



New England

**DISABLED
SPORTS**

**2020 – 2021 Operational Plans
During COVID-19**



New England Disabled Sports (NEDS) 2020-2021 Operational Plans During COVID-19

Introduction:

During the COVID-19 pandemic, NEDS is committed to offering its sports programs safely with guidance from the Center for Disease Control and Prevention (CDC), the state of New Hampshire and others. In addition, NEDS has obtained the consult services of a physician board certified in infectious disease to assist with our planning. This document will serve as a working document through the 2020-2021 season. It can be modified at any time based on changes in the current COVID-19 Health Crisis. Changes will be reviewed by the working group.

For the safety of our athletes, coaches, and staff during this pandemic, the NEDS Board of Directors has decided to limit some aspects of its 2020-2021 Programs to assure that it is following infection control guidelines to prevent the spread of the disease. As such, NEDS will institute infection control practices contained in this document that coaches, students and staff must follow. Updates to these operational plans may be required during the 2020-2021 season depending on many factors, such as when states report their latest COVID-19 data and when health regulatory agencies establish additional safety requirements.

Although infection control plans can reduce the disease spread, the NEDS Board of Directors understands that the risk of contracting COVID-19 is not absolute zero; some risk persists. Adults and children who are asymptomatic or pre-symptomatic, for example, can unknowingly spread the disease. Therefore, it is especially important that coaches and athletes at high risk for serious COVID-19 complications consult with their physician prior to participating in the NEDS'

program. These risks presently include age 60 and older and many co-morbidities

–risk factors – such as diabetes, being overweight, high blood pressure, heart disease, etc. Individuals should consult with the latest information from the CDC to assess their risk at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html>

It is important for everyone to follow CDC practices such as the wearing of masks and maintaining social distance when not at NEDS. Individuals without symptoms are a source for spreading the disease.

Individuals should also pay attention to quarantine requirements that states may impose. For example, New Hampshire may require individuals from certain states to quarantine for a period of time when entering the state. Conversely, some states may require individuals returning from the state to quarantine for a period of time. If New Hampshire has established such a requirement, the NEDS staff will ask individuals if they have met the requirement.

Coach and Athlete Pre-Participation Health Screening:

No coach, athlete, or a participating student-athlete or caregiver (hereafter collectively referred to as “individuals”) should participate in a NEDS’ program event, such as a lesson, who are experiencing symptoms associated with COVID-19. Such individuals should contact their physician for medical advice. Specific COVID-19 related symptoms precluding participation in NEDS programs presently include cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, new loss of taste or smell, sore throat, vomiting and diarrhea. Other symptoms may be added to this list as updated by health agencies.

Consistent with the above, the NEDS Administrative Director will implement and monitor the following pre-participation processes:

- To ensure all individuals are symptom free, a Google Doc health screening app will be sent to all individuals to complete prior to arriving at NEDS. This must be done on the day of the NEDS event. These results will be sent to the NEDS Info email where the staff will receive a notification each time a health screening is completed. There are no exceptions to completing the health screening.

- A NEDS staff on duty that day will be appointed to monitor the completed health screenings to confirm all individuals have completed the form before arriving at NEDS.
- Any individual who has not completed the health screening on the day of the NEDS event will not be permitted to enter NEDS or engage in their lesson until the form is completed and reviewed.
- Per NH requirements, everyone must take their temperature on the day of the NEDS event. Furthermore, they must complete the Google Doc before entering the NEDS offices or before the start of a NEDS event, such as a lesson. Individuals with a temperature of 100.4 degrees or higher will not be allowed to participate. They will also be advised to contact their physician. In addition, staff will follow all the human resource requirements if they have this temperature or other symptoms. There are no exceptions.
- The Google Doc, referenced above, will query all individuals asking if they have COVID-19 symptoms. Such individuals will not be allowed to participate in a NEDS event. There are no exceptions.
- The Google Doc, referenced above, will query all individuals asking if they have been in contact with a person diagnosed with COVID-19 and if so, what steps have they been advised to take. There are no exceptions.
- The Google Doc, referenced above, will query all individuals asking if they have had a positive COVID-19 test or have been diagnosed with COVID-19 and if medical authorities have cleared them from quarantine, etc. There are no exceptions.
- An updated waiver must be completed by individuals before participating in NEDS 2020-2021 Programming for each specific sport. There are no exceptions.

As noted earlier, an assigned member of the NEDS staff will monitor completion of the Google Doc.

