



COVID-19 TRAINING

REQUIRED FOR ALL VOLUNTEERS TO COMPLETE PRIOR TO
RETURN TO PLAY FOR YOUTH/ADULT SPORTS

Information follows the interim guidance for limited outdoor youth sports for the State of Maryland

<https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf>

Effective June 5, 2020 and remains until cancelled or replaced

COVID-19

- COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. It is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices, such as handwashing, staying home when sick, not touching your face, and cleaning and disinfection are important practices.

The following training follows the interim guidance for limited outdoor youth sports for the State of Maryland which can be found at

<https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf>

Effective June 5, 2020 and remains until cancelled or replaced

RETURN TO PLAY

- Prior to return to play, volunteers must complete COVID-19 training
 - Review COVID-19 Training and sign-off of completion
 - Collect COVID-19 waivers from parents
- Develop a plan for implementing the interim guidance for limited outdoor youth sports distributed by the State of Maryland
<https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf> and implement upon return
 - Communicate with parents expectations for return to play
- Ensure they have completed the annual background check

If you are not comfortable returning to play, please don't

UPDATED WAIVER OF LIABILITY

TO BE SIGNED BY PARENTS

- **Waiver of Liability:** By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation programs, that Carroll County Recreation & Parks does not provide any registrant medical or hospitalization insurance whatsoever, and therefore, I hold Carroll County Commissioners and their agents harmless from all claims of injury, damage, or loss which may result from my, or my child(ren)'s participation in the program/s listed below.
- **COVID 19 Waiver and Release:** COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal authorities and the State of Maryland recommend social distancing to prevent the spread of COVID-19. Contracting COVID-19 can lead to severe illness, personal injury, permanent disability, and death. By my signature below I understand that participation in programs and activities through Carroll County Department of Recreation and Parks could increase the risk of contracting COVID-19.
- **Authorization for Use of Photographic Likeness:** I agree to allow Carroll County Recreation & Parks to take and utilize photographic images of the registered individual/s for the purpose of promotion and publicizing of the Department programs and/or events. If I prefer to not allow the above registered participant/s to be photographed, I will call 410-386-2103 to register my request.



WELLNESS CHECK

Per CDC recommendations, staff, volunteers and athletes must be screened regularly for illness or exposure to COVID-19

Screening includes the following:

No Fever in the last 2-14 days (100.4 degrees Fahrenheit or higher)

- No unexplained cough, shortness of breath, muscle pains, shaking with chills, headache, sore throat in the last 2-14 days
- No Prolonged exposure (15 minutes or more within 6 feet or less) to any exhibiting the systems above in the last 2-14 days.

If they can answer yes to any of the above, they cannot participate until they have been cleared by a doctor.

Per CDC guidelines, this information must be communicated to parents and participants. This can be done through e-mail or at check-in.



DROP-OFF & PICK-UP

- Coaches/Parents/Players must follow state recommendation with wearing face masks when arriving and leaving
- Recommendation to stagger drop-off and pick-up times of shared practice sites
- Recommendation to develop a one-way flow of traffic and do not allow physical congregating
- Recommend for each participants to have their own area, with a distance of 6 feet or more, for storing their personal belongings

RETURN TO PLAY REQUIREMENTS

- Evaluate all program activities to identify possible “high-touch” practices and opportunities to reduce or prevent COVID-19 transmission. Example: Individual training (no group drills). Cone-off/paint/tape off individual training area.
- Groups cannot exceed 10 per field/court (this includes the coach/instructor)
- No High-Fives, team huddles, hand shakes, fist pumps, etc.
- No games, scrimmages or out of state traveling
- No indoor practices

COVID-19 POSITIVE

At anytime, if a coach/instructor tests positive for COVID-19, they must


- Immediately quarantine themselves
- Contact the Health Department
- Contact the Bureau of Recreation
- Contact Recreation Council COVID-19 point of contact

Confidentiality will be maintained in accordance with the Americans with Disabilities Act

CONCLUSION

- The more people a person interacts with and the longer the interaction = the higher risk of COVID-19 being spread
- Educate and encourage participants to stay home when feeling sick
- Promote behaviors to reduce the spread (players bringing their own hand sanitizer, sanitizing their hands during water breaks, washing hands 20 seconds or more)
- 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.
- Doctor's note is required for anyone returning to play that has tested positive for COVID-19

SIGNATURE PAGE



COVID-19 Return to Play Training
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As a volunteer for Carroll County Department of Recreation and Parks and their local Recreation Councils, I understand that volunteerism is a privilege. I understand that I must complete an annual background check and display the ID badge anytime I volunteer with a program. In addition, I have completed the COVID-19 Return to Play Training on _____, and will abide by all rules and regulations for a safe return to play. I understand that these rules are effective until replaced. Failure to comply may result in disciplinary actions and termination of my privilege to volunteer with the County.

Printed Name _____ Email Address _____

Recreation Council _____ Program _____

Signature _____ Date _____

Email completed forms to:
ccrecvolunteer@carrollcountymd.gov

Carroll County Department of Recreation & Parks • 300 S. Center Street, Westminster, MD 21157 • 410-386-2103 • ccrecpark.org

Please sign and complete the
[fillable form](#) and return to:
ccrecvolunteer@carrollcountymd.gov

