



## **Field Guidelines (due to COVID-19)**

**The following are field guidelines for returning to play designed to help keep all participants (youth and adults) and our community safe.**

### **Part One: CDC Guidelines:**

- Please be vigilant in preventing the spread of the COVID-19 virus by practicing good hygiene as recommended by CDC guidelines. CDC guidelines can be found here: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Please stay home if you are experiencing any signs or symptoms of COVID-19 or if you have been exposed to someone who has had signs or symptoms of COVID-19. Please see CDC guidelines for specific COVID-19 symptoms.
- Coaches and players, please check your temperature prior to leaving for scheduled practice on a HCRP field. If your temperature is 100.3 degrees or higher, you are not permitted to participate in an activity on a HCRP field for a minimum of 14 days. You may, however, return sooner if you have a Doctor's note for return to play.
- As per the CDC: If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. We strongly urge you to consider the risk that you would be taking by participating in a group practice on HCRP fields, as you will be putting your health at risk. Therefore, you may consider not participating in practices at this time.

### **Part Two: Field Permit Rules**

- Field entry and exit gates to remain open to minimize surface touching.
- Restrooms are open to the public and cleaned regularly. Please use proper handwashing techniques after using the restrooms and before returning to the fields.
- Dugouts are closed.
- Bleachers are closed.
- All players and coaches must use hand sanitizer before and after participation.
- A maximum of 25 persons allowed per athletic field.

- Out of State teams and individual players who do not live in Maryland, are not permitted to participate in games or practices on Howard County fields.
- Players and coaches are to maintain a 6-foot distance between each other when off the field.
- Players and officials are required to wear masks when walking to and from the field.
- Coaches are required to wear masks at all times.
- Assign a “station” for each player to place their equipment (bag, water bottle etc.), and that they should return to during breaks. Assigned space on the sideline for all players should allow for adequate distance (6-feet) per CDC guidelines.
- Each player must utilize their own equipment, which must be disinfected before and after each session as well as during sessions when possible.
- All players, coaches, administrators etc. cannot share water, towels, or any personal or playing equipment (e.g. cones).
- No centralized hydration stations are permitted on HCRP fields.
- We encourage parents/guardians to remain in their cars. However, if one parent/guardian per player would like to attend, they may not enter the field area, should maintain a 6-foot distance from other attendees and are required to wear a mask (please note: bleachers are closed).
- No group celebrations, fist bumps, high-fives etc.
- Players should remain in their cars until just before the beginning of practice/games, instead of forming a group.
- Anyone who is not on the playing field is required to wear a mask at all times.
- No congregating before or after your permitted field/game time. Please maintain a 6-foot distance when walking to and from the field.
- Field times will be staggered to avoid field renters/users crossing paths. If you stay on a field past your designated timeslot and impact the next field user, you may forfeit future permitted field use. If you are permitting fields for multiple teams, please allow 15-minutes between each team’s practice. One team must leave the field area 15 minutes prior to the next team arriving.
- All field users **must** communicate the new field guidelines to all players and coaches prior to field usage (e.g. via virtual web call or email).
- Teams must submit a safety practice plan on how they will adhere to the COVID-19 Field Guidelines. This plan must be approved by the Fields Coordinator prior to the first practice.
- All other field use rules apply.

### **Part 3: Team Recommendations:**

- Bring a filled water bottle as the water fountains in parks are not currently in use.
- Strongly recommend that parents/guardians bring their own player(s) to practice and not carpool. Strongly recommend that adult participants do not carpool.
- Please ensure that all players and coaches report to the field dressed and ready to participate.
- Recommend having sanitizing options available for your players and coaches. This may include but is not limited to:
  - Hand sanitizer
  - Disinfectant wipes to be used to wipe down all equipment
- Recommend that each player label his/her equipment that they are using for practice.
- Recommend that when players and coaches return home, they remove and launder their clothes and take a shower. In addition, they should sanitize any additional equipment (e.g. cleats, shin guard, gloves, balls etc.) before and after training.

### **Please Note:**

**Failure to abide by Howard County Recreation and Parks Field Guidelines may result in forfeiture of current and future permits and the immediate removal from any park and event you are participating in without refund.**