



COVID-19 SAFETY STANDARDS – SPORTS LEAGUES

Updated March 29, 2021

Summary

The emergence of COVID-19 has put us all in very challenging and unprecedented times. With the well-being of our players, officials, partners and staff as its central priority, Boston Ski & Sports Club (BSSC) will follow the standards set by the Commonwealth of Massachusetts to help ensure the health of our community. BSSC will continue to monitor regulations and best practices and evolve these standards accordingly.

We thank you in advance for your commitment to following the current guidance from the CDC, state and local health authorities and these important BSSC protocols. If you have any questions at any time, please reach out to your program manager.

Before the league starts

- BSSC Program Managers will send captains all the key information needed on the league (i.e. safety policies, game rules, facility info, etc).
- Captains must submit a COMPLETE AND ACCURATE roster of all the players who may be playing on their team this season. This is a critical tool for contact tracing, so this requirement must be taken seriously for the good of our community effectiveness against the spread of COVID-19.
- Before a person can play in the league, they must be on the team roster and have submitted a signed (print or digital) waiver of liability. These forms will be emailed by the BSSC program manager or captains to the players on the roster.
- Team supplies (i.e. shirts, ball, bases) will be assembled at the BSSC office by BSSC staff who have taken measures to reduce contamination (i.e. wearing face covering and gloves). Supplies will be placed in a plastic bag and as usual, most will be delivered to teams at the field. If a team needs to pick up their supplies (i.e. softball, 11 v 11 soccer), they may make an appointment for curbside pickup at the BSSC office.
- To allow maximum flexibility for the summer session, team rosters will remain open and league schedules will be posted weekly rather than having a set schedule.

Before every game

- To participate, players must show no signs or symptoms of COVID-19 for 14 days. Captains will be reminded before each game to confirm that all their players are free of symptoms. COVID-19 symptoms include cough, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater or equal to 100.4.
- To participate, players coming from outside Massachusetts, must follow all quarantine and/or testing requirements provided in the Massachusetts COVID-19 Travel Order"
- All players must achieve proper hand hygiene both before entering and exiting the field/facility, either through hand washing with soap and water or by using an alcohol-based hand sanitizer. We recommend that each team have their own supply of hand sanitizer, and BSSC representatives will also have a supply onsite.

At the field

- Players must remain in their vehicles until five minutes before their scheduled start time. League schedules will allow for buffer time to minimize player crossover.
- Players should arrive to the playing area dressed in their gear and fully prepared to play.
- No spectators are allowed for any part of any games.
- Players should adhere to the signage located on the premises which may mark things such as one-way entrances, one-way exits, social distance spacing, etc.
- Congregating of any kind at the field or in the parking lots (even with face coverings) is discouraged.
- Whenever possible, teams should position themselves on opposite sides of the field. Use of structured dugouts, benches or bleachers is prohibited. Teams must use the same sideline area for the duration of the game.
- Players who help set up or take down game equipment (i.e. goals, scoreboards, volleyball nets) must clean their hands and the equipment before and after handling.
- Players must use their own food/water and personal equipment. Items including, but not limited to, gloves, masks, helmets, goggles, shin guards, pads, and footwear must not be shared.
- Players who use any shared team equipment (i.e. bats) must clean the equipment after each use.
- Game balls should be sanitized at logical intervals. See “Sports Specific Policies & Procedures” below.
- Players must refrain from spitting. Chewing of gum, sunflower seeds & tobacco are not allowed. Players should cover their coughs and sneezes with a tissue or elbow.
- It is recommended that players frequently sanitize their hands throughout their game.
- Players must pay the official fees through Venmo.
- Any pre-game discussion will be done only with the official and one team representative from each team with at least 6 feet of distancing.
- If a question needs to be asked of an official during a game, only a captain can approach the official.
- **As of November 6th, face coverings are required by all players at all times.**
- If a player begins to feel ill with COVID-19 symptoms during the game, they should immediately leave the game and premises.
- Players, coaches and staff should refrain from high fives, handshake lines, and other physical contact with teammates, opposing teams, coaches, staff and umpires. For end of the game sportsmanship, we recommend that each team return to their sideline and give a shout out of “Good Game” with a wave or hat tip.
- There is a “leave no trace policy.” All players must be sure to clean every trace of belongings and trash from their field and sidelines before they leave.
- All players must leave the field immediately after their game concludes. Personal items left at the field will be disposed of.

