



Rye Field Hockey Academy

COVID-19 Protocol

Mission Statement

At Rye FHA, we value our Rye FHA family over all. As we have demonstrated throughout our summer and fall programs, we are dedicated to playing safely and properly. Our number one priority is the safety of our players and our Rye FHA family. The following pages in this document outline our COVID-19 protocol for the 2020-21 winter season.

Goals

- Ensure the safety of our players, coaching staff, and parents/guardians
- Conduct practice in a way that creates a meaningful and constructive experience for players without compromising safety and health
- Hold an open line of communication with players and parents/guardians to ensure transparency
- Continue to provide updates as the NYS protocol changes or as we transition into subsequent phases

COVID-19 Protocol Director

Rye FHA is designating Manveer Sandhu as the COVID-19 Protocol Director. Manveer is a certified COVID-19 contact tracer and has been paying close attention to the protocols released by USA Field Hockey and New York State.

Questions regarding our protocol or any COVID-19 related questions can be directed to Manveer Sandhu. She can be reached at ryefieldhockeyacademy@gmail.com.

Health Screening Questions

Players and coaches must answer all of these questions *prior* to attending a practice or Rye FHA event.

If you answer *YES* to any of these questions, DO NOT ATTEND PRACTICE:

- Have you or any of your family members tested positive for COVID-19 in the past 14 days?
- Have you or any of your family members come in close contact with a confirmed case of COVID-19 in the past 14 days?
- Have you or any of your family members experienced a fever (100.4°F or higher) or felt feverish in the past 3 days?
- Are you or any of your family members experiencing any of the following symptoms: runny nose, sore throat, cough, difficulty breathing, shortness of breath, muscle aches, or chills?
- Have you or any of your family members experienced a loss of smell or taste?
- Have you or any of your family members traveled internationally (outside of the US) in the past 14 days?
- Have you or any of your family members traveled by cruise ship or on public transportation (ie, bus, train, plane) in the past 14 days?
- Have you or any of your family members traveled to the restricted states listed on the NYS travel advisory warning in the past 14 days?
 - The complete list of restricted states can be found here: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>. It is expected that each person keeps up to date with the states on this list.

If the player or coach answered **YES** to any of these questions or have a fever, please do not attend practice and contact ryefieldhockeyacademy@gmail.com and we will discuss your return-to-play plan.

Thank you for your cooperation!

Protocol for Players/Participants

Players and participants are required to follow this protocol in order to participate in the Rye FHA Winter Programs.

- Answer the Health Screen Questions prior to attending practice and answering “no” to all of those questions.
 - If you answer “yes” to any of these questions, be in contact with ryefieldhockeyacademy@gmail.com before attending practice.
- All players will be required to wear a mask at all times except while drinking water during breaks.
- Personal items (including, but no limited to, water bottles, food, field hockey sticks, mouth guards) may not be shared among players.
- We prefer for you to bring personalized water bottles, as opposed to plastic water bottles (ie, Poland Spring, Nestle, etc). You must label your water bottles if you choose to bring a plastic water bottle.
- Equipment bags/backpacks must be placed at least 6 feet apart and players/participants are not allowed to touch the belongings of others.
- Players will be checked in for attendance and be asked health screening questions again by the coach prior to practice starting.
- Proper social distancing guidelines must be followed in the parking lot and as one enters and leaves practice.
- Sign the waivers provided.
- Stay at home if you do not feel well.
- Do not attend practice if you do not feel comfortable.
- Do not touch any of the equipment with your hand. Players/participants will be using their sticks to pile up the balls. Coaches will handle all equipment, including balls and cones.

Protocol for Parents/Guardians

Parents/guardians are required to follow this protocol in order to send their child to play at Rye FHA's winter programs.

- Ask your child the Health Screening Questions prior to arriving at practice.
- Check your child's temperature prior to arriving at practice. Only allow your child at practice if they do NOT have a fever.
- **Do not send your child to practice if they answered yes to any of the Health Screening Questions or if they have a fever. Make sure to notify ryefieldhockeyacademy@gmail.com**
- Parents/guardians are not permitted to be spectators. Please drop off your child and pick them up in a timely manner. Please remain in your vehicle.
- Notify ryefieldhockeyacademy@gmail.com immediately if your child becomes sick.
- Practice social distancing at all times. Face covering is required when social distancing is not able to be maintained.
- Ensure your child understands the protocols laid out in this document.
- Sanitize your child's equipment before and after practice.

Protocol for Coaches

Coaches are required to follow this protocol in order to attend and coach practices.

- Answer the Health Screen Questions prior to attending practice and answering “no” to all of those questions.
- Wear a mask/face covering at all times and maintain social distancing when possible.
- Check your temperature before you come. Make sure it is below 100.4°F.
- If you feel sick, stay at home! Communicate this as quickly as possible to ryefieldhockeyacademy@gmail.com
- Handle all equipment, including balls and cones.
- Wash personal equipment before and after practice.

Rye FHA’s Safety Commitment

Rye FHA is committed to keeping our players and coaches safe. We developed this protocol to make sure that safety is maintained.

We expect cooperation from our players and their families. Only if the rules are followed will Rye FHA be able to continue providing field hockey programs and opportunities for your daughter to play.

If there are any questions, they can be directed to ryefieldhockeyacademy@gmail.com.

General Safety Guidelines

Recommended by the CDC Guidelines.

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Monitor your health daily. Be alert for symptoms and take your temperature daily.

Reopening and Safety Guidelines

NYS Reopening Guidelines: <https://forward.ny.gov/>

NYS Travel Advisory Guidelines: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

CDC Safety Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>