



CITY OF ROCKVILLE RETURN TO PLAY

The Department has adjusted its sports program guidelines during COVID-19. This document provides important details as to those changes and some league playing rules or protocol changes due to COVID-19.

- Please be vigilant in preventing the spread of the COVID-19 virus by practicing good hygiene as recommended by CDC guidelines. CDC guidelines can be found here: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Please stay home if you are experiencing any signs or symptoms of COVID-19 or if you have been exposed to someone who has had signs or symptoms of COVID-19. Please see CDC guidelines for specific COVID-19 symptoms.
- Coaches, runners, participants, spectators and staff, please perform a self-check of symptoms prior to leaving for scheduled practice or game at a City of Rockville facility. If your temperature is 100 degrees or higher, you are not permitted to participate in an activity on a City of Rockville field for a minimum of 14 days. You may, however, return sooner if you have a Doctor's note for return to play. The self-check should be screening for the following criteria:
 - Today or in the past 24 hours have you had any of the following symptoms:
 - Fever (temperature of 100.4°F or above and 100°F or above for adults)
 - New or worsening cough
 - Shortness of breath or trouble breathing
 - Sore throat, different than your seasonal allergies
 - New loss of smell and/or taste
 - Diarrhea or vomiting
 - Do you have a household or close contact who has been diagnosed with COVID-19 in the past 2 weeks?
- As per the CDC: If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. We strongly urge you to consider the risk that you would be taking by participating in a practice or game on City of Rockville fields, as you will be putting your health at risk. Therefore, you may consider not participating in practices at this time.

The Centers for Disease Control and Prevention (CDC) offers general guidelines and recommendations for the public on how to limit the spread of COVID-19. They currently include:

- Clean and disinfect frequently touched surfaces and exercise equipment including balls
- Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol
- Wear a cloth face covering that covers your nose and mouth in public settings
- Stay at least 6-feet away from non-household members

- Cover mouth and nose with a tissue when coughing or sneezing
- Stay at home if you are sick

City of Rockville Youth Sports Leagues General Re-Start Precautions:

- Spectators are not encouraged at City of Rockville Sports Leagues this spring.
- If spectators must come to meets or practices, they must stay within the spectators area, must maintain six feet of distance between themselves and others, and they must keep face coverings on at all times during City of Rockville meets and practices.
- Runners, coaches, staff and spectators must wear a mask or face covering when arriving to the course.
- Runners not actively participating in the meet must wear their face covering.
- Eliminate pre-race coaches conference or conduct meeting while maintaining physical distance
- Recommend runners provide their own equipment for practices.
- Recommend runners, coaches and course marshals/rabbits sanitize hands during breaks. The City of Rockville will provide hand sanitizer at each course during the race.
- Runners arriving for their scheduled meet should wait in their cars until their scheduled race time. After the completion of the course, runners must leave the course area immediately.
- No team/runners' handshakes, no team/runner high fives, and no group gatherings between teams on the course. Try to keep social distancing between runners. Ask team members to tip caps, wave, team cheer etc –from the parking lot after each race.
- **Arguing or not adhering to any City of Rockville distancing rules will result in dismissal from the field and a possible forfeiture of the game for that person's team.**

Source

[Centers for Disease Control \(CDC\)](#)

[National Council Youth Sports](#)

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