

South Jersey Field Hockey League

Return to Play Policy

RETURN TO PLAY POLICY

Introduction: South Jersey Field Hockey League, "SJFH," has prepared Return to Play guidelines for our participants, coaches and families. The following recommendations and protocol are fluid and changing, based upon current guidelines set forth by the New Jersey Department of Health. Therefore, sport governing bodies and local municipalities adhere to their state and local guidelines when determining their own re-opening policies and procedures.

Participants must proceed with the understanding that there is no way to eliminate all risk of infection and as a result, the SJFH strongly encourages all participants to follow these recommendations as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

Vulnerable Public/Participants:

There are certain segments of the population that have an increased risk of being infected by the COVID-19 Virus. Individuals who are 65-years of age or older, those with heart, lung, kidney or liver complications and those with diabetes or any other pre-existing health conditions are encouraged not to be in attendance.

RETURN TO PLAY GUIDELINES FOR INDIVIDUALS/ ATTENDEES:

Member Town Field Hockey Organization's will adhere to the federal, state, and local guidelines in relation to organized youth sports.

Before Activities:

- Parents will be required to certify their child is symptom free for at least 14 days prior to any activity and provide a temperature check and recording. A Coronavirus Self Reporting form will be required prior to each practice/event. No exceptions.
- Parents will be required to sign a Communicable Diseases/Covid-19 Waiver for their child.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.
- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze

During Activities:

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- Players should wear a face mask while at the venue, while NOT on the field of competition.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants (high fives and huddles).
- Practice social distancing as often as possible.

- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes to wipe down your equipment and clean your hands.
- Properly dispose of your personal drinking cups, bottles, etc.
- DO NOT throw trash on the ground or around the bench areas.
- No more than 1 parent in attendance at practice. Parents should socially distance and wear a mask when at practice.

In-Between Activities

All attendees including staff, players, coaches, fans and officials while at the venue should have a face mask with them. Should local government require, face masks should be worn when in the “communal settings’ and when near others, except when practicing or playing in games.

Signage and Information disseminated to Participants, Family and Staff

Member Town Field Hockey Organizations will post on social media and send emails to all the players, parents and coaches prior to arriving to the venue with the precautionary measures that need to be adhered to during the any events.

Hydration Availability

- ALL athletes, spectators and coaches will be responsible for bringing their own water/drinks. They should be well marked with Initials or name.
- Water bottles should NOT be shared between individuals.

Coaches and Staff

Member Town Field Hockey Organization coaches and staff will be required to certify they are symptom free for at least 14 days prior to any activity and provide a temperature check and recording. A Coronavirus Self Reporting form will be required prior to each practice/event.

Signs and Symptoms of COVID-19

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.

Symptoms that may appear 2-14 days after exposure to the virus:

- Cough / Shortness of breath or difficulty breathing
- Fever / Chills / Repeated shaking with chills
- Headache / Sore throat / New loss of taste or smell

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

If you develop any of these emergency warning signs for COVID-19, get emergency medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

ADDITIONAL RESOURCES:

1. Latest Information from the White House on COVID-19: <https://www.coronavirus.gov/>
2. Link to the President’s Opening Up American Again Guidelines – <https://www.whitehouse.gov/openingamerica/>

3. CDC Guidance for Large Community Events and Mass Gatherings:

<https://www.cdc.gov/coronavirus/2019-ncov/community/largeevents/index.html>

4. CDC Guidance for Cleaning and Disinfection of Community Facilities:

<https://www.cdc.gov/coronavirus/2019ncov/community/organizations/cleaning-disinfection.html>

5. CDC Guidance for Cleaning and Disinfecting Your Facility: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-buildingfacility.html>

6. CDC Guidance for Visiting Parks and Recreational Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

g. CDC Guidance on Coronavirus and Travel in the US: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

By checking below, you certify that you have read and understand the SJFH Return to Play Policy. Further, by checking below you certify that you have explained this policy to your Coaches, Officers, Parents, and all Participants.

I understand the SJFH Return to Play Policy & have explained this policy to all the participants in our Member Town Field Hockey Organization.

By checking this box, I confirm that I am an authorized representative of the below Member Town Field Hockey Organization with the authority and consent of the organization as a representative.

Date	
Name of Member Town Organization	
Name of Authorized Representative	
Title of Authorized Representative	
Signature of Authorized Representative	