

Mystx Field Hockey Club Covid-19 Training Guidelines

Participating Players and their Parent(s) and/or Guardians must read and fully abide by the Mystx FHC Guidelines in order to participate in any Summer/Fall 2020 training at the Sportsplex, PA in Feasterville, PA. These guidelines have been implemented to help protect our participants, their families, and our staff.

1. Social Distancing Techniques

- Training groups will be limited to groups of 10 or less and athletes will remain with the same small group throughout the training program with minimal changes if needed.
- One coach will be assigned to each group and coaches will remain with that same group throughout the training program with minimal changes if needed. Additional coaches may float if needed as long as max per Rink does not exceed 25.
- Athletes will be required to arrive at the facility fully dressed for training, with their own equipment (stick, shin guards, mouthguard, towel or other gear, hand sanitizer and at least one large full water jug clearly labeled with the athlete's name). No shared water source will be available.
- Athletes should always bring hand sanitizer and a mask with them and must wear a mask at all times in the facility including during on court training. Masks may be removed only when athletes are at their personal gear station to hydrate.
- Each training pod will have a designated meeting area per the attached diagram and each athlete will have a designated spot for their equipment at least 6 feet away from others.
- Only coaches/staff will handle shared equipment, cages, balls, cones, etc. Athletes will be instructed not to touch the hockey balls with their hands, only with their stick or feet. Athletes are asked also to not touch rink doors, door handles or any part of the structure of the rink in order to mitigate the potential spread of the virus.
- No high fives or handshakes or other personal contact between athletes or staff will be permitted except incidental contact during competitive play.
- The men's and women's restrooms will be open and available during Mystx training and locations are marked on the Sportsplex diagram.

2. Transporting Procedures and Entrance/Exit for Training

- Parents should only transport participants who are members of their own household. Plan to drop off your athlete no more than 5 minutes prior to the start of their session.
- Parents are advised that any vehicles used for shared transportation should also be cleaned and disinfected at least daily or between use as much as possible.
- Parents should take their child's temperature before coming to the facility. Any athlete with a temperature of 100.4 or above should not leave home and should notify the Mystx Covid-19 point of contact by phone, email or text.
- All staff and all participants (or their parents) MUST complete the Mystx daily Covid-19 survey no more than 2 hours prior to EVERY session.
- The Daily Covid-19 survey may be found at <https://forms.gle/rTmgjy5qk9ijuaP46>
- A list of Covid-19 symptoms can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
- Parents/spectators may not exit their vehicles during drop-off and pickup. Parents should arrive no more than 5 minutes early for pickup or drop-off. Parents who choose to stay on site are asked to remain in their cars and refrain from gathering.
- All athletes will enter at the main entrance as marked on the Sportsplex diagram. Athletes may not enter the building unless a **green** placard is displayed. If a **red** placard is displayed in the door then athletes should wait in their cars or wait in a socially distanced manner with a mask on.

- On arrival at site: a designated staff member will monitor each check in area as designated on the diagram. Athletes names will be checked for completion of the mandatory daily online survey. An athlete who has not completed the survey will be asked to leave via the designated exit for their pod and may re-enter the building once they have completed the survey. Any athlete with signs or symptoms of Covid-19 at arrival will be sent home.
- Athletes must wear a mask from the time they depart their vehicle.
- At the end of each training session the pods will have 5 minutes to gather their belongings and exit the facility via the designated exit. Athletes are asked to wear their mask until they are in their vehicle.
- Participants should continue to abide by social distancing guidelines and go directly to their vehicles and depart the facility.
- Participants are to leave immediately after the end of their session.

3. Designated COVID Point of Contact

- Nicky Hitchens will be the designated staff person who will be responsible for responding to Covid-19 concerns. Nicky can be reached by email at mystxcoaching@gmail.com or by cell phone at 302-981-8606. During training there is limited cell service within the facility. Staff will have wifi access so an email or IMessage is preferred if sent during training blocks.

4. Communication Systems

- Consistent with applicable law and privacy policies, staff and families should self-report to the designated COVID-19 contact person, Nicky Hitchens, if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19 and other applicable privacy and confidentiality policies, laws and regulations.
- Mystx FHC will protect the privacy of people at higher risk for severe illness regarding underlying medical conditions in accordance with applicable privacy and confidentiality policies, laws and regulations.
- Mystx FHC staff will notify families of program closures and restrictions in place to limit COVID-19 exposure should they be necessary, and policies will be developed for a return to the program.
- 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.
- Staff will be given appropriate leave and permitted to return to work in accordance with CDC Guidelines.

5. Cleaning and Disinfection

- The Sportsplex, PA will be responsible for cleaning high touch areas in the facility. The restroom will be stocked with hand soap and paper towels. Mystx staff will do a restroom inspection prior to training sessions and restock hand soap and paper towels if needed.
- Athletes and staff will be instructed to wash with soap and water or hand sanitizer before and after each session and to use hand sanitizer during sessions if accidental contact occurs.
- Balls and cones will be disinfected prior to and after each session by a Mystx coach or staff member only.
- Any other coaching aids used during sessions will be limited as much as possible and will be disinfected prior to and after each session by a Mystx coach or staff member only.
- Any staff or athlete who uses the bathroom during the session will be instructed to wash their hands properly and to use hand sanitizer before entering and after departing the locker room.
- Participants and staff are strongly encouraged to cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds or apply hand sanitizer.

6. Rink Layouts and Etiquette

- The rinks will be into two halves and one pod will occupy each half per the diagram.
- There is no spitting (either saliva or water) allowed in the facility at any time including in any available water fountains and bathroom sink.
- Participants and staff should wash their hands thoroughly before leaving home, and wash or sanitize their hands again before entering the facility.
- Before the start of a session, coaches will explain measurements and restrictions to their participants.
- Water breaks will be allowed only at your designated space during training and we will reinforce social distancing.
- Coaches will take into account that participants may not have practiced for an extended period of time and will build up training sessions slowly and responsibly.
- All training equipment will be setup prior to participants' arrival.

7. Inclement Weather

- N/A for the current training sessions.

8. Cloth Face Coverings

- Although face coverings may be challenging for participants to wear during their skill sessions, face coverings will be required to be worn by participants at all times except when hydrating at personal stations.
- Coaches and staff will keep their face masks or gaiters on at all times except when hydrating
- 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>.

9. Recognize Signs and Symptoms

- Mystx FHC staff will be trained on all safety protocols and recognizing symptoms of COVID-19.
- Mystx FHC staff will ask parents/guardians to take their child's temperature before coming to the facility.
- Mystx FHC staff will ask the parent/guardian to confirm that the child does not have fever, shortness of breath or cough.
- Mystx FHC staff will, while maintaining a distance of 6 feet, make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness.
- Contactless temperature screening will be available for participants and staff, if needed, and will be conducted safely and respectfully, and in accordance with any applicable privacy laws and regulations. It is expected that temperature screening will take place before arrival at the facility.

10. Guidelines for Participants or Staff Members who become Sick

- Sick individuals should not come to the Sportsplex.
- 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 Mystx FHC's designated COVID-19 point of contact, Nicky Hitchens, 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.

11. Notify Health Officials and Close Contacts

- In accordance with state and local laws and regulations, Mystx FHC administrators 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).

- 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.
- Mystx FHC administrators 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.