

# Fall Sports COVID-19



Concord Parks & Recreation is very excited to be able to run our fall sports! Knowing that it might not be a typical season we are committed to providing the best experience possible for your child. We understand some of these changes may feel uncomfortable but they have all been made in order keep coaches, players and refs safe.

## **Soccer Updates**

- We will follow the NH Stay at Home 2.0 universal and amateur youth sports guidelines, as well as the guidelines from the NH Soccer Association
- Parents/guardians and minors attending sporting events should wear a mask when not able to social distance from other spectators.
- Players, coaches and refs should wear masks while walking to and from practices or games.
- All players in grades 1st—6th will need to bring their own ball to practices (grades 1st—4th, size 4 and grades 5th & 6th, size 5)
- Coaches ONLY will handle all training equipment such as discs or cones
- Players should refrain from removing and re-inserting their mouth guards during the game
- Use of pinnies will not be allowed.
- Players, coaches and refs will have their temperature checked upon arrival at practices or games and will also answer the daily health questions, check by Parks & Rec staff.
- Parents are asked to have hand sanitizer available for their children to use before and after each session
- Players must NOT share drinks, food, equipment or clothing at any time
- Contact outside of play (high 5's or hugs) shall be avoided at all times
- Parents must communicate with coaches via telephone or email

## **Daily Health Checks for soccer and flag football**

Each day at arrival all coaches, players and refs will have a temp check and will be asked the following health questions. If they answer yes to any of the following they will not be allowed to attend the practice or game

- \* Have you had any close contact with someone suspected or confirmed to have COVID19?
- \* Had a fever within the past 48 hours (100.4 or above).
- \* Traveled domestically or outside of New England within the past 14 days.
- \* Traveled internationally within the past 14 days

# Fall Sports and COVID-19



## Flag Football Updates

- We will follow the NH Stay at Home 2.0 universal and amateur youth sports guidelines, as well as the guidelines from the NFL Flag Football Guidelines
- Parents/guardians and minors attending sporting events should wear a mask when not able to social distance from other spectators.
- Players, coaches and refs should wear masks while walking to and from practices or games.
- Time outs will be called once during each half for hand sanitization
- Balls will be swapped out at halftime, Parks & Rec staff will sanitize
- Players should refrain from removing and re-inserting their mouth guards during the game
- Coaches will call plays from the sidelines rather than in a huddle
- Players, coaches and refs will have their temperature checked upon arrival at practices or games and will also answer the daily health questions, checked by Parks & Rec staff.
- Parents are asked to have hand sanitizer available for their children to use before and after each session
- Players must NOT share drinks, food, equipment or clothing at any time
- Contact outside of play (high 5's or hugs) shall be avoided at all times

## Coaches, Players & Refs not feeling well for soccer and flag football

- Players who arrive with a fever of 100.4 or higher will not be able to participate that day
- Players with **suspected or confirmed** Covid-19 will need to miss practice and/or games for at least 10 days and have no symptoms for 72 hours (3 days) before returning
- Players who feel ill at practice and/or a game will put on a mask and be moved to a private area to await pick up