develop^	No self-quarantine days required	14 days from last known exposure with the COVID-19 + person NOTE: Household contacts of a COVID-19 case should self-quarantine for 14 days AFTER their last close contact with the case. Many household contacts will not be able to avoid continued close contact with others in the household. In these cases, household contacts should continue to quarantine until 14 days AFTER the COVID-19 case’s isolation ends. If, however, the COVID-19 case can successfully isolate in a separate bedroom away from others in the home, household contacts should quarantine for 14 days from the date of their last close contact with the COVID-19 case.	

XI. Below is the sport risk levels as indicated by the New Jersey Department of Health

Risk Level	Examples
High Risk Sports that involve close, sustained contact between participants	Rugby, boxing, judo, karate, taekwondo, wrestling, pair figure skating, football, group dance, group cheer.
Medium Risk Sports that involve some close, sustained contact, but with protective equipment in place between participants OR intermittent close contact OR group sports OR sports that use equipment that cannot be cleaned between participants.	Lacrosse, hockey, multi-person rowing, multi-person kayaking, multi-person canoeing, water polo, swimming relays, fencing, cycling in a group, running in a close group, group sailing, volleyball, soccer, basketball, baseball/softball, short track.
Low Risk	Archery, shooting/clay target, individual running events, individual cycling events, individual swimming, individual rowing, individual

Sports that can be done individually, do not involve person-to-person contact and do not routinely entail individuals interacting within six feet of one another	diving, equestrian jumping or dressage, golf, individual sailing, weightlifting, skiing, snowboarding, tennis, individual dance, pole vault, high jump, long jump, marathon, triathlon, cross country, track and field, disc golf, badminton.
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Disclaimer: This document is subject to change, pending any new state Executive Orders or direction from the governing body of the Borough of River Edge.