



Covid-19
SPORT CAMP GUIDELINES

These guidelines were developed based on the recommendations of the North Carolina Department of Health and Human Services and the Center for Disease Control specific today camp or program settings serving children and teens.

General Program Information

1. Hours of Operation
 - a. Please refer to the City of Monroe Parks and Recreation website or program guide for specific dates and times for sports camps.
2. Equipment and personal items should not be shared. Belongings should only be used by the individual owner. Examples include water bottles, gloves, and hats/helmets.
 - a. Players are highly encouraged to bring his/her own equipment labeled with his/her name.
3. Players are not allowed to handle training equipment (bags, cones, ladders, pennies etc.). Pennies will be washed before and after each use.
4. Camps/Clinics will utilize City athletic fields or facilities that are currently available for public use.
5. Group sizes will be limited to 10 or less with a minimum staff to participant ratio of 1:10.
6. Any alterations to group sizes will be governed by revised restrictions for mass gathering capacities.
7. Sanitation and equipment cleanings will follow guidelines and recommendations set by CDC and the NCDHH. If applicable, each group of participants will be assigned equipment and supplies which will be sanitized after each use, camp or clinic. If able and dependent on the type of camp, equipment will be made available for individual use.
8. Registration enrollment must adhere to the maximum number allowed by mass gathering restrictions. This number must include any instructors or coaches.

Facility Set-Up

1. Ratio of 1:10 staff to participants, when feasible.
2. Stations set-up with individual equipment placed 6 feet apart to provide social distancing.
3. Participants will remain in same groups for the duration of the camp.
4. Restroom Doors prop open for use.
5. Spectators are NOT allowed to enter player areas (on the field of play or bench areas).
6. Before and after each camp/clinic/program or activity, equipment will be cleaned and disinfected (including balls).
7. All skill and drill activities must be adapted to provide appropriate social distancing.

Personal Hygiene Protocols

Staff PPE Requirements

1. Cloth face coverings must be worn by staff when unable to maintain at least six feet of distance during outdoors activities.
2. Gloves should be worn when sanitizing and/or cleaning equipment. Gloves should be removed and properly disposed of after each usage.
3. Hands should be cleaned with soap and water or by hand sanitizer before and after escorting participant to and from the facility during drop off and pick up.

Handwashing Guidelines for Staff and Participants

Hand washing is the first line of defense to avoid the spread of germs. However, hand sanitizer will be made available to staff.

1. Participants are recommended to provide their own hand sanitizer at all times. They should apply before and after every session and if possible, during any breaks.
2. Staff will provide hand sanitizer on site. Players will sanitize hands after each rotation of activity.
3. Players will not be permitted to shake hands, high five, etc.

General Sanitation

A sanitizing solution as recommended by CDC will be mixed and provided by for sanitation.

1. Door handles, light switches, player benches, and other often touched areas and items will be sanitized with an approved sanitizing solution per CDC guidelines and recommendations.
2. If more than one group is utilizing a restroom, that group will be designated their own unisex restroom if feasible or available. If not available, groups will stagger restroom visits to allow for sanitation between groups.
3. Any other items not listed should be sanitized appropriately and based on need.

Check-In/Drop Off Procedures

1. Parents will remain in their vehicle and staff will escort participants to and from the facilities. No parents or guest will be permitted on or around the fields.
2. Temperatures of participants will be taken by the parent, if possible, and recorded by staff using an approved thermometer before participant is allowed to participate.
 - a. Parents are expected to keep children home if they or any member of the household have a temperature of 100.4 or higher or exhibit symptoms of infection.
 - b. If a child exhibits a temperature higher than 100.4 or exhibits symptoms of infection, the child will not be allowed to participate and will be left in the care of their parent/guardian. The child will not be eligible for return to camp until the child displays no temperature for 72 hours without temperature reducing medicine.
3. Parents will be required to answer a series of Covid-19 health assessment questions prior to camp/clinic as a part of a daily health screening.

4. Staff will confirm health screening questions and record temperatures. Parents will be required to provide their own pen to sign children in daily or will be given a pen to keep for future use.
5. Supervisor will provide a parent information sheet that includes health precautions, contact information and other pertinent information involving the camp/clinic to parents.

On Site Sickness Procedure

1. If a participant becomes ill, staff will follow the direction of the Union County Health and the City of Monroe Human Resource Departments in regards to the isolation or quarantine procedures for both staff and other camp participants.
2. If an abnormal temperature is discovered, that individual will be placed in the designated onsite sick room and a supervisor will call parents for pick up immediately. Parents are required to pick up children displaying a temperature of 100.4 or other symptoms immediately.

Pick up Procedures

- 1 Parents are to remain inside of cars.
- 2 A staff member will be designated to administer the pickup process for children.
- 3 Child will sanitize hands at the conclusion of the camp/clinic.
2. Assigned staff member will escort child to their car. Staff member must sanitize their hands by washing them or utilizing hand sanitizer prior to and after escorting child to the car.
3. Staff will verify ID as an individual approved for pick up. Parents/guardians must show valid ID matching the name on the pickup list before child is released.
4. Parents will be required to provide their own pen to sign children out daily or will be given a pen to keep for future use.
5. All general information will be briefly discussed with the parent at the time of pickup in an effort to limit staff exposure. Any other information requiring extended conversations will be discussed via email or by phone.