Return to REC Operational Plan  Updated: 8/12/20

In an effort to reopen our Rec sports and programs we have developed the following Return to Rec Operational Plan. This plan has been developed in accordance with the New York State Sports and Recreation Guidelines:


Your family’s safety is our number one concern as we gear towards a return to play.
To ensure this safety, we will be taking the following measures:

- Limiting enrollment to allow for smaller groups
- Sanitizing equipment after use
- Requiring Staff members/Coach to wear a mask
- Staggering start times
- Allowing no more than 2 spectators per session

Further details can be found below.

Please email RecReservations@Saratoga-Springs.org if you have any questions regarding our programs.

Before Activity

1) Families are responsible for monitoring the participant’s temperature. If temperature is 100.4F or higher the player is not allowed to participate.
2) Signs and symptoms of COVID-19 should be reviewed at home before the participant arrives to any recreational related activity. If answered yes to any of the following questions, the participant will not be able to attend the activity: Have you had COVID-19 symptoms in the past 14 days? Have you had a positive COVID-19 test in the past 14 days? Have you had close or proximate contact with someone confirmed or suspected of having COVID-19 in the past 14 days?
3) Participants are expected to “check in” with the coach/coordinator prior to being allowed to participate. Attendance records will be kept of every session in case DOH requires a list for contact tracing.
4) If you are returning from a state that is on the Travel Advisory list you should refrain from participating in any recreational related activity for 14 days.
5) Each participant is responsible for bringing hand sanitizer to the field.
6) It is the responsibility of each participant/family to bring their own equipment to each activity. Equipment must be washed/sanitized before each session.
7) Please arrive no earlier than 15 minutes prior to the start of the activity.

CDC Symptoms of Covid-19:

<table>
<thead>
<tr>
<th>Fever or chills</th>
<th>New loss of taste or smell</th>
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<tbody>
<tr>
<td>Cough/Shortness of breath</td>
<td>Sore throat</td>
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<tr>
<td>Fatigue</td>
<td>Congestion or runny nose</td>
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<tr>
<td>Muscle or body aches</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Headaches</td>
<td>Diarrhea</td>
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At Activity

1) It is suggested that parents remain in their vehicle during drop off/pick up of each activity. If child needs assistance before or after the activity, we suggest only 1 adult accompany the child.
2) Participants are encouraged to fully dress before getting out of their vehicles. Participants should wait to change after practice until they have returned to their vehicles.
3) Face masks should be worn appropriately (over the nose and mouth) when coming from the car to the practice area. During practice when socially distanced, participants have the option to continue wearing the mask or to take the mask off. Upon leaving the practice area for any reason, the face mask must again be appropriately worn.
4) Activities will be socially distanced as much as possible
5) Cover your coughs and sneezes with a tissue or use the inside of your elbow. Throw the tissue away after use. Please wash hands after with soap and water for 20 seconds. If soap and water are not available, please use hand sanitizer.
6) There should be NO sharing of personal items.
7) All food/drink items are carry in/carry out.
8) There should be NO physical contact between participants and participants and adults any time during activity. (ex. Huddles, high fives, etc)
9) If parents have a question, they should call/email the coach/coordinator or the Recreation Department.

After Activity

1) Please leave the practice area within 15 minutes after the activity.
2) Participants/families are responsible for monitoring ongoing health status. If a participant becomes ill with COVID-19 symptoms or was exposed to someone with COVID-19 they are to refrain from participating in recreational activities. Please notify the Recreation Department as soon as possible. The participant is advised to contact their primary care provider for next steps. See return to play after illness/exposure in the After Activity section.
3) Parents and participants have the responsibility to ensure all equipment is washed/sanitized after the activity.
4) Parents and participants are responsible for ensuring hand sanitizer is available for the next session.
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Return to play after illness/exposure

DOH has instituted guidance for public and private employees returning to work following COVID-19 Infection or Exposure. We are following these guidelines for return to play.

The highlights we are applying from this document in determining a return to play are:

- If a participant suspects or tests positive for COVID-19, regardless of whether the participant is symptomatic or asymptomatic, the participant may return to play upon completing at least 10 days of isolation from the onset of symptoms or 10 days of isolation after the first positive test if they remain asymptomatic.
- If a participant has had close or proximate contact with a person with COVID-19 for a prolonged period of time AND is experiencing COVID-19 related symptoms, the participant may return to play upon completing at least 10 days of isolation from the onset of symptoms.
- If a participant has had close or proximate contact with a person with COVID-19 for a prolonged period of time AND is not experiencing COVID-19 related symptoms, the employee may return to play upon completing 14 days of self-quarantine.

The complete document can be found by going to:


It is expected that a participant will be cleared by the primary care provider before returning to play.

Players unable or unwilling to comply with the suggested guidelines will not be allowed to participate in any Saratoga Springs Recreation Department activity.