

# Mendham Magic General Rules for Operation during COVID-19

With COVID-19 being an insidious virus and oftentimes not provoking symptoms in people, we all need to be extra-vigilant to limit risks of contagion. It is every individual's responsibility to use their best efforts to ensure their safety and that of the others whom they train with.

Mendham Magic will follow the guidelines put forth by the NJSIAA COVID-19 Phase 3 guidelines and from the NJ Dept. of Health *Guidance for Operations* (revised 8/17/20). Please read and go over the guidelines with your athlete. Anyone who does not adhere to these guidelines will be removed from practice.

1. General rules for practices and meets:
  - a. Mendham Magic will make available hand sanitizer and/or other sanitizing material at each practice or meet
  - b. Use of restrooms at practice and meets is at the sole discretion of the coach, volunteer, athlete or spectator
  - c. Coaches and volunteers will identify themselves prior to the beginning of practices or meets to help remind the athletes regarding social distancing
  - d. All coaches, volunteers, athletes and spectators shall remain six (6) feet apart from one another whenever possible.
  - e. All coaches, volunteers, and spectators will wear cloth face coverings. Coaches, volunteers and athletes can remove face coverings when engaged in high intensity aerobic or anerobic activities (running, drills, etc.) or when engaged in activities where the face covering can become wet or when doing so will endanger the individual's health. Face coverings will be worn when not engaged in vigorous activity (stretching, waiting for practice to start, receiving first aid and the like). When not wearing a face covering, efforts will be made to ensure a distance of at least six (6) feet.
  - f. All age groups will practice on the same day, however the clinic (ages 8 and under) will be separated from the remaining age groups
  - g. All coaches, volunteers and athletes will bring their own water/drink bottles and snacks to practice. Mendham Magic will not provide coolers or disposable cups for shared hydration or any candy or snacks.
  - h. Mendham Magic will not provide or utilize any training equipment at practices or meets (parachutes, sleds, ladders, rollers and the like). Athletes can bring their own equipment; they will not be permitted to share.
2. Practices
  - a. Mendham Magic will adhere to the gathering limitations outlined in any Executive order in effect at the time of practice (currently up to 50 athletes in an outdoor workout, new guidelines are expected after 8/28).

- b. All coaches, athletes' volunteers and anyone else participating in practice sessions will be screened by temperature check and health questionnaire prior to their participation. Anyone who develops or demonstrates signs or symptoms of COVID-19 will be removed from participation immediately and all required parties will be notified.
  - c. Practices activities will involve individual skill building activities, person-to-person activities will be discouraged.
  - d. Coaches, athletes, volunteers and spectators will adhere to social distancing guidelines while not actively involved in practice activities. When possible, a dedicated monitor will be assigned to ensure compliance.
  - e. Any equipment used by Mendham magic or individual athletes will be cleaned and disinfected at the conclusion of practice, sharing will be discouraged.
  - f. When necessary groups will be divided to ensure proper social distancing will be maintained.
  - g. Spontaneous acts such as spitting, handshakes, high-fives, team huddles and any other close-contacting activities will be restricted as necessary.
  - h. Spectators will be allowed at practices and meets, they will be required to remain in designated areas in order to maintain social distancing and anyone demonstrating symptoms of COVID-19 will be removed from the site.
3. Meets
- a. All coaches, athletes, volunteers and spectators will follow the protocols for "Practices."
  - b. When competitions are permitted, all coaches, athletes, volunteers and spectators will be required to abide by the gathering's limitations in effect at that time and any other limitations required by the hosting town.