



Arlington Field Hockey Return to Play Guidelines

Fall 2020 AFH Season

August 16, 2020



Return to Play Overview

At Arlington Field Hockey (AFH), we are extremely excited for the opportunity to play field hockey once again. As we prepare for our fall season, we must recognize the unique challenges presented by the COVID-19 pandemic. AFH defined safety guidelines we will follow to return to play as safely as possible.

It is important for all involved to understand and adhere to the safety guidelines. This document defines the AFH guidelines. We ask that all players, coaches, and parents review and understand the protocols.

As the COVID-19 situation within and around Arlington can evolve, these safety guidelines will be evaluated on a continuous basis and updated, if necessary, to achieve the best interest of players, coaches, and parents.

If you have any questions, please contact AFH at returntoplay@arlingtonfieldhockey.org



AFH Return to Play Safety Guidelines

- AFH players, coaches, parents, fans, and volunteers are asked to follow the AFH safety guidelines to manage the risk of contracting and spreading COVID-19.
- No one with a fever or symptoms of COVID-19 or known exposure to a COVID-19 case in the prior 14 days is permitted to participate in AFH activities. If you do not feel well, please stay home.
- AFH will implement health reminders, health screening questions, and impose physical distancing, where possible, at AFH activities.



AFH Safety Guidelines: Players

- AFH players should take their temperature each day. If the temperature is above 100.4°F, you should not attend the AFH activities until completing a quarantine period.
- AFH players should not attend practice if they feel sick, have a fever, or have been coughing or if they have been exposed to a person with COVID-19 within the last 14 days.
- AFH players will wear masks to enter and exit the field. AFH players are not required to wear masks while participating in the AFH activity.
- AFH players will wash/sanitize their hands before entering the field.
- AFH players must bring their own water bottle, stick, shinguards, mouthguards, and COVID-19 face mask. Players may not share equipment at AFH activities. AFH players will store their water bottles, bags, and personal items on the sidelines of the field at one of the cones which maintain 6-10 feet from another person's items.
- AFH players must wait to enter the field until the previous practice is complete. While waiting, physical distancing of at least 6 feet must be maintained.
- AFH players must stay with their assigned teams during AFH Activity.
- AFH players should maintain social distancing, where possible, during AFH activity.
- AFH players should not touch the balls or cones.
- Following the AFH activity, AFH players will collect their belongings from their assigned cones and wait for the coach to dismiss them.
- AFH players should maintain social distance as they return to their vehicles and depart.



AFH Safety Guidelines: Coaches and Volunteers

- AFH coaches should take their temperature each day. If the temperature is above 100.4°F, you should not attend the AFH activities until completing a quarantine period.
- AFH coaches should not attend practice if they feel sick, have a fever, or have been coughing or if they have been exposed to a person with COVID-19 within the last 14 days.
- AFH coaches will wear a mask to enter the field, during AFH activities, and exiting the field.
- AFH coaches must wait to enter the field until the previous practice is complete. While waiting, physical distancing of at least 6 feet must be maintained.
- AFH coaches or team managers will dismiss players in an organized fashion from all AFH activities to enable social distancing.
- AFH coaches and volunteers should maintain social distance as they return to their vehicles and depart.

TEAM MANAGER ROLES:

- AFH team manager will be assigned to each team to monitor and control COVID safety during AFH Activity.
- Prior to a scrimmage or game, AFH team manager should verify they have a minimum of 7 players available for the scrimmage or game. If the minimum number of players are not available, please coordinate with AFH to assess alternatives.



AFH Safety Guidelines: Parents

- AFH parents should monitor your player's health. If your child is sick or around someone who is sick, **STAY HOME**.
- AFH parents should understand and comply with the AFH safety guidelines. If you are not comfortable, please do not have your child attend the AFH activity.
- Assist your child in understanding and complying with the AFH safety guidelines.
- If attending an AFH activity, you must wear a mask and maintain a proper social distancing while observing the AFH activity.



What If Scenarios

- If an AFH player, coach, or volunteer becomes sick, please contact the league as soon as possible at returntoplay@arlingtonfieldhockey.org
- If an AFH player, coach, parent, or volunteer becomes sick with COVID-19, AFH will notify all members of that players' team and any other teams that have come in contact with the players' team.
 - If a member of a team becomes sick with COVID-19, the team will shut down for 14 days.
 - If a more than 1 team within an age group has a member that is sick with COVID-19, the age group will shut down for 14 days.
 - If positive cases cross teams and age groups, the league will shut down for a minimum of 14 days.
- If an AFH player, coach, parent or volunteer cannot follow the AFH safety guidelines, they will be asked not to participate in AFH Activities.