

**Harpswell Recreation  
Safe Return to Play & Programs  
Spring 2022 Season**



**GENERAL OVERVIEW**

In order for our programs to be successful and run with the lowest risk possible, we will follow the most current MSAD 75 COVID protocols and masking policies. This consistency between in school and afterschool protocols will ensure that we will be able to continue to use the HCS building as our program site.

We fall under COMMUNITY RELATED ACTIVITIES not school related activities.

If you or your child do not feel well or are sick please STAY HOME!

All programs and events must follow most current state guidelines for group event/gathering.

**PRESCREENING**

Participants and anyone else attending a program/event must prescreen themselves for COVID-19 symptoms\* prior to attending.

\*Per the CDC symptoms include, but are not limited to: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat and loss of taste or smell, nausea, vomiting or diarrhea.

**OUTDOOR PROGRAM PROCEDURES**

For all outdoor programs the following are required:

- **Prescreening** must be performed and passed before attending events.
- **Hand sanitization** with sanitizer, wipes or hand washing with soap and water.
- **Sanitize equipment** prior to arrival.
- Masks are not required for outside programs. Any participant, spectator, coach or staff member who chooses to wear a mask has every right and we fully support that decision.
- If a participant chooses to wear a mask for outdoor programs and needs a mask break, they may step outside of the area of play and remove the mask as needed.
- Personal water bottles only. No sharing with other participants.
- Any individual who develops symptoms while attending program must report to onsite HRec staff or volunteer and will be isolated until they can leave the premises.

**INDOOR PROGRAM PROCEDURES**

For all indoor programs the following are required:

- **Prescreening** must be performed and passed before attending events.
- **Hand sanitization** with sanitizer, wipes or hand washing with soap and water.
- **Sanitize equipment** prior to arrival.
- We are required to follow the most current MSAD 75 masking policy to hold indoor programs. This includes recreation participants, spectators, coaches and staff. If the policy changes parents of participants will be notified.

- If a participant chooses to wear a mask for indoor programs and needs a mask break, they may step outside of the area of play and remove the mask as needed.
- Children are not allowed outside of the building without supervision during programs.
- Personal water bottles only. No sharing with other participants.
- Any individual who develops symptoms while attending program must report to onsite HRec staff or volunteer and will be isolated until they can leave the premises.

### **IN CASE OF ILLNESS**

If you or your child do not feel well or are sick – STAY HOME.

To be able to protect everyone, we ask that participants immediately contact HRec to report a participant has a confirmed case of COVID-19 or has been identified as a close contact.

- If you or anyone in your household has COVID-19 symptoms, a positive COVID test or has been identified as a close contact the participant should refrain from participating for 5 days per the updated CDC protocols of 12/30/21.
- Return to play if a participant tests positive for COVID-19: Has isolated/quarantined for 5 days, is asymptomatic AND has been without fever for at least 24 hours.
- **For full quarantine guidelines for vaccinated and unvaccinated individuals, please refer to the Maine DOE Standard Operating Procedures: <https://www.maine.gov/doe/covid-19/sop>**

Testing positive or entering into quarantine requires notification to Harpswell Recreation via [gperow@town.harpswell.me.us](mailto:gperow@town.harpswell.me.us) or 207-833-5771 ext. 108 for our contact tracing protocol. A parent, guardian or participant should not feel obligated to report this to his/her coach.

Our intention is to be as transparent as possible while respecting the privacy of our participants and their families.

### **CONTINUING TO ASSESS RISK**

We will continue to follow recommendations from the Maine CDC, Maine Principal’s Association and Community Sports guidance from the Maine DECD. We also use Aspen Institute Project Play – Return to Play Risk Assessment as a guiding document. Guidelines and recommendations are always evolving and changing. It is important to stay up to date and remain fluid as an organization. Please expect changes to programming along the way to fit updates, mitigate risk of infection and possibly revert to an earlier phase of prevention if needed.

### **STRESS AND MENTAL HEALTH**

The COVID-19 pandemic may be stressful for people. Fear and anxiety can be overwhelming and cause strong emotions in adults and children. Public health actions, such as face coverings and distancing can make people feel isolated and can increase stress and anxiety. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. If you or a loved one is experiencing increased changes in sleep or eating patterns, difficulty sleeping or concentrating, worsening of chronic health problems, worsening of mental health conditions, or increased use of tobacco, and/or alcohol and other substances we encourage you to reach out to your healthcare provider or a crisis line.

## **THANK YOU**

We want to have fun and return to play and programs! We feel it is important for everyone to have a safe and healthy outlet to be active, meet and socialize with friends and other community members. We all have to work together to make sure this is done safely and with care. Harpswell Recreation is continuing to uphold our mission statement by encouraging spirit and cohesiveness, stimulating community involvement, providing alternatives to loneliness, isolation and self-destructive behaviors and encouraging fun and reducing stress. Thank you to a wonderful and supportive community that is helping us continue operations in these uncertain times.

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