



Chesterfield Township Athletic Association

PO Box 236

Crosswicks, NJ 08515

<http://www.ctaasports.org/>

2020 Program Preparation Plan

The following guidelines and restrictions will be in place for our upcoming CTAA seasons- with some guidelines adopted directly from the New Jersey Department of Health (NJDOH) website. These guidelines are put in place to ensure the safety of our participants, families, and volunteers. We thank you for your cooperation and understanding so that we can safely return to play. Reducing the risk of spreading illness is key to the overall health and safety of all involved in the program.

TOP PRIORITY-

No one is permitted to attend a practice or a game when:

- Experiencing symptoms of COVID-19
- Residing with someone experiencing symptoms of COVID-19
- Waiting on a scheduled test or results for / from a COVID-19 test.
- Actively quarantining

WHAT TO BRING TO PRACTICES AND GAMES

- **No player may begin the season without a printed, completed, and signed waiver**
- A personal ball to use during warmups
- A personal water bottle (Non-disposable bottle. Water will not be provided)
- A personal face-covering (You can take this off when practice starts)
- A personal bottle of hand-sanitation (we will provide extra as needed)
- Clothes for all weather
- A happy smile!

WHAT NOT TO BRING TO PRACTICE OR GAMES

- Do not bring any plastic onto the field
- Do not bring any food onto the field
- Any unnecessary supplies not needed for practice or games
- Extended number of spectators / family members.
- **SYMPTOMS:** Players, Coaches, and Visitors showing symptoms of COVID-19 shall not be permitted to attend and will be asked to leave
 - Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.
 - Symptoms may appear 2-14 days after exposure to the virus.
 - Common Symptoms (but may not be limited to): • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • New loss of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea • Trouble breathing • Persistent pain or pressure in the chest • New confusion • Inability to wake or stay awake • Bluish lips or face

WHEN YOU ARRIVE AT PRACTICE OR GAMES -

- Change into your gear and all uniform pieces before entering the field
- “Individuals shall remain **6 feet apart from one another whenever possible**. This applies to athletes, coaching staff, parents/guardians, and other spectators. “
- “Coaching staff and parents/guardians **should wear cloth face coverings**. Athletes should wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc. Face coverings are not required when persons are engaged in high intensity aerobic or anaerobic activities. 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. When face coverings are not worn, efforts should be made to maintain at least 6 feet from others.”
- **One parent is required to hand in a completed screening form that includes a temperature taken within 30 minutes of start of practice/game.**
- In the event a form is forgotten, coaches will have extras, but will require a temperature check at the field prior to participating in practices/games.
- The player is required to head straight to the assigned location on the field where the players will be playing, and their water bottles and necessities will remain.
- Do not enter the field until your scheduled time & wait in your car if early.

DURING PRACTICE /GAMES

- A Parent / Guardian is strongly encouraged to stay in the vicinity of the fields for the full length of *practice*. In the event you are unable to stay, please notify your coach ahead of time.
- If a player is not following guidelines a parent will be notified and will be required to stay until otherwise determined.
- During practices parents should remain in the car and/or away from the practicing fields while maintaining physical distancing from others
- A parent /guardian is required to remain for the full length of *games*.
- No other coaches and/or players will switch groups during practice.
- Physical distancing will be implemented in the sessions - there will be a lot of technical work with your personal ball. This will vary per sport.
- Water breaks will give the opportunity for players to use hand-sanitation
- Players will at no time leave their assigned area without notifying the coach
- Handshakes and high-fives etc. will not be allowed between player & player or player & coach
- No Spitting, Gum Chewing, or Sunflowers Seeds
- Huddles will be kept to a minimum and plays will be called from the sidelines as much as possible
- Spectators should always remain on the opposite side of the field from the players and coaches.

AFTER PRACTICE /GAMES

- Practices and games will be slightly staggered when possible to avoid large gatherings at the end of the event.
- **We kindly ask parents and players to be mindful and not stand around after practice in larger groups**
- Players cannot stand around on the field after the session. When practice/games are over it is time to leave the field.
- Make sure you bring all your belongings with you from the field and avoid other group's field location if they are yet to finish their session
- Parents cannot go on to the field to meet their children. Parents have to wait until the child is outside of the field area

CTAA's Role in Creating a Healthy Environment

- Continued communication with Chesterfield Township regarding field closings and The State of New Jersey closures.
- Work with the township to provide signage to inform and remind individuals of physical distancing
- Cones and other supplies will be disinfected before every session
- No handshakes or high-fives will be allowed to minimize contact
- No pinnies will be used
- Each coach will implement no/low contact in each session
- Each coach will stay with the assigned group for the full duration of the session to avoid contact with any other players and/or coaches
- Each coach will be responsible for moving and pick up the cones for the specific area. No players can touch the cones at any time.
- Each coach decides if low contact moments will be used in practice
- Each coach will report any players with Covid-19 positive results to the CTAA Board
- The CTAA Board will follow through with the Township to report any positive results shared.
- Enforce and abide by the guidelines of the preparation plan



Chesterfield Township Athletic Association

COVID-19 2020 SCREENING FORM

ALL parents MUST present a completed screening form before their child will be permitted to attend a practice or game (i.e., one form required per day)!

NO EXCEPTIONS WHEN IN DOUBT- SIT IT OUT!

Thank you for your cooperation!

<u>Screening Questions:</u>	<u>YES</u>	<u>NO</u>
Have you or has anyone in your home had contact within the last fourteen days with any person under screening/testing for COVID-19, or with anyone with known or suspected COVID-19?		
Have you or has anyone in your home had contact within the last fourteen days with any person under screening/testing for COVID-19, or with anyone with known or suspected COVID-19?		
<p>Do you currently have any of the following symptoms?</p> <ul style="list-style-type: none"> • Fever (100.4°F or higher), or a sense of having a fever. • New cough that you cannot attribute to another health condition. • New shortness of breath that you cannot attribute to another health condition. • New sore throat that you cannot attribute to another health condition. • New muscle aches that you cannot attribute to another health condition or that may have been caused by a specific activity (such as physical exercise). 		<p>Players Temp = _____</p>

___ I answered NO to ALL screening questions and my child will participate

___ I answered YES to a screening question... **Stay Home and contact your doctor and do not return until otherwise directed by your doctor.** Notify your coach.

- **Player's Name:** _____
- **Player Team Manager/Coach:** _____
- **Parent Name:** _____
- **Parent's Signature:** _____
- **Date:** _____
- **DON'T FORGET:** Personal Water Bottle, Personal Equipment, Hand Sanitizer



Assumption of the Risk and Waiver of Liability

Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Chesterfield Township Athletic Association has put in place preventative measures to reduce the spread of COVID-19; however, ***Chesterfield Township Athletic Association cannot guarantee*** that you or your child(ren) will not become infected with COVID-19. Further, attending ***Chesterfield Township Athletic Association*** activities ***could increase your risk*** and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending ***Chesterfield Township Athletic Association*** event and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

I understand that the risk of becoming exposed to or infected by COVID-19 at ***Chesterfield Township Athletic Association*** event may result from the actions, omissions, or negligence of myself and others, including, but not limited to, ***Chesterfield Township Athletic Association*** volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at ***Chesterfield Township Athletic Association*** events (“Claims”).

On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless ***Chesterfield Township Athletic Association***, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of ***Chesterfield Township Athletic Association*** , its employees, volunteers, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any ***Chesterfield Township Athletic Association*** event.

Signature of Parent/Guardian: _____ **Date:** _____

Print Name of Parent/Guardian: _____

Name of Participant: _____ **DOB of Participant:** ____/____/____