After the Game

- Every captain must submit their game result and that night’s roster of players (last names) to BSSC.
- All players should take care to thoroughly clean their gear (i.e. masks, mouth guards, football flag belts, pads, bats, bases, etc.) after play.

BSSC Representatives (i.e. staff, officials, scorekeepers, coordinators)

- All BSSC representatives will achieve and maintain proper hand hygiene both before entering and exiting the field/facility, either through hand washing with soap and water or by using an alcohol-based hand sanitizer.
- Coaches, staff, referees, umpires, and other officials are required to wear facial coverings and maintain social distancing of 6 feet from players, coaches, spectators, and other persons at all times.

- BSSC check-in staff will frequently clean high touch areas at check-in stations if they exist.
- BSSC representatives who handle game equipment (i.e. goals, scoreboards, volleyball nets) will clean their hands and the equipment before and after handling.
- Officials will use voice commands or electronic whistles to officiate games.
- BSSC representatives are required to screen themselves daily for COVID-19 symptoms before coming to work, and may only report for work if they are without symptoms. If they become ill during work, they will immediately contact their supervisor, and a substitute representative will be arranged.

General Administration & Communication

- If a player tests positive for COVID-19 within 14 days of having played in a BSSC league, we ask that they notify their BSSC Program Manager by email as soon as possible.
- If informed of a positive COVID-19 test, BSSC will follow the disclosure and contact tracing protocols of the state, county, city and facility. Any communication required of BSSC will be handled in accordance with health regulations and will ensure the confidentiality of the identity of the reporting person.
- If a player tests positive for COVID-19, they should follow the protocols regarding quarantine and contact tracing from the department of health. Teams should inform BSSC if they are unable to play due to COVID-19 cases or concerns.
- BSSC representatives (i.e. staff, officials, scorekeepers, coordinators) will be present during games to ensure players' adherence to safety protocols. If a player is found in violation of any of these standards, it is grounds for immediate dismissal from the game and possible further disciplinary action as determined by BSSC without refund. Please cooperate with all BSSC representatives as they remind you of safety protocol requirements and suggestions. All are intended for the well-being of our players, staff and entire community.
- As noted in the waiver, it is important to highlight again that, while BSSC is following the standards set by the Commonwealth, in its policies and practices designed to reduce the risk of exposure/contracting COVID-19, BSSC is not able to guarantee that players will not be exposed to, or contract, COVID-19 either in connection with their participation, or other aspects of life. Each player should make the decision best for them regarding their participation.
- These policies and procedures will be adjusted as necessary to stay up to date with regulations and best practices.

SPORTS SPECIFIC POLICIES & PROCEDURES

Basketball

- Game balls should be sanitized before and after each game.
- Face coverings are required for all players at all times
- Players not currently playing must also wear face coverings. This includes bench players.
- Jump ball to start the game has been removed, coin toss to start the game will determine who starts with the ball and then alternate position will be used for the rest of the game for all held balls.

Dodgeball

- Game balls will be sanitized after each round by the league representative.
- Teams should go to the outside right of the court to switch sides.
- Face coverings are not required for players actively engaged in games. For dodgeball only, this includes subs.
- Players may opt to wear a face covering during play.
- Work teams and players not currently playing must wear face coverings.

Field Hockey - Indoor

- Game balls should be sanitized before and after each game.
- Face coverings are required for all players at all times
- Players not currently playing must also wear face coverings. This includes bench players.
- Face-offs have been removed to avoid face to face close contact.

Field Hockey - Outdoor

- Game balls should be sanitized before and after each game.
- Face coverings are required for all players at all times.
- Players not currently playing must wear face coverings. This includes bench players.
- Face-offs have been removed to avoid face to face close contact.

Floor Hockey

- Game balls should be sanitized before and after each game.
- Goalies must not share equipment.
- Face coverings are required for all players at all times
- Players not currently playing must also wear face coverings. This includes bench players.

Football – Indoor & Outdoor

- Each team will use their own ball and should sanitize before & after use
- Players will use the same flags the entire season. Each player should sanitize their flags before each game.
- Face coverings are required by all players on each play. Players on the sideline must wear face coverings.

