



Return to REC Operational Plan (Pending City Council Sept 15th Approval)

In an effort to reopen our City Recreation programs and activities, the City has developed the following **Return to Rec Operational Plan**. This plan has been developed in accordance with the *New York State Sports and Recreation Guidelines*, which may be found at the following web address:
<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationSummaryGuidance.pdf>

Your family's safety is our number one concern as the City works towards a return to play.

To ensure the safety of both you and the community, the City will be instituting the following measures at all of its facilities:

- *Limiting enrollment to allow for smaller groups*
- *Sanitizing equipment after use*
- *Requiring Staff members/Coaches to wear a mask*
- *Staggering start times*
- *Allowing no more than two (2) spectators per participant per session*

Please email RecReservations@Saratoga-Springs.org if you have any questions or concerns regarding the City's programming.

CDC Symptoms of COVID-19:

Fever or chills	Loss of taste or smell
Cough/Shortness of breath	Sore throat
Fatigue	Congestion or runny nose
Muscle or body aches	Nausea or vomiting
Headaches	Diarrhea

The following COVID-19 protocols should be followed BEFORE each City sponsored Recreation activity you engage in:

- 1) Families are responsible for monitoring the temperature of the participant as well as anyone accompanying them to the activity. If the temperature of any of these individuals is 100.4F or higher, the participant will not be allowed to enter or participate.
- 2) Signs and symptoms of COVID-19 should be reviewed at home BEFORE the participant arrives to any recreational related activity.
- 3) If the participant or anyone accompanying them answer YES to any of the following questions, the participant will not be able to attend the activity:
 - a. Has the participant or anyone accompanying them had COVID-19 symptoms in the past fourteen (14) days?
 - b. Has the participant or anyone accompanying them had a positive COVID-19 test in the past fourteen (14) days?
 - c. Has the participant or anyone accompanying them had close or proximate contact with someone confirmed or suspected of having COVID-19 in the past fourteen (14) days?
- 4) Participants are expected to "check in" with the coach/coordinator prior to being allowed to participate. Attendance records will be kept of every session as mandated by the NYS DOH for contact tracing purposes.
- 5) Each participant is responsible for bringing their own hand sanitizer to the activity they are participating in.
- 6) It is the responsibility of each participant/family to bring their own equipment to each activity. Equipment must be washed and sanitized before each session.
- 7) Please arrive no earlier than fifteen (15) minutes prior to the start of the activity.



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The following COVID-19 protocols should be followed DURING each City sponsored Recreation activity you engage in:

- 1) It is suggested that parents remain in their vehicle during drop off/pick up of each activity. If child needs assistance before or after the activity, we suggest only 1 adult accompany the child. No more than 2 spectators are allowed to accompany each participant.
- 2) Participants are encouraged to fully dress before getting out of their vehicles. Participants should wait to change after practice until they have returned to their vehicles.
- 3) Facemasks should be worn appropriately (over the nose and mouth) when coming from the car to the practice area. During practice when socially distanced, participants have the option to continue wearing the mask or to take the mask off. Upon leaving the practice area for any reason, the facemask must again be appropriately worn.
- 4) Activities will be socially distanced as much as possible.
- 5) Cover your coughs and sneezes with a tissue or use the inside of your elbow. Throw the tissue away after use. Please wash hands after with soap and water for 20 seconds. If soap and water are not available, please use hand sanitizer.
- 6) There should be NO sharing of personal items.
- 7) All food/drink items are carry in/carry out.
- 8) There should be NO physical contact between participants and participants and adults any time during activity. (i.e. huddles, high fives, etc.)
- 9) If parents have a question, they should call/email the coach/coordinator or the Recreation Department.

The following COVID-19 protocols should be followed AFTER each City sponsored Recreation activity you engage in:

- 1) Please leave the practice area within fifteen (15) minutes after the activity has ended.
- 2) Participants/families are responsible for monitoring ongoing health status. If a participant becomes ill with COVID-19 symptoms or was exposed to someone with COVID-19, they are to refrain from participating in recreational activities. Please notify the Recreation Department as soon as possible. The participant is advised to contact their primary care provider for next steps (see Return to Play after illness/exposure below).
- 3) Parents and participants have the responsibility to ensure all equipment is washed and sanitized after each activity.
- 4) Parents and participants are responsible for ensuring hand sanitizer is available for the next session.



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DOH has instituted guidance for public and private employees returning to work following COVID-19 infection or exposure. We are following these guidelines for Return to Play. The following COVID-19 protocols should be followed for Return to Play for each City sponsored recreation activity you engage in:

- 1) If a participant suspects or tests positive for COVID-19, regardless of whether the participant is symptomatic or asymptomatic, the participant may return to play upon completing at least ten (10) days of isolation from the onset of symptoms or fourteen (14) days of isolation after the first positive test if they remain asymptomatic.
- 2) If a participant has had close or proximate contact with a person with COVID-19 for a prolonged period of time AND is experiencing COVID-19 related symptoms, the participant may return to play upon completing at least ten (10) days of isolation from the onset of symptoms.
- 3) If a participant has had close or proximate contact with a person with COVID-19 for a prolonged period of time AND is not experiencing COVID-19 related symptoms, the employee may return to play upon completing fourteen (14) days of self-quarantine.

The complete document can be found by going to:

https://coronavirus.health.ny.gov/system/files/documents/2020/06/doh_covid19_publicprivateemployee_returntowork_053120.pdf

Participants MUST be cleared by their primary care provider before returning to play.

Players unable or unwilling to comply with the suggested guidelines will not be allowed to participate in any Saratoga Springs Recreation Department activity.