Routine Mitigation Practices:

The NEDS Administrative Director (or her designee) will implement and monitor the following processes:

- The wearing of a mask covering the mouth and nose is mandatory at all times when in the Harney Center and the NEDS Bretton Woods office and on lessons. There are no exceptions.
 - Wash or sanitize hands before putting on a mask.
 - Put the same side against your face each time.
 - Remove the face covering using the straps.
 - Wash cloth face coverings after each use and wear other masks only according to the manufacturer's specifications.
 - Single-use face coverings must be properly disposed in the trash after use.
 - Do not place face coverings on surfaces to prevent cross contamination.
 - Face coverings must not be shared.
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- Consistent with state and healthcare agency requirements, no more than ten individuals will be allowed in the Harney Center and no more than 2 individuals will be allowed in the NEDS Bretton Woods office at a given time.
 - All individuals will sanitize their hands prior to entering the Harney Center and the NEDS Bretton Woods office and will at all times wear face masks covering their mouth and nose.
 - All individuals will socially distance a minimum of six feet and preferably further.
 - Hand shaking, hugging and high fives are not allowed.
 - Office space in the Harney Center and the NEDS Bretton Woods office will be for staff use only.
 - Hand sanitizers will be located throughout the Harney Center, the NEDS Bretton Woods office, at a minimum by each entrance/exit, near the reception area, and will be available at any offsite NEDS event location.
 - Sanitizing spray bottles will be available.

- Individuals may only enter the Harney Center at one point and may only exit through another point, appropriately marked with signs and arrows.
- Signs will be placed in the Harney Center and the NEDS Bretton Woods office reminding everyone about social distancing and the wearing of masks.
- Marks on the floor will be placed noting the six-foot separation throughout the main floor of the Harney Center and the NEDS Bretton Woods office.
- The restroom on the main floor of the Harney Center will be available for use.
- At the reception desk, Plexiglas will be placed that is sufficiently high to add protection for the staff and individuals.
- Masks will be placed at the entrance to the Harney Center, the NEDS Bretton Woods office, and available at any offsite NEDS event location for those who arrive without a mask.
- Boxes of gloves will be available throughout the Harney Center, the NEDS Bretton Woods office, and available at any offsite NEDS event location should they be required for a task.
- A plan will be developed to assure that all sports and athlete equipment is appropriately cleaned and disinfected before each use. (See below.)
- A plan will be developed to assure that the Harney Center and the NEDS Bretton Woods office have been appropriately cleaned and disinfected following infection control guidelines. (See below.)
- Indoor communal surfaces and objects that are touched frequently, such as the ones listed below, should be regularly disinfected using products approved by the applicable health authority. (See below.)
- Cleaning, sanitizing and disinfecting protocols have been developed using the CDC guidelines and will be completed by the staff and interns.
- Staff and interns will be trained on the cleaning, sanitizing and disinfecting protocols.

Cleaning Plan:

- Public Areas (every 2 hours at minimum)
 - Lobby, hallways, dining and food service areas
 - Door handles, handrails, push plates or other barricades the public may touch

- Handrails for stairs and ramps
 - Elevator buttons - inside and out
 - Reception desks and counters
 - Telephones, Point of Sale terminals, and other keypads
 - Tables and chairs
 - Trash receptacle touch points
- Restrooms - Public and Staff (every 2 hours at minimum)
 - Door handles and push plates
 - Sink faucets and counters, and toilet handles
 - Lids of containers for disposal of women's sanitary products
 - Soap dispensers and towel dispenser handles
 - Baby changing stations
 - Trash receptacle touch points
- Desk/Office Space - (Staff responsible for cleaning their own space daily)
 - Individual office and other room furniture
 - Door handles, push plates, doorways, railings
 - Light switches and thermostats
 - Cabinet handles
 - Telephones, computers, other keypads, mouse
- Outside surfaces: Those made of plastic or metal can be carried out according to recommended cleaning practices. More frequent cleaning of high touch outdoor surfaces, such as grab bars or railings, is recommended. Outdoor wooden surfaces, such as play structures or benches, will be cleaned daily with a spray disinfectant solution.
 - All vehicles must be thoroughly wiped down after use. This includes anything that has or may have been touched, as the steering wheel, arm rests, door handles, etc.

- Students will be encouraged to use their own helmets and personal sports clothing.

Sports Lessons:

The NEDS Staff will determine the types of student lessons that will be allowed during the COVID-19 pandemic with approval from the NEDS Board. NEDS staff will post information on allowed lessons on its website and will update it as may be periodically necessary.

To the extent possible, individuals other than NEDS staff will not enter the building. When possible, the NEDS staff will notify the coaches, student and caregiver where to meet outside the NEDS building prior to their morning and/or afternoon lesson, and at a specified time and place.

