



Wilton Field Hockey Association Preseason Camp and Youth Clinics Protocols

Overview:

As we look forward to our HS Preseason Camp and our Youth Clinics, the health and safety of our families and players is at the forefront of our decision making. We will be guided by Wilton's Phase 2 Reopening Guidelines, CDC Recommendations and USA Field Hockey's Return to Play Guidelines. These guidelines can be modified or updated at any time given from federal, state, local and school officials.

Logistics:

- Limit training groups to 10 (ten) or less
- There will be preassigned groups and these groups will be kept the same throughout the program.
- No drop-ins will be allowed.

Transition details:

- Players will have 15 minutes prior to and after practice to transition on and off the turf/track. There will be no crossover between sessions.
- Practice Start Time- Players are not allowed to be on the field more than 10 minutes prior to the start time and must wait until the prior session has cleared out before entering the track area.
- Parents/Caretakers must stay in their cars at drop-off (no spectators allowed).

- Athletes must all wear masks until the session begins.
- Athletes must maintain a distance of 6 feet unless they are from the same family.
- Athletes should be dressed for practice and only bring items that they need for the practice.
- Athletes must put their belongings in a designated area once they arrive for the session.
- Athletes and Parents are responsible for self-reporting symptoms which could indicate COVID-19.
- Athletes who have any symptoms will not be allowed to attend for 2 weeks after their symptoms have resolved and must obtain a doctor's note/negative COVID test.
- Athletes/Parents will need to sign a waiver regarding Coronavirus liability and having health coverage.

Measures to Protect- Social Distancing:

- Coaches will handle all shared equipment and will disinfect in accordance to guidelines.
- Athletes use only their own sticks, shin pads, face masks for clinics.
- Athletes use own water bottle, towels and personal hygiene products. Bring enough water to last the entire session. No sharing food or water allowed.
- No high fives or handshakes.
- Focus on drills that allow for social distancing to be maintained.
- No activities that require direct contact between athletes will take place.
- Frequent cleaning of equipment with disinfectant before and after training sessions will take place.
- Participants with symptoms or signs of illness shouldn't attend; participants should not attend if a member of the family suspects they have COVID-19.
- A screening policy for athletes on arrival, including touch-free temperature-taking and self-reported symptoms

- Good hygiene practices will take place with verbal reminders.
- Highly recommend each athlete has individual hand sanitizer for personal use.
- Athletes exhibiting signs and symptoms of illness will be required to leave practice.

After Play:

- Wash hands thoroughly or use a hand sanitizer after activity.
- Leave facility as soon as reasonably possible after activity finishes.
- Shower and change at home.
- Disinfect all personal equipment.
- Wash all training clothing worn after each session.
- All communications from parents/player will be through email or phone.

Injuries:

- There will be a basic first aid kit available.
- Athletes will be responsible for sanitizing hands before touching any first aid kit items.
- Athletes will be brought to an “isolation area” if in need of first aid.
- If injury requires the attention of a coach, both coach and athlete will be required to wear a mask, gloves and sanitize before any contact.
- Any used items must be discarded immediately into garbage.

COVID-19 Symptoms:

All participants should be knowledgeable about the symptoms of COVID-19. Please review the CDC's published list of symptoms below:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or Smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Contact Information:

- WFHA contacts: wiltonhsfieldhockey@gmail.com, Lauren Prario, President: lprario@optonline.net

Additional Information:

- Town of Wilton Reopening Plan: https://www.wiltonct.org/sites/wiltonct/files/uploads/20200617town_of_wilton_reopening_plan-phase_2_only_final.pdf
- CIAC Resocialization Guidelines: <http://www.casciac.org/pdfs/CIACResocializationofAthleticsGuidance.pdf>
- CDC Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Center of Disease Control: <http://www.cdc.gov>
- CT Coronavirus Information: <http://portal.ct.gov/Coronavirus>