

## HCRSL Spring 2021 Recreation Season

Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's spring soccer season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume HCRSL 2021 Spring Soccer following CDC considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Intensifying cleaning and disinfection of shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants.
- Reducing physical closeness or contact between players when possible by allowing players to focus on building individual skills such as dribbling or kicking, keeping children in small groups, and placing near playing fields to ensure that coaches and players stay 6 feet apart. In addition, discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs.
- Promoting healthy hygiene practices such as providing hand sanitizer before and after practices and games, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit.
- Requiring that coaches, staff, side line officials, parents, and spectators wear a cloth face covering during practices and games. Players may opt to wear a cloth face covering on the sidelines and during play if feasible.
- Limiting the sharing of equipment by encouraging player to bring their own balls.
- Completing an online screening prior to practice and games with necessary confirmation of COVID-19 free symptoms and/or potential exposure
- Open communication between parents, coaches, and leagues to minimize potential exposure.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

If someone does get sick during practice or at a game, we request that individual vacate to their home or healthcare facility. If you have a specific question about this plan or COVID-19, please contact your leagues president more information. You can also find more information about COVID-19 at [www.cdc.gov](http://www.cdc.gov).

For a healthy and safe season we expect all rules and guidelines to be followed throughout the Hunterdon County Regional Soccer League. We also request understanding and patience as there may be games and/or practices cancelled due to illness, quarantine, etc.

We look forward to seeing you out on the field. Now, let's play!

Thank you and stay healthy,  
HCRSL Club Presidents