

Harpswell Recreation

Safe Return to Play & Programs – Winter 2020/2021 Season



Harpswell Recreation (HRec) will be following the MSAD 75 risk designations/guidelines when determining whether or not programs will run.



If schools are in the green category programs will run.



If schools are in the yellow or red category programs will be canceled or put on hold.



There is a chance Cumberland County may be designated “yellow” while Sagadahoc County may be “green.” In this case we may follow the DECD Community Sport Guidelines rather than MSAD 75 guidelines out of an abundance of caution for our community members.

HRec will only be holding low risk/at own risk outdoor programs for the Winter 2020/2021 season. All in-house programs and events will have a Recreation staff member or appointed representative (AR) present. Third party programs (Lost Valley, Shawnee Peak) are not subject to the guidelines in this document. They have their own set of guidelines that participants are expected to follow. Please see their respective websites for further information.

GENERAL OVERVIEW

If you or your child do not feel well or are sick – STAY HOME.

All programs and events must follow most current state guidelines for group event/gathering participant numbers while maintaining physical distance.

All guardians of minors or participants over 18 will be required to sign a COVID-19 waiver in addition to our regular release to participate waiver.

Participation may be limited depending upon the program. HRec may or may not run one program multiple times per week to help keep numbers manageable and participants within “cohort groups.”

In accordance with CDC guidance, “face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).” (CDC Consideration for Youth Sports, 2020)

We discourage attendance by anyone non-essential or those that may be considered high risk for potentially developing severe illness from COVID-19. The following have been identified as potentially “high-risk” profiles:

- People 65 years and older
- People of all ages with underlying medical conditions including but not limited to
 - Chronic lung disease including asthma
 - Serious heart conditions
 - Immunocompromised due to illness or cancer treatment, smoking, bone marrow or organ transplant, immune deficiencies, AIDS or HIV, corticosteroid use and other immune weakening medications.
- People who are obese (BMI 40 or higher), people with diabetes, people undergoing dialysis, people with liver disease

IN-HOUSE PROGRAM PROCEDURES

For all programs the following **entrance procedures** are required:

- **Check in** with symptom screening*.
- **Hand sanitization** with sanitizer or hand washing with soap and water.
- **Face coverings** (mask or shield) must be worn by all individuals over age two.
- **Physical distancing** must be maintained by spectators and participants that are not in a family group.
- **Sanitize equipment** prior to arrival.
- Parents are encouraged to stay in car and drop off participants (if age appropriate).

*Per the CDC symptoms include, but are not limited to: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat and loss of taste or smell, nausea, vomiting or diarrhea.

For all programs the following **in-program procedures** are required:

- Participants **are required to wear a face covering at all times.**
- Spectators, coaches and volunteers are required to wear face covering/shield at all times.
- Coaches/volunteers/staff/AR will give verbal reminders throughout the program to maintain physical distance as needed.
- Physical reminders such as; painted spots/boxes, vinyl spots, cones, etc. will be provided to help maintain space between participants.
- Physical distancing must be maintained by all participants and spectators.
- Number of spectators per participant may be limited depending upon location/group size.
- No sharing of equipment at all.
- If accidental contact is made all persons must wash or sanitize hands and/or equipment.
- No food, seeds, nuts, gum or other similar products are allowed.
- Personal water bottles only, no sharing with other participants.
- Any individual who develops symptoms while attending program must report to onsite HRec staff or AR and will be isolated until they can leave the premises.
- If a participant cannot follow the rules after three reminders and corrective actions, they may be asked to leave the program for that session.

For all programs the following **after program** procedures are required:

- **Hand sanitization** with sanitizer or hand washing with soap and water.
- **Face coverings** (mask or shield) must be worn by all individuals over age two.
- **Physical distancing** must be maintained by spectators and participants that are not in a family group.
- **No congregating** in common spaces or parking lot (before, during or after).
- **No handshakes** or fist bumps allowed.
- Parents are encouraged to stay in car – staff or AR will organize drive by pick-ups in the driveway or parking lot.

IN CASE OF ILLNESS

If you or your child do not feel well or are sick – STAY HOME.

To be able to protect everyone, we ask that participants immediately contact HRec to report any of the following conditions during the past 14 days.

- If you or anyone in your household has COVID-19 symptoms or has been exposed to a person with COVID-19 symptoms the participant should refrain from participating for 14 days.
- Return to play if a participant tests positive for COVID-19: At least 24 hours with no fever and no fever reducing medications and symptoms have improved. A medical note for return must be obtained and provided to Harpswell Recreation before returning to programs.

Testing positive or entering into quarantine requires notification to Harpswell Recreation via recreation@town.harpswell.me.us or 207-833-5771 ext. 108. A parent, guardian or participant should not feel obligated to report this to his/her coach.

Harpswell Recreation will follow the guidance of the Maine CDC regarding notification and contact tracing. Our intention is to be as transparent as possible while respecting the privacy of our participants and their families.

CONTINUING TO ASSESS RISK

We will continue to follow recommendations from the Maine CDC, Maine Principal's Association and Community Sports guidance from the Maine DECD. We also use Aspen Institute Project Play – Return to Play Risk Assessment as a guiding document. Guidelines and recommendations are always evolving and changing. It is important to stay up to date and remain fluid as an organization. Please expect changes to programming along the way to fit updates, mitigate risk of infection and possibly revert to an earlier phase of prevention if needed.

STRESS AND MENTAL HEALTH

The COVID-19 pandemic may be stressful for people. Fear and anxiety can be overwhelming and cause strong emotions in adults and children. Public health actions, such as face coverings and distancing can make people feel isolated and can increase stress and anxiety. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. If you or a loved one is experiencing increased changes in sleep or eating patterns, difficulty sleeping or concentrating, worsening of chronic health problems, worsening of mental health conditions, or increased use of tobacco, and/or alcohol and other substances we encourage you to reach out to your healthcare provider or a crisis line.

THANK YOU

We want to have fun and return to play and programs! We feel it is important for everyone to have a safe and healthy outlet to be active, meet and socialize with friends and other community members. We all have to work together to make sure this is done safely and with care. Harpswell Recreation is continuing to uphold our mission statement by encouraging spirit and cohesiveness, stimulating community involvement, providing alternatives to loneliness, isolation and self-destructive behaviors and encouraging fun and reducing stress. Thank you to a wonderful and supportive community that is helping us continue operations in these uncertain times.