



COVID-19 Fall Sports Operations Plan

The health and safety of our participants is our greatest priority. With that in mind, we have developed the following Covid-19 Operations Plan for the Fall 2020 athletic programs. These protocols are based on recommendations from the NC Department of Health and Human Services and the CDC. All participants, spectators, coaches, officials and staff members are expected to adhere to the protocols as stated below.

Athletic Activity Protocol

1. All individuals are expected to maintain social distance of at least six (6) feet whenever possible.
2. Participants and spectators two (2) years or older are required to wear a face covering, when not actively engaged in physical activity during athletic events, where social distance cannot be maintained. Face coverings are not required for individuals exempt per the exceptions outlined in Section 3.5 of Executive Order 141.
3. Individuals should refrain from unnecessary physical contact. Shaking hands, high fives, or fist pumps are not permitted.
4. Coaches, officials, and others should modify communication to avoid up close face to face discussion.
5. Frequent hand washing and/or use of hand sanitizer is encouraged. All participants and staff are required to wash hands or sanitize upon arrival, after contact with other individuals, and after performing cleaning or disinfecting activities. Restrooms and/or hand sanitizer stations will be available at each facility.
6. Sharing of equipment is prohibited. Participants are encouraged to provide their own equipment. Holly Springs Parks and Recreation will issue equipment to those individuals without the means to provide for themselves.
7. Participants and staff are required to provide their own water bottle. Water fountains will be inoperable and unavailable.
8. Shared snacks and beverages will not be permitted.
9. All participants, staff, and spectators are required to self-monitor and conduct self-assessment screenings for COVID-19 related symptoms prior to attending any athletic events. Temperature checks are encouraged. Any individual experiencing symptoms such as fever, cough, or shortness of breath should stay home.
10. Individuals who become symptomatic after arrival or during an athletic event will immediately be separated from others and sent home as soon as possible. In situations where a participant presents COVID-19 symptoms, individuals are encouraged to get properly tested for the coronavirus. The participant will not be permitted to return to athletic activities until meeting CDC guidelines for re-admittance.
11. If a participant, staff, official or spectator has been diagnosed with COVID-19, they will be excluded from athletic activities until they can answer YES to the following:
 - ✓ No fever for at least 72 hours since recovery (without fever reducing medicine) AND
 - ✓ Other symptoms have improved AND
 - ✓ At least 10 days have passed since first symptoms

12. Upon receiving notification of a positive COVID-19 case, Holly Springs Parks and Recreation will follow all required steps issued from the NCDHHS regarding necessary facility cleaning and disinfecting and participant communication.

Athletic Staff Responsibilities

1. Employees will adhere to the guidelines as established in the Holly Springs Parks and Recreation COVID Personnel Procedures.
2. Perform self-screening health assessment before reporting to work. Temperature checks are encouraged. If employee has experienced COVID-19 symptoms, notify supervisor and do not report to work.
3. Wear a face mask when interacting with participants, officials and spectators. Follow CDC guidance for wearing face coverings.
4. Sanitize high traffic areas and restrooms frequently.

Facility Specifications

5. Staff will follow NCDHHS guidance for cleaning and disinfection protocol.
6. Facility restrooms and high traffic areas will be cleaned and disinfected prior to all organized athletic activities. Parks and Recreation staff on site will address any infrequent sanitation needs that occur during athletic activities.
7. Common areas including bleachers and dugouts will be closed to prohibit gathering in groups.
8. If spectators are permitted, they must be compliant with the limit on mass gatherings. Spectators will be required to provide their own seating along sidelines spaced at least six (6) feet apart.
9. Signage will be displayed at all fields to remind participants and staff of recommended COVID-19 prevention strategies including [Know Your Ws: Wear, Wait, Wash](#).

These guidelines and protocol are established based on best practice recommendations for operating athletic events and leagues as suggested by the Center for Disease Control and Prevention (CDC), the NC Department of Health and Human Services (NCDHHS) and the National Recreation and Parks Association (NRPA).

