



Township of Lyndhurst  
Department of Parks & Recreation  
250 Cleveland Avenue  
Lyndhurst, NJ 07071

## COVID-19 Safety Precautions for Organizers to Address

***Failure to adhere to approved safety plans may lead to cancellation of Field & Facility Usage***

The health and safety of our community is paramount.

1. Please describe in detail the nature of the event/activity.
2. Please describe all COVID-19 related safety precautions and guidelines that you will implement. Please refer to the New Jersey Department of Health (NJDOH), NJ Department of Children and Families (NJDCF), and the United States Center for Disease Control and Prevention (CDC) for guidance.
3. How do you plan to enforce the safety precautions and guidelines?
4. What will be done to implement physical distancing guidelines?
5. What use will you make of face masks, face coverings and gloves?
6. How will you ensure required hygiene standards are maintained?
7. How will you ensure all your staff/coaches know how to keep themselves and others safe?
8. How will you respond to an exposure or suspected exposure to COVID-19 that occurred at your camp/practice/event?

# COVID SAFETY PLAN: SPORT AND RECREATION

We are doing our part to help keep you safe. Please respect the rules and our staff and volunteers.  
We are all in this together.

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Covid-19 is spread from person to person through close contacts and droplets including:

- Direct contact with an infected person;
- Contact with droplets from an infected person's cough or sneeze; and
- Touching contaminate objects or surfaces (like doorknobs or tables), and then touching your mouth and face.

It is therefore important that everyone remains vigilant about cleaning and sanitizing, social distancing and other COVID-19 preventive measures.

Any individual or organization that submits a request to use Township parks and/or fields is responsible for ensuring that they are following all CDC and New Jersey State guidelines to ensure the safety of all participants, including but not limited to, youth, staff, volunteers, parents and the community at large.

Teams, coaches, and event organizers must acknowledge the inherent risks of resuming activities. They should also familiarize themselves with the COVID-19 related training videos offered by the CDC.

**Below is a brief overview of select guidelines. Please refer to the NJDOH, NJDCF, and the CDC websites for more complete guidance.**

## **Coaches/Staff/Organizers**

- Athletes, must screen and monitor athletes/participants for symptoms prior to and during games and practices.
- Coaches, staff and organizers should also monitor their temperatures and symptoms as well.
- The head staff/coach/organizer must educate all athletes, staff, volunteers and parents about the symptoms of COVID-19 and when the participant should stay home.
- Ensure you have available plenty of soap/water, hand sanitizer, and disinfectant cleaning supplies.
- Allow for physical distancing in common areas including bathrooms, stands, sidelines, dugouts.
- There should be no fans or parents congregating at practice. If physical distancing can be maintained, limit the number of spectators at events.
- If physical distancing is not possible, masks should be considered while athletes are actively participating in their sport. While masks are not mandatory during active participation in the activity, they are strongly encouraged during waiting periods.
- Coaching staff and other adult personnel should wear face coverings at all times, unless doing so jeopardizes their health.
- Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities.

## **Illness**

Participants should not attend or participate in group/team sports or practice if:

- Participant is feeling ill. Symptoms of the coronavirus can include fever (temperature of 100.00 as defined by the CDC), cough, difficulty breathing, and other symptoms as outlined by the CDC website.
- Participant has been exposed to COVID-19 in the prior 14 days.
- If unsure about whether to attend or participate due to possible symptoms or exposure, it is recommended you contact your health care provider.

## **Athletes/Participants**

- Thoroughly wash your hands with soap and water (minimum of 20seconds) OR use hand sanitizer BEFORE and AFTER practice (and competition when applicable).
- Clean and wipe down any equipment, BEFORE and AFTER practice (and competition when applicable).
- Do NOT share water bottles, equipment, towels, etc.
- Avoid touching your face or any object unless necessary and wash or disinfect your hands after.
- Avoid shaking hands, no high fives, fist bumps, or chest bumps.
- Limit unnecessary physical contact with teammates, other athletes, coaches, officials, spectators or other participants.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Encourage all participants to cover their coughs and sneezes with a tissue or use the inside of their elbows. Used tissues must be discarded in the trash and hands washed immediately with soap and water for 20 seconds or use hand sanitizer to disinfect.
- If physical distancing is not possible, masks should be considered while athletes are actively participating in their sport. While masks are not mandatory during active participation in the activity, they are strongly encouraged during waiting periods.
- Coaches, athletes, participants must maintain appropriate social distancing (6' apart) at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes/coaches/participants should not congregate.
- Space players at least 6 feet apart on the field while participating in sport activities; warm-ups, skill building, simulation drills.
- Create distance between players when explaining drills or the rules of the game.

## **Equipment**

- Personal equipment should be cleaned with disinfectant before and after each use.
- Avoid community equipment use when possible. If not possible, equipment should be cleaned before and after each individual use. An exception is ball use.
- Ball sports – wipe down balls between drills, different users or have individual use ball availability if possible.
- Water/Drinks – Each athlete/participant should have their own individual drink. Encourage extra water options in case the participant forgets their own water bottle.
- Individual towel use only.

