



Return to Play Guidance and Update: Released June 12, 2020

Effective June 12, 2020, the following guidance is intended for Carroll County Recreation and Parks programs and activities, including all Recreation Council programs. These guidelines supersede the June 5th Return to Play Guidelines.

In accordance with the directive and order regarding **Community, Recreational, Leisure, Cultural and Sporting Gatherings and Events, Pursuant to Executive Orders No. 20-06-10-01 No. MDH 2020-06-10-02, No. 20-06-12-01** (attached), the following is permitted for Carroll County Department of Recreation & Parks and its volunteer Recreation Council programs:

Youth Sports Gatherings and Events

A. All youth sports gatherings and events may resume sporting and other customary operations as of 5:00 P.M. on June 12, 2020 for outdoor activities and 5:00 P.M. on June 19, 2020 for indoor activities. Parents and family may spectate at youth sports gatherings with appropriate social distancing.

B. All individuals within an indoor sports facility shall maintain six feet social distancing whenever possible.

C. To the extent possible, individuals engaged in the sport and at the venue shall wear a face covering, especially when social distancing is not feasible. Face coverings are not recommended when outside on very hot days due to the risk of heat injury.

D. For contact sports (e.g., wrestling, basketball, and football), play should be modified to safely increase distance between players following **CDC guidance (see below)**.

CDC Guidance: *Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players.*

For example, players and coaches can:

- *focus on individual skill building versus competition;*
- *limit the time players spend close to others by playing full contact only in game-time situations;*
- *decrease the number of competitions during a season.*

Sports Gatherings and Events

A. All adult sports gatherings, including professional, major and minor leagues, semiprofessional, amateur, and recreational sports and events may resume sporting and other customary operations, but may not open to spectators or the general public as of 5:00 P.M. on June 12, 2020 for outdoor activities, and 5:00 P.M. on June 19, 2020 for indoor activities.

B. High school and college athletics may resume sports gatherings and events but may not open to spectators or the general public. For contact sports (e.g., wrestling, basketball, and football), play should be modified to safely increase distance between players following CDC guidance (see below).

CDC Guidance: Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players.

For example, players and coaches can:

- *focus on individual skill building versus competition;*
- *limit the time players spend close to others by playing full contact only in game-time situations;*
- *decrease the number of competitions during a season.*

C. All individuals within an indoor sports facility shall maintain six feet social distancing whenever possible.

D. To the extent possible, individuals engaged in the sport and at the venue shall wear a face covering, especially when social distancing is not feasible.

Carroll County is providing a copy of the Secretary's order No. MDH 2020-06-12-01 to be disseminated through each Recreation Council and it may be found below:



2020.06.12.01 - MDH
Order - Community R

Maryland Department of Health (MDH) is encouraging youth sports organizations to consider MDH guidelines which can be found at the following link: <https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf>). These *guidelines* are more restrictive than what is required under the Secretary of Health's Order and they *are voluntary*.

Best Practices for Return to Play

- Parents/participants should perform regular wellness checks, per CDC recommendations, prior to reporting to activity:
 1. *No Fever in the last 2-14 days (100.4 degrees Fahrenheit or higher)*
 2. *No unexplained cough, shortness of breath, muscle pains, shaking with chills, headache, sore throat in the last 2-14 days*
 3. *No Prolonged exposure (15 minutes or more within 6 feet or less) to any exhibiting the systems above in the last 2-14 days.*
 4. *Negative response to any of above questions should result in individual staying home and not participating*
- Parents should review COVID-19 information and best practices
- Monitor athletes during breaks and down times and encourage social distancing
- Consider no high-fives, team huddles, handshakes, fist pumps etc. instead, consider implementing tilting of a hat, fist in the air, clapping, etc.
- If a coach/instructor tests positive for COVID-19 anytime during a season or when they've been in contact with other volunteers or athletes, they must immediately Contact Carroll County Department of Health, at 410-876-4848 and follow their directions.
- Remember the following:
 1. *The more people a person interacts with and the longer the interaction = the higher risk of COVID-19 being spread*
 2. *Educate and encourage participants to stay home when feeling sick*
 3. *Promote behaviors to reduce the spread (players bringing their own hand sanitizer, sanitizing their hands during water breaks, washing hands 20 seconds or more)*
 4. *Advise those who have had close contact with a person diagnosed with COVID-19 to stay home, self-monitor for symptoms and follow CDC guidance if symptoms develop.*

As always, please contact the Bureau Chief, Lisa Carroll, at 410-386-2103 or email at licaroll@carrollcountymd.gov with any questions

