



# COVID-19

## SAFETY GUIDELINES



### PREPARING TO ATTEND THE PROGRAM

- PRE-REGISTRATION IS REQUIRED ONLINE AT [WWW.NBPRB.COM](http://WWW.NBPRB.COM).
- Indoor Programs are limited to a maximum of 10 people. Participants, Coaches, Volunteers & Spectators all count towards the 10-person maximum.
- A participant can register on-site when space allows and provided they have a parent or legal guardian with them available to complete the registration form before they start participation.
- NBPRB Staff will enforce all COVID-19 safety guidelines.

### AT HOME (Before attending class)

- All participants must self-monitor for symptoms of COVID-19 prior to participating in each class.
- You **MUST STAY** at home if you have any of these COVID-19 Symptoms: Cough, Shortness of breath or difficulty breathing, Fever, Chills, Muscle pain, Sore throat, New loss of taste or smell.
- Wash your hands with soap & water (20 seconds or longer), or use a hand sanitizer, before going to the Park.
- Pre-Label any water bottles or Drinks before coming to the program with your name.
- Plan Ahead, there will be no restrooms available for the program.

### ARRIVING AT THE PARK or MCCOY REC CENTER

- Please arrive no earlier than 10 minutes before the program starts.
- If early, please maintain social distancing of 6-10 feet apart instead of forming a group.
- 1 chaperone per participant must view from designated areas & maintain social distancing.
- No physical contact with anyone (no shaking hands, hugs, fist/chest bumps or a high fives). Help remind others to maintain physical distancing.
- **ALL PARTICIPANTS & SPECTATORS are required to wear face masks & practice social distancing**

### CHECKING IN

- Please line up at designated markers & practice social distancing.
- Upon Check In, Staff & Instructors will ask each participant if they are experiencing any signs or symptoms of COVID-19 and take their forehead temperature with a no touch thermometer.
- If temperature is 100.4 or above the individual will be sent home and instructed to contact their healthcare provider.

### DURING THE CLASS

- No activities will involve physical contact at any time during the program.
- Staff will supervise & mark areas with Cones to keep participants six to twelve feet apart from each other.
- Do not make physical contact with anyone (no shaking hands or a high fives). Respectfully remind others nearby to maintain physical distancing changing stations, activities, or taking a break.
- No sharing drinks or chewing gum, seeds, or spitting is allowed.
- No Sharing equipment (if any is provided).

### AFTER THE CLASS

- Wash your hands thoroughly or use a hand sanitizer after coming off the field.
- No extra-curricular or social activity should take place. No congregation after playing. All participants should leave the area as soon as reasonably possible.

### OUR STAFF & INSTRUCTORS

- Will record participant signs and symptoms (including temperature) during daily Check-ins.
- Will Clean & sanitize all equipment with disinfectant before, during, and after training.
- Will make sure infection prevention supplies are present hand sanitizer, facial tissues (when supplies allow)
- Will wear appropriate personal protective equipment (PPE) (e.g., gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated with cleaning products.
- Will maintain social distancing from all participants.
- Will instruct participants to always sneeze or cough, into a tissue, elbow or upper sleeve.
- Will instruct participants to avoid touching gates, fences, benches, etc.
- Remind participants to use hand sanitizer frequently.
- Remind participants sharing drinks, gum chewing, and spitting is not allowed.
- Remind participants touching or sharing athletic equipment is not allowed.