



USR Recreation Softball Association

Program Participation Plan as of 05/17/21

The information in this document is not intended or implied to be a substitute for guidelines published by the New Jersey Department of Health but rather to supplement those guidelines in a formalized plan specifically tailored for Upper Saddle River Softball. All content, including text, links and other information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, USR Recreation Softball Association (USRRSA or Upper Saddle River Softball) makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to practice and competition.

UPPER SADDLE RIVER SOFTBALL Practice and Competition: All players, coaches, staff, spectators and other attendees must adhere to specifically required guidelines from the New Jersey Department of Health ([NJ DOH Guidance for Sports Activities](#)). Furthermore, because UPPER SADDLE RIVER SOFTBALL teams utilize both public and private fields for practice and competition, additional requirements may be in place based on guidelines set forth by the hosting township, county or private facility. Any additional guidelines should be provided to the visiting team by the hosting team prior to their arrival with adequate notice.

UPPER SADDLE RIVER SOFTBALL Guidelines Prior to Each Practice or Competition:

- USRRSA coaches, staff, and all other participants must screen themselves with a temperature check and fill out the health questionnaire prior to each gathering.
- Players and participants must fill out electronically through TeamSnap app and without completing the questionnaire, you cannot participate.
- Anybody showing symptoms of COVID-19 shall not be permitted to participate ([CDC symptom checklist](#)).
- Do not come to practice or competition if you or any member of your household are not feeling well or are showing symptoms of COVID-19.
- Do not come to practice or competition if you or any member of your household have been in “close contact” with a person with COVID-19.
- Do not come to practice or competitions if you have been informed by schools, medical professionals, contact tracers, or others to isolate or quarantine.
- Do not come to practice or competition if you are not comfortable with the guidelines set forth by the NJ DOH, UPPER SADDLE RIVER SOFTBALL or the facility at which you are practicing/competing.

UPPER SADDLE RIVER SOFTBALL Guidelines During Practice or Competition:

- **Healthy Practices:** All players, coaches, umpires and spectators should practice “good hygiene” by regularly washing their hands with soap and water or using hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose and mouth. Players and coaches should avoid all but the essential contact necessary during practice or competition. Post-game handshakes should be replaced by lining up and clapping as a sign of good sportsmanship.
- **Social-distancing:** Players, coaches, umpires and spectators should maintain 6-feet of distance whenever possible. Per NJDOH, signage will be posted at our facilities.
- **Face-coverings:**
 - **Executive Order No. 241 - Individuals in outdoor public spaces are not required to wear masks, regardless of their ability to maintain six feet of distance from other individuals or groups, and regardless of their vaccination status.**
- **Drinks & Snacks:** All players, coaches, spectators and umpires should bring their own food or beverages that are clearly labeled with their name. There should not be any shared food or beverages.
 - Sunflower seeds, gum, are not be allowed in dugouts or on the field. All players and coaches are to refrain from spitting at all times.
- **Player Equipment:** Players should use their own equipment whenever possible. If equipment must be shared, it should be cleaned and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before being used by a new player. Hand sanitizer, disinfectant sprays, and well as disinfectant wipes will be provided for each team's use.
- **Softballs:** Each team should use their own balls while in the field during competition.

UPPER SADDLE RIVER SOFTBALL COVID SPECIFIC GUIDELINES FOR RESUMING PARTICIPATION:

If a participant is suspected or confirmed by the USRRSA coaches and volunteers to have been exposed to COVID-19, as it pertains to the questionnaire, known exposure, the CDC symptom checklist or otherwise, the following measures will be followed. If you or anyone in your household have been told to isolate or quarantine by any state or medical authority (schools, contact tracer, etc...) you cannot participate until cleared.

Symptoms, Suspected Case, Positive COVID-19 Case Protocol for Resuming Participation:

- Participant must adhere to the current CDC Guidelines and NJDOH as it relates to isolation as noted below:
- **Severe Confirmed COVID-19 Case** (hospitalization or immune compromised):
 - Requires a 20 day isolation and approval from a doctor or healthcare provider to resume participation and additionally may require a test.
- **Suspected Symptoms of COVID-19** – In order to resume participation, you must either:
 - Get a negative test, **or meet the below (3) requirements:**
 - Isolate for 10 days from the day your symptoms first appeared;
 - 24 hours with no fever without the use of fever-reducing medications and:

- Other symptoms must be improving.
- **Asymptomatic with a Positive Test** - In order to resume participation, you must:
 - Isolate for 10 days from the day your specimen was taken as long as no symptoms develop. **If symptoms develop, please refer to Severe or Mild symptom guidance above.

Quarantine Protocols for Resuming Participation:

Close Contact Quarantine Requirements:

You are considered a close contact if:

- You were within 6 feet of someone who has COVID-19 or suspected of COVID-19 for a period of 15 minutes cumulative over a 24hr time period, starting from 48 hours before illness onset, (or for asymptomatic patients, 48 hours prior to specimen collection).
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you.

If you meet the criteria for a close contact, in order to resume participation, you must:

- Adhere to the current CDC Guidelines as it relates to quarantine.
- Quarantine for 10 days after date of your last contact without developing symptoms.
- Each contact with a positive case resets the mandatory 10 day period.
- If symptoms develop please refer to section above for requirements.
- Get a negative test after 5 days, can resume activity after 7

“Casual contacts” and “contacts of contacts” do not need to quarantine. Please refer to NJDOH regarding contact definitions and scenarios.

Fully vaccinated or persons who have recovered from COVID-19 in the past three months, do not need to quarantine to continue participation.

Travel

As of May 17, 2021, New Jersey's travel advisory is no longer in effect.

New Jersey residents returning home and travelers visiting New Jersey do not need to quarantine, but should follow travel guidance from the CDC, the NJ Department of Health, and all local health and safety protocols of their travel destination.

At this time, the CDC recommends delaying travel until you are fully vaccinated. For more information, refer to the [CDC's guidance for domestic travel](#).

International Travel

The CDC requires all air passengers arriving in the United States from a foreign country to get tested for COVID-19 no more than 3 days before their flight departs and to present the negative result or documentation of having recovered from COVID-19 to the airline before boarding the flight.

For more information, visit the [CDC website](#).

In addition, with specific exceptions, foreign nationals who have been in any of the following countries during the past 14 days may NOT enter the United States: India, China, Iran, countries in the [European Schengen Area](#), United Kingdom, Republic of Ireland, Brazil, and South Africa. For more details and a full list of exceptions, refer to the [CDC's update on travelers prohibited from entry](#).

Contact Tracing and Notification Protocol:

If any of the scenarios above regarding isolation or quarantine applies to a participant, household member of a participant, or volunteers please IMMEDIATELY notify your coach or a board member. You are not required to report names and names will not be shared, but please provide as much information possible so the board/coach can do their best to identify close contacts and determine how the team or program shall proceed.

Adherence to this plan is implied by way of participation in the Upper Saddle River Softball Program.