Youth Baseball/Softball Specific Guidelines

1. All participants, staff, officials, and spectators are expected to adhere to the Athletic Activity Protocols as outlined above.
2. Volunteer coaches are responsible for reinforcing COVID-19 best practices during all events including encouraging social distance as much as possible, wearing masks when not engaged in physical activity, and limiting physical contact with others.
3. Players are expected to provide their own equipment including a glove, batting helmet, and bat. Holly Springs Parks and Recreation will issue equipment to those individuals without the means to provide for themselves, while supplies last.
4. To allow for social distance, teams will use dugouts and bleachers during practices and games. To limit exposure, teams will be assigned to one set of bleachers and dugouts during an activity. (ex. Team A practicing at 6:00pm will use the dugout and bleachers along the first base side. Team B practicing at 7:30pm will use the dugout and bleachers along the third base side.) Each player will be assigned a space, designated with tape, for breaks and storing equipment bags. Dugouts and bleachers will be disinfected before and after each activity.
5. Spectators will be limited to two (2) per family. Spectators will be required to provide their own seating along sidelines spaced at least six (6) feet apart. Participants and spectators should remain in their vehicles until 10 minutes prior to their activity start time, or until the current group on the field has time to depart.
6. A bucket of balls will be provided to each team for practices. Balls will be sanitized prior to use and immediately after each practice. Two balls will be provided for games to allow for each team to use their own exclusive ball when playing the field.
7. Pitching machines will be cleaned and disinfected before and after each practice and game activity.
8. The catcher position will not be used in the Coach Pitch and Machine Pitch leagues.
9. Participants should prohibit gum chewing, eating sunflower seeds, or other habits that result in spitting or licking fingers.
10. To prevent physical contact, post-game handshakes will not be permitted.

Youth Soccer/Football Training Programs Specific Guidelines

1. All participants, staff and spectators are expected to adhere to the Athletic Activity Protocols as outlined above.
2. Volunteer coaches are responsible for reinforcing COVID-19 best practices during all events including encouraging social distance as much as possible, wearing masks when not engaged in physical activity, and limiting physical contact with others.
3. Players are expected to provide their own soccer ball/football and water bottle for each training session. Holly Springs Parks and Recreation will issue equipment to those individuals without the means to provide for themselves.
4. Spectators will be limited to two (2) per family. Spectators will be required to provide their own seating and be spaced at least six (6) feet apart. Participants and spectators should remain in their vehicles until 10 minutes prior to their activity start time, or until the current group on the field has time to depart.
5. Coaches will be given cones and other sport specific equipment to use during training. This equipment should be sanitized after each use.

6. Training sessions will consist of socially distanced drills that focus on skill development, agility and understanding of the game. Scrimmages or drills that include physical contact are prohibited.

Adult Softball Specific Guidelines

1. All participants, staff, officials and spectators are expected to adhere to Athletic Activity Protocols as outlined above.
2. Team Managers are responsible for reinforcing COVID-19 best practices during all events including encouraging social distance as much as possible, wearing masks when not engaged in physical activity, and limiting physical contact with others.
3. To allow for social distance, teams will use dugouts and bleachers during practices and games. To limit exposure, teams will be assigned to one set of bleachers and dugouts during an activity. (ex. Team A practicing at 6:30pm will use the dugout and bleachers along the first base side. Team B practicing at 7:30pm will use the dugout and bleachers along the third base side). Dugouts and bleachers will be disinfected before and after each activity.
4. Spectators are limited to two (2) per family. Spectators will be required to provide their own seating along sidelines spaced at least six (6) feet apart. Participants and spectators should remain in their vehicles until 10 minutes prior to their activity start time, or until the current group on the field has time to depart.
5. Each team will provide their own game and practice balls.
6. Participants should be prohibited from gum chewing, eating sunflower seeds or other habits that result in spitting or licking fingers.
7. To prevent physical contact, post-game handshakes will not be permitted.