



Amherst Parks and Recreation Department

Sport Operation Procedures

Screenings

- All athletes, coaches, and volunteers will be given a health screening at the beginning of each session. All individuals must have a “NO” to all of the following questions to participate in the sport session.
- Screening questions are as follows:
 1. Have any of your team's athletes or coaches been in close contact with a confirmed case of COVID-19 in the last 10 days?
 2. Have any of your team's athletes or coaches had a fever or felt feverish in the last 72 hours?
 3. Are any of your team's athletes or coaches experiencing any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?
 4. Are any of your team's athletes or coaches experiencing gastrointestinal symptoms such as nausea, vomiting, or diarrhea?
 5. Are any of your team's athletes or coaches experiencing any new muscle aches or chills?
 6. Have any of your team's athletes or coaches experienced any new change in your sense of taste or smell?
 7. Have any of your team's athletes or coaches traveled internationally or by cruise ship in the last 10 days?

Face coverings

- Should fit snugly over the mouth and nose
- Are to be worn by athletes, coaches, and volunteers when not actively engaged in athletics and when social distancing cannot be maintained
- Are to be worn by spectators, including parents/guardians when social distancing cannot be maintained
- Athletes must wear face coverings while on the sidelines/in dugout even when social distancing can be maintained

Equipment

- Athletes should bring their own equipment including, but not limited to gloves, helmets, bats, water bottles, etc
- Athletes, coaches, and volunteers should carry hand sanitizer to all sessions
- Equipment bags should be placed 6 feet apart

Disinfecting

- Adequate water and sanitation breaks should be implemented in each training session
- Shared equipment must be disinfected after every use between athletes and at the completion of each session
- All trash shall be removed from the facility following each session

Social Distancing

- Centralized areas for congregating (such as benches, dugouts) should be extended to surrounding areas to allow for social distancing

- Spectators should remain at least 6 feet from anyone from another household

Parental/Family Responsibilities

- Be diligent with monitoring signs and symptoms at home. Report accurately to coaches and the Rec Department
- Lead by example by wearing a properly fitted face covering and keeping socially distant while spectating
- Provide athlete with hand sanitizer to use at practices and games

Travel

- Individuals must quarantine for 10 days after returning from international travel or a cruise ship unless one of the following:
 - Individual is fully vaccinated against COVID-19 and more than 14 days have passed since receiving the final dose
 - Individual has previously tested positive for active COVID-19 infection (by PCR test) in the last 90 days

Other

- All mouth-based activities are not allowed. This includes but is not limited to spitting, chewing gum, licking fingers, spitting sunflower seeds
- Hand-shakes and high fives will not be permitted and can be replaced with elbow-bumps, cheers for opposing teams, or other non-contact acknowledgement

Confirmed Case

If athlete, coach, or volunteer is in contact with a confirmed case of COVID-19:

1. The individual should not attend or participate in any activities until one of the following
 - a. A negative PCR test result for COVID-19
 - b. Symptom free for 10 days from the time of exposure without the use of symptom-reducing medication
 - c. The individual is fully vaccinated and it has been more than 14 days since the final dose was administered

If athlete, coach, or volunteer has a confirmed case of COVID-19:

1. The individual must immediately contact the coach and the Recreation Department at 603-673-6248
2. The team will pause all practices, games, and activity sessions for 10 days
 - a. Anyone possibly in contact with the individual will receive an email from the Recreation Department
3. Group equipment will be fully disinfected by the Recreation Department
4. Individuals should not attend or return to participation in any activities until one of the following:
 - a. A negative test result for COVID-19
 - b. 10 days have passed since symptoms have completely subsided