



CT SPORTS NETWORK

Protocols/Guidelines for Covid-19



1. Self Evaluation - Event organizers, staff, coaches, players, umpires/officials must conduct daily symptom assessments (self-evaluation). **You must answer NO to be able to attend your scheduled practice/game/clinic.**

- Have you displayed any symptoms of COVID-19 in the past week - fever above 100.4, cough, difficulty breathing, vomiting, diarrhea etc?
- Have you been in the presence of anyone with COVID-19 in the past week?
- Have you traveled out of the country in the past 2 weeks?
- We will also be enforcing the CT Governor's order in regards to self-quarantine (**for 10 days**) if you have visited any State in the US apart from New Jersey, New York and Rhode Island

2. Anyone who **feels sick** (no matter what sort of sickness it is) needs to stay home. Coughing, and sneezing are the easiest ways to spread the virus, so please exercise caution. This is for the athlete's safety as well as the safety of all others.

3. Athletes are strongly recommended to travel to the venue alone or only with members of their immediate household.

4. Face coverings should be worn at all times by the participants, parents and coaches. Players must wear their masks while participating in the coaching sessions.

5. Players can arrive 10 minutes prior to their session/game to have their temperature checked before entering the venue. Players must obey the 6 ft social distancing rule while waiting to have their temperature checked.

6. Coaches should keep players in groups of 12 players or less at practice to allow for physical distancing.

7. Each player is responsible for bringing their own water bottle with them. There is to be **NO** sharing of water at any facility.

8. Once at the venue, take out what is needed for the session, put everything else back in your bag and it must be separated from anyone else's bag by 6 feet.

9. Practices will be scheduled with at least a 15 minute buffer to prevent overlap of participants.

10. Players not playing, should also be sitting / resting 6 ft apart from one another.

11. We must minimize physical touching between players and coaches. We understand that this may be difficult, but players may not celebrate with one another with any hugs or high fives after scoring a goal.
12. We will disinfect commonly used surfaces and equipment after every practice/game.
13. We will attempt to not use pennies at any time and will ask players to bring a couple of shirts to practice. Another alternative is for the players to purchase reversible pennies.
14. We ask that parents watch from outside of our training area's / venue. If a parent *has to* be close to their child, they must be wearing their mask for the duration of the session. Please continue to observe the social distancing 6 ft rule from other families / spectators.
15. At the end of the practice/game - a wave, salute, 'air high 5' will take the place of handshakes, high fives or elbow bumps.
16. Hand sanitizer shall be made available at entrance points or common areas, where possible.
17. Athletes, coaches, employees and customers who choose to visit/partake/watch any activities during this time should be fully aware of potential risks. Individuals over the age of 65 or with other health conditions should not visit / partake, but instead continue to stay home and stay safe.
18. Please make certain to pick up all water bottles and your own trash and throw them away before leaving the venue.
19. We ask that all players/parents leave directly after any activity and do not loiter around the parking lot or facility.