

# Department of Public Recreation

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## Millburn Recreation COVID-19 Guidelines

Updated September 28, 2020

The following will be instituted in order to stay in compliance with the New Jersey Department of Health (NJDOH) COVID-19 Guidance for Sports Activities.

Typical indoor programs have been converted to outdoor programs for the Fall season. Certain programs have been altered to prevent large gatherings either by instituting a maximum capacity for the program or designating time slots with smaller groups.

### Millburn Recreation Daily Health Questionnaire - <http://twp.millburn.nj.us/RecDaily>\*

- Required to be completed no more than 1-hour prior to arrival for each practice, game, session, etc.
- **Child Participants:** All parents/guardians must check their child for signs/symptoms of COVID-19 and perform their own temperature check at home no more than 1 hour prior to the start of each session. Your child will not be permitted to attend if the temperature reading is 100.4 or above. After you check your child, please complete the online form via the link above.
- **Adult Participants:** A temperature check will be performed by Millburn Recreation Staff during check-in for "Open Court" adult programs. Adults must complete the online form via the link above no more than 1 hour prior to their arrival.
- **All Participants:** Upon completion, parents must show their coach (or adult participants will show the site supervisor) the confirmation email through either a printed copy or showing on a mobile device. Coaches may permit parents to email them their daily confirmation as long as it is received no more than 1 hour prior to their arrival.
- **Coaches:** Coaches must perform their own temperature check at home no more than 1 hour prior to the start of each session. They will not be permitted to attend if the temperature reading is 100.4 or above. Coaches must complete the online form via the link above no more than 1 hour prior to their arrival for each practice and game. Coaches will email their confirmation page to the Millburn Recreation Department ([recreationdept@millburntwp.org](mailto:recreationdept@millburntwp.org)) prior to their arrival.

If you answer 'Yes' to any of the questions, please do not come to the Millburn Recreation activity, contact your coach (or the Millburn Recreation Department) via email or phone.

- \*This online form will update as new information from the NJDOH becomes available. Please read the questions carefully each time you complete it.

### Attendance and Check-In

- Each participant must check-in with their coach or site supervisor prior to participating in the activity. This includes presenting the Daily Health Questionnaire confirmation. **Parents should be with their child during check-in.**
- Coaches and Millburn Recreation site supervisors will be required to maintain an attendance log for each game, practice, or session.

### Face Coverings

- All participants, parents, spectators, coaches, and staff will be REQUIRED to have a face covering with them at all times.
- **Participants:** Face coverings are OPTIONAL during play. Face coverings are RECOMMENDED during times when 6-foot social distancing is not possible. Face coverings are REQUIRED during check-in and if the participant begins showing possible signs or symptoms of COVID-19 during the activity.

- Coaches and Millburn Recreation Staff: Face coverings are REQUIRED
- Parents and Spectators: Face coverings should be worn during times when 6-foot social distancing is not possible. Face coverings are REQUIRED during check-in.
- Exception for wearing a face covering:
  - o Wearing face covering would inhibit the individual's health

### **Equipment**

- Depending on the activity, equipment sharing will be limited as much as possible. Participants will be required to bring their own equipment to participate (i.e. ball, glove, bat, helmet, stick, etc.).
  - o For more information regarding the required equipment that pertains to your activity, please see the program flyer or contact the Millburn Recreation Department
- All athletes, coaches, and staff should bring their own water and drinks to sports activities. Shared water sources such as team water coolers will not be permitted.
- OPTIONAL: Participants are encouraged to bring their own hand sanitizer
- All participants must have a face covering with them, but is only required to be worn during certain times (see previous section)

### **Healthy Hygiene**

- Coaches will be instructed to promote healthy hygiene and practices with their players/groups. We ask that parents assist in relaying this information to their children.
- All participants and coaches should practice good hygiene which includes avoiding touching your eyes, nose, and mouth.
- Participants and coaches should avoid non-essential contact as much as possible during recreation activities. This includes hugs, handshakes, high-fives, team huddles, etc. Post-game handshakes should be replaced with tipping caps or a friendly wave to the other team after a game.
- Spitting is not permitted
- Coughs and sneezes should be covered by using a tissue or use the inside of your elbow.
- Bench players and coaches should be socially distancing at least 6 feet in the bench area unless wearing a face covering.

### **Protocols for COVID-19 Symptomatic Participants**

- If a participant appears to show signs or symptoms of COVID-19, they will be separated from the rest of the group. If a child, the coach or site supervisor will contact their parents for immediate pickup.
- Participant must isolate at home and follow [CDC Guidelines for What to Do If You Are Sick with COVID-19 or think you might have COVID-19](#)
- Participant (or Parent/Guardian if child) will be required to update the Millburn Recreation Department and the Local Health Department if their child has a confirmed case of COVID-19.
- Participant must follow [CDC Guidelines for ending home isolation](#) before returning to a Millburn Recreation activity.\*

\*If the participant had symptoms, but tested NEGATIVE for COVID-19 they may return to play if they can provide the negative test after being symptom free for more than 24 hours and they are not living at home with an individual who has tested positive for COVID-19.

### **Protocols for Positive Case of COVID-19**

- Millburn Recreation Department and Local Health Department must be contacted immediately
- If needed, the Millburn Recreation Department staff and coaches will assist the Local Health Department in identifying close contacts of an individual who tested positive for COVID-19.
- Close contacts and/or sick staff members or participants should not return to play until they have met [CDC's criteria to discontinue home isolation](#).