



Program Preparation Plan for COVID-19 Winter 2021/2022

Playing sports has a range of physical, emotional, and interpersonal benefits. Due to increased exhalation that occurs during physical activity, however, some sports can put players, coaches, trainers, and others at increased risk for getting and spreading COVID-19. Closed contact sports and indoor sports are particularly risky. Sports activities often require people to be together for extended periods of time while participating in games or practices, socializing before & after games, and when traveling to and from events. Several outbreaks of COVID-19 associated with youth sports were reported in 2020-2021.

The purpose of this document is to provide guidance for participants in Rutherford Recreation programs related to COVID-19.

Prevention

Masking

- Wearing masks is an important prevention strategy to help slow the spread on COVID-19 and is particularly important when not everyone is fully vaccinated, when indoors and when physical distancing cannot be maintained.
- Masks must be worn by anyone who is not actively participating in aerobic or anaerobic activity as outlined in Executive Order No. 251 indoors

Physical Distancing

- When players and Coaches are not actively participating in practices and games, physical distancing should be encouraged

Symptom Screening

- Athletes, Coaches, Staff and others should be stay home if ill with COVID-19 symptoms, or if unvaccinated and live with someone who has COVID-19.
- Screening of any COVID-19 symptoms should be completed before participating in any program by parents/ guardians
- Anyone with fever or any symptoms of COVID-19 should separate from others and seek medical attention if needed
- Anyone who has any symptoms of COVID-19 during participation of any Recreation program will be separated from the group, and will leave program immediately
- Common symptoms include loss of taste or smell, aches and pains, headaches, sore throat, nasal congestion, red eyes, nausea, vomiting or diarrhea. More information can be found at CDC website <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



Program Preparation Plan for COVID-19 Winter 2021/2022

Protocols when a Player/Coach Presents with Symptoms of COVID-19

Anyone experiencing fever or other symptoms of COVID-19 should be tested for COVID-19 and contact their Health Care Provider

- Persons who test positive or anyone who does not get tested should not return to sports until at least **10 days** have passed since onset **AND** at **least 24 hours** have passed since resolution of fever without use of fever-reducing medications and other symptoms have improved. **Alert Rutherford Health Department 201-460-3020 immediately**
- Rutherford Recreation follows NJ DOH COVID-19 Public Health Recommendations for local Health Department for k-12 Schools which was updated on 12/15/2021
https://www.state.nj.us/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts_K12Schools.pdf

If Coach is advised that a player has COVID-19 or if Coach has COVID-19

- Tell the Parent/Guardian to call Rutherford Health Department 201-460-3020 & Recreation Department 201-460-3015
- **Immediately** advise Recreation Department 201-460-3015 or email recstaff@rutherfordboronj.com
- Advise team of pause due to potential exposure
- Recreation Department will communicate when play can continue

Protocols for When Prevention Measures are Challenged by Players or Parents/Guardians/Visitors

Anyone who refuses to wear an appropriate face covering while not participating in active aerobic or anaerobic activity will be asked to leave the gym.

Quarantine Periods

Exposed close contacts who have no COVID-19 symptoms and are not fully vaccinated:

- Should be tested immediately
- If negative, they should quarantine at home according the COVID-19 Exclusion Table after exposure and should be tested again 5-7 days after their last exposure or immediately if symptoms develop. If the result is again negative, individuals may return on the 8th day after their last exposure or later.
- If positive, they should isolate for 10 days.

Exposed close contacts who have no COVID-19 symptoms and are fully vaccinated:

- Do not need to quarantine or be excluded from school.
- Should be tested 5-7 days following an exposure to someone with COVID-19.
- Should still monitor for symptoms of COVID-19 for 14 days following an exposure.
- Should wear a mask in other indoor public settings for 14 days or until they receive a negative test result.

Exposed close contacts who have no COVID-19 symptoms and have been diagnosed with COVID-19 in the past 90 days:



Program Preparation Plan for COVID-19 Winter 2021/2022

- Do not need to quarantine or be excluded from school
- Should not be tested for COVID-19 but should still monitor for symptoms for 14 days following exposure.
If any close contact experiences symptoms (regardless of vaccination status), they should isolate themselves from others, be clinically evaluated for COVID-19, including SARS-CoV-2 testing, and inform their health care provider of their vaccination status at the time of presentation to care.



Program Preparation Plan for COVID-19 Winter 2021/2022