Coaches will establish a drop off point for the caregiver of an athlete (when appropriate) after each lesson. When possible, this location will be outside of the Harney Center or the NEDS Bretton Woods office.

All individuals must wear masks covering the mouth and nose during a lesson unless actively participating in a sport on water and where a minimum of 6 feet of social distancing cannot be maintained. All individuals must wear and provide their own face masks which must cover the nose, mouth and chin. There will be times when social distancing can't be maintained, such as assisting a student who has fallen, when assisting a student in a piece of equipment onto a lift, or when riding on a lift with a student. In this circumstance, the return to social distancing will be quickly resumed.

Locker Room:

Given the challenge of maintaining and monitoring social distancing, there will be no locker use or storage of ski equipment for coaches in the Harney Center and the NEDS Bretton Woods office. Coaches will be required to remove their ski equipment and belongings consistent with a process developed by the NEDS Administrative Director. Furthermore, there will be no morning coaches meeting in the Harney Center locker room or the NEDS Bretton Woods office. Emails will be sent to scheduled coaches the night prior to lessons to confirm their

availability and any lesson changes or notes. The morning of a scheduled lesson, the coaches' morning meeting will be held by Zoom or by a conference call.

Notification of a Positive COVID-19 Test or a COVID-19 Diagnosis:

If the NEDS staff is notified by an individual saying a COVID-19 test returned positive, or they have been diagnosed with COVID-19, the NEDS Administrative Director (or her designee) will contact the infectious disease consult and/or the established NEDS contract tracing group to determine what further actions, if any, should be taken.

COVID-19 Symptoms:

- If an individual has symptoms upon arrival to a NEDS event, or becomes sick during the day, the NEDS Administrative Director (or her designee) must separate the person from other coaches, staff, and advise them to contact their physician. In addition, the infectious disease consult and/or the established NEDS contract tracing group will be notified to determine if any further action is required.
- If a student with a caretaker has symptoms, the caretaker will be notified to take the person home and to contact their physician. In addition, the infectious disease consult and/or established NEDS contract tracing group will be notified to determine if any further action is required.
- The NEDS Administrative Director will document the circumstances of the individual's symptoms.
- NEDS will be following the CDC and State of NH guidelines for an individual returning to NEDS programs or other events.

Addendum

Effective Date
January 31, 2021

Quarantine, Travel and Vaccines

New England Disabled Sports under the direction of our Infectious Disease Consultant has adopted the following policy: If you have received the COVID-19 Vaccine you will be expected to follow all the original NEDS guidelines as outlined in the Fall - including continuing to wear masks in public spaces, wearing appropriate PPE when participating in a NEDS event (IE: coaches, student-athletes, staff), following social distancing guidelines and practicing proper hand hygiene. You will need to continue to follow all of the original guidelines for travel that include testing and/or quarantine. Should you be exposed to someone with COVID 19 – you will need to quarantine regardless of your vaccination status or prior infection status. It is not yet known whether the vaccine protects you from transmitting the virus to others (as you may remain asymptomatic). We are also still learning about the risks associated with new ‘variant’ strain which may prove to be more contagious. It also remains unclear if the current vaccines will adequately protect against this strain.

IMPORTANT

COVID-19 Addendum to the 2020-2021 Operational Plans During COVID-19 manual supersedes all other policies and communications related to COVID-19 quarantine, travel and vaccine status. This Addendum will be updated as needed in accordance with recommendations of NH State health officials, requirements of The Centers for Disease Control and Prevention (CDC), NEDS Infectious Disease Consultant, or to meet the needs of New England Disabled Sports in its sole discretion.

Addendum

Effective Date

April 21, 2021

Quarantine, Travel and Vaccines

New England Disabled Sports under the direction of our Infectious Disease Consultant has adopted the following policy: If you have received the COVID-19 Vaccine you will be expected to follow the CDC, State of NH and your state of residence guidelines - including continuing to wear masks in public spaces, wearing appropriate PPE when participating in a NEDS event (IE: coaches, student-athletes, staff), following social distancing guidelines and practicing proper hand hygiene.

IMPORTANT

COVID-19 Addendum to the 2020-2021 Operational Plans During COVID-19 manual supersedes all other policies and communications related to COVID-19 quarantine, travel and vaccine status. This Addendum will be updated as needed in accordance with recommendations of NH State health officials, requirements of The Centers for Disease Control and Prevention (CDC), NEDS Infectious Disease Consultant, or to meet the needs of New England Disabled Sports in its sole discretion.