



COVID-19 PREVENTION

The Maine Athletic Complex (The MAC) has adopted a staged approach to reopening and this document is designed to be a framework of guidelines to be used in planning for a safe return to the field.

We are committed to providing a safe and healthy environment for our teams, clubs and staff. As a result, our standard operating procedures have changed.

PRE-PROGRAM CHECKLIST

- All participants **MUST** be symptom free before attending any program. This includes the following symptoms from the Centers for Disease Control and Prevention (CDC):
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - For more information, visit: [Symptoms of Coronavirus](#)
- **If the participant is sick, or has recently been sick, please DO NOT ATTEND.**
- All participants must wipe down equipment at home before attending and after participation. Guidance on best practices for wiping down equipment can be found here:
<https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>.
- **Perform AT HOME pre-practice self check.** Please review them here:
https://docs.google.com/document/d/1T7tE_FucmUZooYbTfatBrihd8uNbm7c79p8KsWqO7TA/edit?usp=sharing
- All participants should be educated and familiar with the need to social distance and what they should do to protect themselves and others:
 - Wash hands with warm water and soap for 20 seconds
 - Maintain 6 feet apart from others
 - Keep hands and body parts to themselves
- Do not attend practice if you have left the state of Maine within 14 days prior while quarantine orders are in effect.

GEAR, EQUIPMENT & SUPPLIES

- **For all programs, staff and players must wear facemasks entering and exiting the facility.**
- Staff should wear facemasks for the duration of programs, unless more than 6 feet away from a person.
- **All bags/backpacks should be left in cars. Players should put on gear/equipment at car before entering the facility.**
- During live play on field, facemasks are encouraged but not required for participants.
- No sharing of any equipment among participants and staff.
- Each player should bring their own water bottle filled with water with their name on it. Water fountain is currently not in use.
- No food is allowed (except for medical purposes, i.e. diabetes, etc.)
- Players should not touch other player's equipment with bare hands.

ON SITE REQUIREMENTS & PROCEDURES

- All spectators including parents MUST remain outside of the facility or in vehicles during programs. No spectators will be allowed in the building at this time.
- Participants should bring their own hand sanitizer to use before and after participation.
- Maximum capacity in each bathroom is 2 people. Please wait outside the bathroom door if there are two people in the bathroom.
- Programs must have a maximum of 50 people indoors (includes players + staff). No spectators allowed at sessions.
- It is encouraged that program directors take the participant's temperature upon arrival at check-in before entering the facility. It is also encouraged that program directors ask participants daily Screening Questionnaire prior to practice.
- Participants should arrive dressed and ready to train for the program (including full equipment) No personal bags are allowed inside the facility.
- Facility has two large commercial sized exhaust fans on the back wall of the building that will be used to help air circulation. Four entryways/doors may be opened to enhance air circulation as well.

GENERAL GUIDANCE FOR PLAYERS & STAFF

- Players and staff should be Maine residents or have passed the 14-day quarantine timeframe.
- Avoid touching your face, eyes or mouth.
- All practices should be non contact (no shaking hands, high 5's, fist bumps, huddles, etc.)
- Practice good respiratory etiquette including coughing/sneezing into your elbow or a tissue instead of your hands.

COVID-19 ACTION PLAN



- The Action plan will be activated should someone show symptoms of COVID or test positive for COVID.
- If any player shows symptoms during practice, have them leave the building immediately.
- Local and state health officials will be notified immediately of a possible case and The MAC will work with them regarding appropriate communication with families while maintaining confidentiality as required by the Americans with Disabilities Act (ADA.)
- Sick participants and families shall not return until they have met CDC criteria to discontinue home isolation. They should be evaluated by a medical provider and prior to returning MUST obtain a physician's note allowing for their safe return to practice.
- Inform those exposed to a person with COVID-19 to stay home and self-monitor for symptoms and follow CDC guidance if symptoms develop.
- Inform MAC Co-Owners, Brett: 315-430-8414 or Heidi: 207-660-5848.

Resources:

<https://www.maine.gov/covid19/restartingmaine>

<https://www.uslacrosse.org/return-to-play>

<https://mailchi.mp/maine/cu5lemq6y0-1321416>

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports/reports/2020/5/14/health-experts-travel-games-should-be-last-to-return-in-youth-sports>

<http://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport>

<https://coronavirus.jhu.edu/>