



Monmouth Mystics Youth Amateur Sports Association Inc.

Marlboro, NJ 07746

732-931-5541

monmouthmystics@gmail.com

www.monmouthmystics.com

Program Preparedness Plan

The below are the guidelines the Monmouth Mystics will be following because of COVID-19. These will be in affect at all practices and games until further notice. The blue underlined are hyperlinks to the CDC for additional information.

The Monmouth Mystics will have COVID-19 volunteers who will work with the Manager to ensure the guidelines of the organization are being followed. Failure to follow the guidelines can result in a temporary suspension from the team.

1. Sickness

- a. If you are ill or under the weather – DO NOT COME TO PRACTICE OR GAME
- a. No repercussions will take place if you are ill and do not come to practice or game.
- b. Any sign of illness please stay home. Any parent, coach, or volunteer who suspects someone may be ill should report it to the Manager immediately so the Manager can address the situation accordingly.
- c. [Individuals, including coaches, players, and families, should stay home](#) if they have tested positive for or are showing COVID-19 [symptoms](#) until they are cleared by a doctor.
- d. Individuals, including coaches, players, and families, who have recently had a [close contact](#) with a person with COVID-19 should also [stay home and monitor their health](#) following the CDC guidelines.
- e. We will immediately separate coaches, staff, officials, and athletes with COVID19 symptoms at any sports activity. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow [CDC guidance for community-related exposure](#).

2. Practices

- a. Any violation of the guidelines, you will be asked to leave practice immediately.
- b. Coaches, staff, visitors, and athletes will be required to abide by the gathering's limitations outlined in Executive Order No. 152 (2020), or the Order in effect at the time of competition.
- c. Upon arrival players will be instructed to hang their bags in a designated area. This will be their designated spot during the practice where they will go for a drink break and change equipment (helmet, bat, glove) or anytime not assigned to a position on the field.
- d. Individuals shall remain 6 feet apart from one another whenever possible.
 - i. This applies to athletes, coaching staff, parents/guardians, and other spectators.
- e. The manager shall have hand sanitizer on hand at all practices.
 - i. Individuals are encouraged to bring their own.
- f. Coaching staff and parents/guardians will be required to wear cloth face coverings.



Monmouth Mystics Youth Amateur Sports Association Inc.

Marlboro, NJ 07746

732-931-5541

monmouthmystics@gmail.com

www.monmouthmystics.com

- i. Face coverings should **not** be worn by staff when engaging in high intensity aerobic or anaerobic workouts, or where doing so would inhibit the individual's health.
- g. Athletes are also encouraged to wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc.
 - i. Face coverings should **not** be worn by athletes when engaging in high intensity aerobic or anaerobic workouts, or where doing so would inhibit the individual's health.
- h. Team Practices will be constructed:
 - i. Based on Social Distancing guidelines
 - ii. Initial practices will be a staggered schedule to limit contact between groups and/or players. There will be a sign up and it will be first come first serve.
- i. All athletes, coaches, and staff should bring their own water and drinks to practice activities. Team water coolers for sharing through disposable cups will not be permitted. No food sharing or drink sharing will be permitted.
- j. Athletes shall use their own equipment to the extent possible. Sharing of equipment will not be allowed.
 - i. All equipment shall remain in the assigned area, such as bats, helmets, gloves, etc.
- k. There will be no spitting, handshakes, high-fives, team huddles, and any other close-contacting activities during practices or games
- l. Monmouth Mystics will consult and implement, as appropriate, recommendations listed in the CDC guidance regarding assessing risk, promoting healthy behaviors, and maintaining a healthy environment during youth sports.

Additional notes:

Programs that are governed by formal league rules or other binding agreements or affiliations should comply with any COVID-19 and other health and safety rules applicable under those authorities but must abide by the timeline regarding permitted practice activities and competition dates. The Monmouth Mystics will comply with all rules and regulations as set forth by local league guidelines and township field use permit guidelines, as well as follow the guidelines listed here.