



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 required guidelines outlined in the New Jersey Department of Health [Guidance For Sports Activities](#) and all recent [New Jersey Executive Orders](#)
- 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. PERSONAL RESPONSIBILITIES OF PARENTS/GUARDIANS/PLAYERS:

- A. Parents/Guardians/Players should be consistently monitoring themselves and those in their household, individuals who can answer yes to any of the following questions should 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 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 Does anyone in the household have 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?

**Close contacts are individuals who were within 6 feet of a lab confirmed COVID-19 case for a prolonged period (10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a lab confirmed COVID19 case or just being in the same building does NOT qualify as being a close contact.*

- B. Parents/Guardians/Players should understand the risk involved and should stay home if they are not comfortable with the guidelines set forth in the 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

- C. Parents/Guardians/Players should understand how [COVID-19 is spread](#):
 - o Covid-19 is spread from person to person through close contacts and droplets including:
 - o Direct contact with an infected person;
 - o Contact with droplets from an infected person's cough or sneeze;
 - o Touching contaminated objects or surfaces (like doorknobs or tables), and then touching your mouth and face.
 - o Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19)
- D. 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
- E. Parents/Guardians/Players should take every precaution and take the time to disinfect all player equipment prior to and after each activity.
- F. 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 hand sanitizer)
 Parents/Guardians/Players should come prepared with their own labeled water bottle, hand sanitizer or wipes, and face mask.

III. 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. Persons that have a fever of 100.4° or above or other signs of COVID-19 illness will not be admitted to the program and must be reported to the Borough's Health Department for further interviewing and contact tracing.
 - b. All participants will be asked the following questions (if yes to any, will be sent home)
 - Temperature taken, is it 100.4 or greater?
 - Was a fever reducing medication administered in the last 24hours?
 - Symptoms: Fever/chills, Cough, Shortness/difficulty breathing, Fatigue, Muscle/ body aches, Headache, loss of taste/ smell, Sore throat, Congestion, runny nose, nausea/vomiting, diarrhea
 - Does anyone in the household have 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
 - Has the child come in close contact with anyone diagnosed with COVID19 in the Past 14 Days?
 - 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.

IV. FACE MASKS, INFECTION CONTROL AND SOCIAL DISTANCING

- A. All outdoor activities must adhere to the outdoor gathering limitations of 500 persons or fewer as outlined in [Executive Order No. 161](#), 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.”

- 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.

**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](#)*

D. [Face Covering Considerations:](#)

- a. CDC recommends that people wear masks in public settings and when around people who don’t live in your household, especially when other social distancing measures are difficult to maintain.
- b. Masks may help prevent people who have COVID-19 from spreading the virus to others.
- c. Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- d. 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.
- e. *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.

V. 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. Restrooms are available at each facility, and should be used frequently to wash hands whenever possible
- C. Restrooms are cleaned daily by the Borough
- D. All concession stands will be temporarily closed until further notice

VI. 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](#)

VII. REPORTING OF COVID

- A. Should a person be noticeably sick during program, immediately separate anyone with COVID symptoms. Either send home or to healthcare facility depending upon symptoms.
- B. If league is notified of a positive case, report to the Department of Recreation & Cultural Affairs immediately
- C. Leagues **ensure proper privacy/HIPAA related laws** and should not share individual names with the community.
- D. 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-10 positive individual.
- E. Close off area sick person used for 24 hours.
- F. Clean and disinfect surfaces & shared objects in area sick person has touched after area has been closed off for 24 hour period.
- G. Notify staff, families, etc. immediately of suspected COVID case, **while ensuring proper privacy/HIPAA related laws.**
- H. The Borough Health Department will notify and advise any close contacts of COVID positive person (i.e. for period starting 2 days before person became sick/showed symptoms)
- I. COVID diagnosed persons must remain in isolation for at least 10 days without symptoms, and 24 hours with no fever

VIII. [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 should begin quarantine as soon as aware of exposure to COVID-19 + person and continue the quarantine for an additional 14 days AFTER the COVID-19 person’s isolation ends. Contacts who develop symptoms^ or who test positive should isolate.	

IX. Below is the timeline set forth by the New Jersey Department of Health, along with sport risk levels

Risk Level	Examples	Important Dates
High Risk Sports that involve close, sustained contact between participants	Rugby, boxing, judo, karate, taekwondo, wrestling, pair figure skating, football, group dance, group cheer.	No-contact practices: June 22
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.	No-contact practices: June 22 Contact practices and competitions: July 6
Low Risk 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	Archery, shooting/clay target, individual running events, individual cycling events, individual swimming, individual rowing, individual 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.	Practices and competitions: June 22

Please note that all field usage permissions needed to be approved by the Department of Recreation & Cultural of Affairs, regardless of the dates listed above