



**Talbot County Parks & Recreation**  
**Fall Field Hockey League 2020**  
**COVID-19 Guidelines**

**Practices Start:** Week of August 24<sup>th</sup> | **Games Begin:** Saturday, September 12th

The health and safety of our players, coaches, referees, parents, and volunteers is the Talbot County Department of Parks & Recreation's utmost concern. These guidelines set forth the precautions that TCPR intends to follow for the Fall Field Hockey League and throughout the TCPR programs in light of the COVID-19 pandemic. These guidelines are based on recommendations from the CDC, the State of Maryland and Talbot County Health Departments, and Talbot County Department of Parks & Recreation.

If you, your child, or anyone you or your child has been in contact with or diagnosed with COVID-19, immediately notify your child's coach and TCPR office at 410-770-8050 or [parks@talbotcountymd.gov](mailto:parks@talbotcountymd.gov).

**I. General Guidelines**

- All practice and game participants and attendees (coaches, players, parents, spectators, and referees) must conduct a self-health assessment before each practice and game. Do not attend practice or games if you do not feel well, have a cough or fever, or have been in contact with anyone with COVID-19 in the last 14 days.
- Wash hands with soap and water frequently
- Do **NOT** attend practice or games if not feeling well
- Cover cough and sneezes
- Wear masks except when playing
- Avoid touching your face
- Physical Distance (6 ft) whenever possible
- Familiarize yourself with and follow CDC guidelines as well as those of the local health authorities. See <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

**II. Coach's Responsibilities**

- Inquire how the athletes are feeling and whether anyone has been in contact with a person with COVID-19. Send home anyone you believe acts or looks ill or has been in contact with an individual with COVID-19.
- Wash hands with soap and water or use hand sanitizer during breaks and before & after each practice and game.
- Wear a mask when at all possible.
- Have team observe physical distancing when all possible.
- Utilize drills that allow for players and coaches to spread out and maintain physical distances.
- Have hand sanitizer available at all practices and games. (Hand sanitizer will be provided by TCPR for each team)
- Disinfect any team equipment after all practices and games. (Will be provided by TCPR)
- Highly recommended to designate one goalie to wear equipment per game or practice. Goalie gear must be disinfected after each use.
- The use of scrimmage vests, or pinnies, is not recommended at this time.
- Team huddles should observe physical distancing.
- No handshakes, high fives, fist bumps, or unnecessary physical contact. No post game handshakes lines. Sportsmanship should be maintained in another manner within the confines of physical distancing and these guidelines.
- Direct players to maintain physical distancing (6 feet) with belongings (equipment, bags, water bottles, etc.) before, after, and during practice, games, and breaks. Players should have set areas to keep belongings and return to during breaks.

- Strict adherence to schedule. Prompt start and finish to all practices and games as scheduled. Prompt arrival and departure from field before and after each practice and game as well.

### **III. Player's Responsibilities**

- Wash hands with soap & water or use hand sanitizer during breaks and before & after each practice and game.
- Do NOT share equipment. All players should have their own stick, shin guards, mouth piece, and eye mask.
- Bring your own water bottle labeled with your name to every practice and game. Do NOT share water bottles or drinks.
- Bring hand sanitizer to every practice and game.
- Observe physical distancing (6 feet) when possible at all times.
- Team huddles should observe physical distancing.
- No handshakes, high fives, fist bumps, or unnecessary physical contact.
- Promptly leave field after practices and games.
- Shower and wash all clothing and washable items after every practice and game.
- Disinfect non-washable equipment (cleats, balls, shin guards, masks, etc.) after every practice and game.

### **IV. Parents' Responsibilities**

- If you, your child, or anyone you or your child has been in contact with or diagnosed with COVID-19, immediately notify child's coach and TCPR at 410-770-8050 or [parks@talbotcountymd.gov](mailto:parks@talbotcountymd.gov).
- Ensure that your player(s) complies with the Player's Responsibilities herein.
- Ensure that your player(s) has own water bottle and hand sanitizer for each practice and game.
- Wash hands with soap and water or use hand sanitizer before and after taking any players to practices or games or coming in contact with any players or coaches.
- Bring hand sanitizer to each practice and game.
- Promptly drop off and pick up your player(s) from practices and games.
- Avoid carpooling unless necessary.
- Parents and spectators are permitted for practices and games. Those from the same household may sit together. Anyone from different households should sit 6 feet apart.
- Parents and Spectators must remain in the areas designated for spectators and are not permitted on the same sidelines as the teams and players.
- Everyone must bring their own seating.
- When in possible contact with members outside of your family, please wear masks and observe physical distancing (6 feet) when possible at all times.

Immediately separate any individual with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any TCPR activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms will be separated and sent home as well.

If the TCPR is notified, or becomes aware, of a member with COVID-19, in accordance with state and local privacy and confidentiality laws and regulations, TCPR will remind the exposed or ill player or parent of the CDC self-isolation instruction and the need to contact their physician.

Within the bounds of confidentiality and with all due respect to individual's privacy, advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

Any individual diagnosed with COVID-19 will not be allowed to return to activity until providing a written clearance from a doctor and have met CDC's criteria to discontinue home isolation.



## **Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend physical distancing and have, in many locations, prohibited the congregation of groups of people.

The Talbot County Department of Parks & Recreation has created new protocols and put in place preventative measures to reduce the spread of COVID-19; however, TCPR cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending any program may increase your child(ren)s risk of contracting COVID-19.

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By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to, or infected by COVID-19 by attending any Talbot County Department of Parks and Recreation (TCDPR) Programs, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the TCDPR program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, TCDPR employees, volunteers, and program participants and their families. I understand that any or all programs may be cancelled, without warning, if a suspected or positive case of COVID-19 is presented. I understand that if my child(ren) or myself voluntarily omits following TCDPR COVID-19 protocols, my child(ren) will not be allowed to participate and will be removed from the program.

I voluntarily agree to assume all foregoing risks and accept sole responsibility for any injury to my child(ren) or myself including, but not limited to, personal injury, disability, and death, illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)s attendance at the TCDPR program. On my behalf, and on behalf of my child(ren)s, I hereby release, covenant not to sue, discharge, and hold harmless TCPR, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of TCDPR, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any TCDPR program.

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Signature of Parent/Guardian

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Date

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Print Name of Parent/Guardian

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Name of Participant(s)