

## Post COVID Return-to-Play

The following is not medical or legal advice and are intended to serve as general considerations only. They can be used as a framework as you create your individualized plan. The following does not represent policy/views of Children's Mercy Hospital.

### Return-to-Play Questions:

1. What state and local authorities will allow?
2. What public health agencies recommend?
3. What liabilities are there?
4. How can we reduce risk?
5. What level of risk are participants/parents are willing to accept?
  - a. Those with disabilities are considered "high risk" populations.

If stay at home orders in effect:

CDC's Recommendation is to postpone or cancel organized activities and sports - > Consider Virtual Opportunity

"In general, most organized activities and sports such as basketball, baseball, soccer, and football that are held on park fields, open areas, and courts are not recommended during times in which individuals are encouraged or required to practice social distancing. These activities and sports typically require coaches and athletes who are not from the same household or living unit to be in close proximity, which increases their potential for exposure to COVID-19.

Park administrators should monitor directives issued at the national, state, and local levels related to limiting the size of gatherings. These directives can inform decisions about limiting participation for those sports and activities that exceed the maximum number allowed. Until local public health officials have coordinated with organizers to determine if/when it is safe to participate in such activities, all should be postponed or canceled."

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/park-administrators.html>

### Phased Re-Opening Stages

- Small groups: social distancing, no sharing of equipment, screen training partners
- Larger groups: some contact ok with added attention to hygiene, separation of groups
- Vaccine/Cure developed: No restrictions, continue general infection control

Promote behaviors that reduce spread:

- Staying home when sick
- Healthy hygiene
- Face coverings (not recommended/feasible during play)
- Adequate supplies
- Posting signs and messaging

Modify the Activity to reduce spread and support social distancing

- List of Sport (some adaptive) Specific Guidelines: <https://www.moveunitedsport.org/covid-19-member-resources/>
- See Attached Aspen Institute Project Play Return to Play Guidelines

Healthy Environment/Operations and Event Planning:

- Sanitation, social distancing, limiting contact, modifying communal spaces
- Added precautions for higher risk populations – virtual coaching, drills, activities
- System in place to manage/communicate regarding potential COVID exposures
- Spectator modifications/social distancing
- Travel modifications

<https://www.teamusa.org/coronavirus>

See Attached US Olympic and Paralympic Committee Event Planning Recommendations