



## **COVID-19 PROCEDURES FOR ATHLETICS**

Lexington Parks and Recreation's Athletics will follow DHHS recommendations and adhere to safety guidelines set forth by the State of North Carolina. Participation and attendance with youth sporting events may include possible exposure to illness from infectious diseases including, but not limited to MSRA, influenza and COVID-19. While guidelines, safety rules and personal discipline may reduce the risk of infectious diseases, the chance of serious illness and death does exist. Safety of all participants is our highest priority and adjustments to these protocols can be expected based on further guidance from Federal, State and Local agencies.

- All Participants are required to sign a Player Registration / Waiver form prior to participating in youth activities.
- Do not come to a facility/park if you have any Covid-19 symptoms: fever (100.4 or higher), cough, sore throat, difficulty breathing, or if you have been exposed to someone with Covid-19 within the last 14 days.
- P & R Staff and Coaches will be equipped with personal protective equipment and will communicate with players, coaches, umpires and spectators when necessary. A mandatory six feet of distance will be observed during these interactions.
- All participants, parents and spectators should practice the 3 W's: Wear a mask/face covering, wait 6 feet apart from others and Wash hands often or use hand sanitizer.
- Masks/face coverings are required for all participants. Mask/face coverings are required while in the program area. All players must wear mask/face covering during practices and games.
- To promote limited interaction, participants should wait in their cars until 5 minutes before their practice time or 20 minutes before game time.
- Players are encouraged to bring their own equipment. Lexington Parks & Recreation Department will issue a team equipment bag for players to use.
- Only necessary personnel are permitted on the playing/practice fields. (Coaches, players, and Parks & Recreation Staff)
- Parents and spectators are encouraged to sit in their cars or bring lawn chairs to sit to observe distancing protocols..
- No congregating before or after practice/games by parents, spectators, coaches, or players. Teams must leave promptly after their practices and games.
- Players must bring their own labeled water bottle. Make sure player's full name is on the water bottle. Be sure to have enough water to last the duration of your practice or game.
- No team snacks after any practice or game.
- No handshakes, high fives, or personal contact celebrations (No unnecessary physical contact).