

Mid-Jersey Knights FHC Covid-19 Health and Safety Plan

This Health and Safety Plan has been created to help protect our participants, their families, and our staff. Participating players and their parents/guardians must read and fully abide by this Health and Safety Plan, prepared in accordance with [the Centers for Disease Control and Prevention's \(CDC\) Guidelines](#) , to participate in our Summer Training program.

The health and well-being of participants and staff is always our priority. Training and participation is always at the discretion of facility and Mid-Jersey Knights staff with the aim of preventing the spread of Covid-19 and maintaining the health of all.

Please note: all coaches who are staff or players associated with Rutgers Field Hockey will undergo COVID-19 testing as a minimum, weekly.

Joey Civico will be the responsible for Covid-19 safety. Any questions and concerns should be directed to info@knightsfhc.com or call 203 692 5280.

OPERATIONS

A. Arrival and Departure

- Arrive in plenty of time prior to the start of your designated training session.
- Participants should come fully dressed and ready to play. No changing of shoes/apparel at the field.
- Participants and staff should wash their hands thoroughly before leaving home, and wash or sanitize their hands again before entering the field (hand sanitizer will be available).
- Where possible, parents should only transport participants who are members of their own household.
- At entry to the main facility, parents/child will be posed questions related to their current health and well-being.
- Be prepared to inform staff that you/your child does not have a fever, cough, shortness of breath or other symptoms of COVID-19. Nor been close to anyone known to be positively tested for COVID-19. A list of symptoms can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
- Participants must line-up maintaining six-foot distance at least five minutes prior to the start of their training session.
- Each participant will be temperature-checked using a no-touch forehead thermometer prior to the session. However, parents/guardians are still requested to their child's temperature prior to arrival at the training facility, if possible.
- Parents nor family members should leave their cars to observe training.
- Participants must enter and exit the training field using ONLY designated entry/exit points.
- After each training session participants must leave the facility immediately.

B. Training Groups and Contact

- Before the start of a session, coaches will explain measurements and restrictions to their participants.
- The field will be laid out in four (4) areas of 50 yards by 30 yards.
- Participants will train in small groups and will remain with the same group throughout each training session.
- Skill activities will be created so that participants can maintain social distancing of at least 6 feet apart as much as possible.
- Participants will train in their own quadrants as much as possible, at least 6 feet apart from each other.
- Social distancing must also be maintained during water breaks.
- We will limit mixing between groups.
- Participants will not share their equipment (sticks, gloves, etc) with other participants/staff.
- Participants will not touch equipment (balls, cones and goals) with their hands. Only the coach is allowed to touch any such training equipment.
- There will be no contact between coaches, staff and participants, nor between participants. No handshakes, high-fives, hugging etc.
- There is no spitting (either saliva or water) allowed on the field at any time.
- Coaches will wear masks throughout the training session and only lower them when absolutely necessary.
- As of June 22nd, state legislation rules maximum training numbers of 250. July 3rd this rose to 500. Regardless of this, our numbers will be limited to allow appropriate social distancing.
- As per NJ state directive, contact play is permissible. However, if you and/or your child do not feel comfortable with this, that is at his/hers/your discretion.

C. Communication

- Consistent with applicable law and privacy policies, staff and families should self-report to the designated COVID-19 contact person, Joey Civico, if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19.
- We will protect the privacy of people at higher risk for severe illness regarding underlying medical conditions.
- If program closures and/or further restrictions are necessary to limit COVID-19 exposure, this will be communicated via Team App.

MAINTAINING HEALTHY ENVIRONMENTS

A. Cleaning and Disinfection

- All equipment will be disinfected after each training day, or during training sessions if necessary.
- Hand-sanitizer will be available by the pitch for use by staff and participants.

B. Personal Belongings of Participants

- Each participant and staff member should keep their personal belongings separate from the personal belongings of other participants/staff members. Any water bottles, containers, bags, etc. should be individually labeled with each participant or staff member's name.
- Personal belongings and equipment should not be shared between participants or staff members.

C. Water and Food Items

- Participants and staff should bring their own water to minimize the use of and contact with water fountains.
- All water bottles should be labeled with each participant or staff member's name.

REDUCE THE SPREAD

A. Stay Home when Appropriate

- Staff and participants who are sick or have recently had close contact with a person with COVID-19 should stay home.
- Staff and participants must stay home if they have tested positive for or are showing COVID-19 symptoms.
- Staff who have recently had close contact with a person with COVID-19 will stay home and monitor their health.

B. Hygiene

- Hand sanitizer that contains at least 60% alcohol will be available for use by participants and staff accordingly.
- Participants and staff are strongly encouraged to sanitize or wash their hands frequently before and after each session.
- Participants and staff are strongly encouraged to cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and sanitized immediately.
- Participants and staff should go to the restroom before coming to their session to minimize restroom use.
- Only one person will be allowed to enter a restroom at a time.

C. Face Coverings

- Coaches and staff should keep their face coverings on at all times and only pull it up when needed.
- Participants are not required to wear face coverings during physical activity but are required to immediately before and after sessions or when physical distancing is difficult, such as during group instruction.
- Face coverings should be washed at the end of each day by staff and participants in accordance with CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

D. Signs and Symptoms

- All Mid-Jersey Knights staff will be instructed on all safety protocols and recognizing symptoms of COVID-19.

- If facility staff or MJK staff notice any sign of illness, including but not limited to, flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness the participant may be asked to leave the immediate area and facility. This is at the discretion of the staff member.

IV. IF SOMEONE GETS SICK

Participants and/or Staff Members

- Sick individuals should not come to the Summer Training program.
- Sick individuals will be advised of Home Isolation Criteria and advised that he or she should not return to the program until they have complied with the CDC's criteria to discontinue home isolation: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#discontinue-isolation>.
- Participants and staff should notify Joey Civico, Mid-Jersey Knights' designated COVID-19 point of contact, if they become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with symptoms or a confirmed or suspected case. They should not attend the Summer Training program for 14 days, unless advised otherwise.
- Should a participant or staff member show signs of COVID-19 symptoms (such as fever, cough, or shortness of breath) while attending our program, they will be immediately separated from the group.
- Parents or family will be contacted by phone immediately so they can safely transport their child to their home or to a healthcare facility.
- Should it be determined that an ambulance needs to be called or someone needs to be transported to the hospital, we will notify the parents or family accordingly and call the hospital to alert them that the person may have COVID-19.
- The individuals who are sick will be sent home or to a healthcare facility depending on how severe their symptoms are, and follow CDC guidance: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>.
- In accordance with state and local laws and regulations, the facility and Mid-Jersey Knights, will notify local health officials, staff and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA).
- We will advise those who have had close contact with a person diagnosed with COVID-19 to stay home, self-monitor for symptoms, and follow CDC guidance if symptoms develop.

WE LOOK FORWARD TO GREAT AND SAFE FALL TRAINING!

FIELD
HOCKEY
CLUB