**By working TOGETHER, we can ensure the safety and wellness of our community!**



## **GENERAL COVID-19 REGULATIONS FOR PROGRAM PARTICIPANTS, PARENTS, COACHES AND STAFF**

**Following these appropriate steps will help to mitigate the risk  
for all participants in the COVID-19 environment**

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- Organized sports leagues must follow [Guidance for Outdoor Organized Sports](#).
- Please stay home if you, or your child, have any viral symptoms or have been exposed to the virus and self-isolate.
- No handshakes, high fives, fist bumps, or team huddles permitted. Use social distancing whenever possible.
- There is no sharing of equipment unless an activity requires it. Cleaning and disinfecting must be conducted on all frequently touched surfaces and equipment (ball, bats, etc.). Space personal equipment out on the sidelines to help with social distancing.
- All coaching staff, officials and athletes must bring their own water bottles. Team water coolers are not permitted.
- All activities will use social distancing as best as possible. Some activities will be revised or modified to meet these criteria.
- Hand sanitizing should take place frequently. Hand sanitizer should contain at least 60% alcohol.
- If restrooms are available at the facility, limit use to one person at a time to avoid overcrowding.
- Respiratory etiquette for coughing, sneezing and nose blowing should be encouraged at all times.
- Upon arriving at the facility/field each player, coach, staff and official will be asked a series of health assessment questions and have a temperature check. Any individual that fails the pre-admission screening will not be able to participate and must go home immediately.
- Spitting is prohibited at all times and gum chewing or eating sunflower seeds is highly discouraged.
- Spectators must wear face coverings and social distance. Spectators should not stand near facility/field entrances, exits or other high traffic areas.
- Coaching staff should wear a face covering.
- Officials should wear a face covering whenever conditions permit.
- Athletes should wear face covering when not engaging in vigorous activity.
- Carry In/ Carry Out. All items brought to the park should be removed. To prevent cross contamination, all trash should be brought home and discarded there, or at the very least, discard in a trash bin at the park.
- Be sure to thoroughly wash hands, for at least 20 seconds, when you return home.
- When youth travel programs begin, you should follow the guidelines below:
  - Any team playing on a Township of Lyndhurst field must abide by the guidelines set by the Township of Lyndhurst.
  - Any Lyndhurst team travelling into another municipality must abide by the Township of Lyndhurst guidelines and the guidelines set forth by the other municipality.
  - In order to minimize the potential for exposure, carpooling is highly discouraged.

## **ACKNOWLEDGEMENT FOR VOLUNTEERS/PARTICIPANTS/COACHES/OFFICIALS**

I, \_\_\_\_\_, as a volunteer/participant/official acknowledge that I have received and read the New Jersey Department of Health Guidance for Sports Activities.

I understand that the Township of Lyndhurst is making all reasonable efforts to comply with the considerations of the COVID-19 Organized Sports Standards issued by the Center for Disease Control and Prevention, however, anyone participating in the sports programs may be exposed to or may contract COVID-19 during their participation.

I understand and acknowledge that I may be required to submit to temperature scans and complete health questionnaires before being permitted to participate in any practice or competition. I understand and acknowledge that if I refuse to submit to temperature scans or to complete health questionnaires, my child will not be able to participate in that day's event.

I further understand and acknowledge that if I exhibit any symptoms of COVID-19, including but not limited to fever, chills, cough, shortness of breath, sore throat, GI issues, sudden loss of taste or smell, or body aches, I will require a physician's note or negative COVID- 19 test to return to play/work/volunteer.

I understand, acknowledge and agree that all social distancing recommendations will be followed and that there will be no spitting, handshakes, high-fives, fist-bumps, team huddles, and any other close-contact.

I further understand, acknowledge and agree that face coverings are to be worn by all spectators consistent with State guidelines and that athletes are encouraged to wear a mask during downtime, but should not wear a mask during periods of physical activity.

I understand that the Township of Lyndhurst may change the requirements for participation as the State recommendations and guidelines change.

Volunteer/Coach/Official Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

## LYNDHURST RECREATION DAILY HEALTH QUESTIONNAIRE

If you answer yes to any of the question below, please do not proceed

- Have you been ill with fever, chills, cough, or body aches in the past 14 days?
- Has anyone in your household had these symptoms in the past 14 days?
- Have you or anyone in your household traveled internationally in the last 14 days?
- Have you or anyone in your household traveled to a location in the United States where an increased incidence of COVID–19 has been reported in the last 14 days?
- Have you been told by a healthcare provider that you should self-quarantine due to a potential COVID–19 exposure or are you suspected of having COVID–19?
- If your answer to any of these questions is yes, consider seeking medical advice and self-quarantine.

**Parent signature below indicates acknowledgement and an answer of NO to all of the questions above**

**Coach/Official/Volunteer: name (print):**

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**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

*\*Practice general sanitizing and hygiene practices to reduce risk and spread of infection. While at Lyndhurst recreation facilities please practice social distancing when possible. Maintain a distance of 6 feet avoid and congregating in groups. Please be courteous, respect others around you, and safely enjoy our facilities.*