



COVID 19 Pandemic

The Twin Boro Bears COVID 19 preparation plan was created in accordance with the [New Jersey Department of Health's \(NJDOH\) Guidance for Sports Activities](#), dated May 28, 2021. Our program's preparation plan is regularly updated as required by the NJDOH. Updates are based on evolving guidance from the Center for Disease Control (CDC), state and local public health regulations, and COVID activity levels in the community. Revisions will be posted to the TBB website as necessary.

Highlights of the TBB COVID 19 Program Preparation Plan (as of 8/18/21):

- Coaches are educated on TBB health and safety protocols prior to the start of the season
- Shared practice equipment (like balls and blocking pads) are disinfected regularly
- Unvaccinated individuals are strongly encouraged to wear an appropriate face covering, unless engaged in vigorous physical activity
- When possible, athletes, coaches, referees, and spectators remain 6 feet apart
- Athletes and coaches should bring their own drinks/food to athletic activities. Shared water bottles and communal food are not permitted
- Quarantine and return to play
 - Athletes, coaches, and spectators are expected to stay home if they:
 - Have symptoms of COVID infection
 - Have tested positive for COVID or are awaiting a test result
 - Have had close contact with an individual who tested positive for COVID
 - Individuals diagnosed with COVID may return to play once cleared by their physician
 - Individuals under quarantine after close contact with COVID may return to play as directed by public health officials/licensed physicians.
 - At this time, TBB permits individuals to “test out” of quarantine:
 - Unvaccinated individuals may return to play after 7 days if they are asymptomatic **and** have a negative test performed at least 5 days after exposure
 - Unvaccinated individuals who had COVID within the previous three months, recovered from their COVID infection, and have no current symptoms of COVID do not need to quarantine.
 - Vaccinated individuals do not need to quarantine and can continue participation without testing as long as they have no symptoms of COVID 19