Golf

- Players should arrive at the course no sooner than 30 minutes prior to their tee time. Remain at/near your car while you put on your shoes.
- Players should remain at their car until 15 minutes prior to tee time. At that point players may walk up to the first tee where they will be checked in by a BSSC representative.
- The clubhouse has been closed so changing facilities or bathrooms may not be available. Please plan accordingly.
- Any carts are available on a first come/first serve basis. There is no guarantee a cart will be available.
- Face coverings are not required for players, but all players should do their best to remain at least 6 feet apart during play.
- Bunker rakes have been removed. Any ball in the bunker can either be played or removed and dropped back along your line without penalty.
- Flag sticks must remain in the holes at all time. Most courses have filled the holes to allow for easy ball removal with the flag still in.
- Score cards are not always available, but if they are, then only one person should handle the scorecard.
- All ball washers have been removed on most courses.

Kickball

- Game balls should be sanitized before and after each game.
- Use of structured dugouts, benches or bleachers is prohibited.
- The catcher must stand at least 6 feet away from the kicker and umpire at all times.
- Fielders must remain at least six feet away from any base runners, unless attempting to get them out.
- Face coverings are required at all times.

- The kicking team's kickers and runners must also wear face coverings.
- Players may opt to wear a face covering during play.

Lacrosse

- Game balls should be sanitized before and after each game.
- Players must wear face coverings at all times.
- Players not currently playing must wear face coverings. This includes bench players.
- Face offs have been removed to avoid face to face intermittent contact.

Soccer Clinics

- Players should bring their own soccer ball.
- Face coverings are required at all times..
- Players not currently engaged in drills must wear face coverings.

Soccer Leagues - Indoor

- Game balls should be sanitized before and after each game.
- Players must not share equipment including shin guards and keeper gloves.
- All players must wear facial coverings at all times,
- Players not currently playing must also wear face coverings. This includes bench players.
- Throw-ins have been removed and will be replaced with kick-ins for all leagues.

Soccer Leagues - Outdoor

- Game balls should be sanitized before and after each game.
- Players must not share equipment including shin guards and keeper gloves.
- All players must wear facial coverings at all times,
- Players not currently playing must also wear face coverings. This includes bench players.
- Throw-ins have been removed and will be replaced with kick-ins for all leagues.

Softball - Indoor

- Game balls will be sanitized by the umpire before each game. Each team will have their own ball to use while on defense.
- Players must refrain from spitting. Chewing of gum, sunflower seeds & tobacco are not allowed.
- Players who use any shared team equipment (i.e. bats) must clean the equipment after each use.
- A strike mat will be used for balls and strikes to increase social distancing.
- All Players & Umpires must wear face coverings at all times.
- Fielders should remain at least six feet away from any base runners, unless attempting to get them out.
- Face coverings and social distancing of six feet are required when participants are not actively engaged in game play. This includes base coaches and players on the sidelines.

Softball - Outdoor

- Game balls will be sanitized by the umpire before each game. Each team will have their own ball to use while on defense.
- Use of structured dugouts, benches or bleachers is prohibited.

- Players must refrain from spitting. Chewing of gum, sunflower seeds & tobacco are not allowed.
- Teams should label their team bases and sanitize them before and after each game.
- Players who use any shared team equipment (i.e. bats) must clean the equipment after each use.
- A strike mat will be used for balls and strikes to increase social distancing.
- The catcher must stand at least 6 feet away from the batter and umpire at all times.
- The umpire and the catcher must be on opposite sides of each other.
- Head first sliding has been eliminated.
- All players must wear facial coverings at all times,
- The batting team's players (batters, runners & those on the bench) must wear face coverings at all times.
- Players may opt to wear a face covering while playing in the field.

Ultimate Frisbee

- Players should sanitize their discs before and after each night of play
- Face coverings are required by all players on each play. Players may remove face coverings to catch their breath at the end of a play, but must maintain social distancing of 6 feet or more. Players on the sideline must wear face coverings.

Volleyball – Indoor & Outdoor

- Players should sanitize their hands up on entering the facility as well as when leaving.
- Teams should go to the outside right of the court to switch sides.
- There will be no house warm-up balls.
- Work teams must use voice commands or electronic whistles to officiate the game.
- All players must wear facial coverings at all times,
- Players not currently playing must wear face coverings. This includes bench players and work teams.

Volleyball – Indoor Clinics

- Players should sanitize their hands up on entering the facility as well as when leaving.
- Face coverings are required for all players at all times