



## Botetourt County Parks and Recreation Recreation Sports COVID-19 Guidelines

- Health and safety for our community is our number one priority. If you are experiencing **any** symptoms of illness, please do not attend Parks and Recreation sponsored practices, games, or events.
- Individuals with confirmed cases of COVID-19 will be required to isolate at home. Individuals who have NO symptoms or whose symptoms have improved (must be fever-free for 24 hours without the use of fever-reducing medications) may return to Parks and Recreation activities on day 6 but must wear a well-fitting mask at all times. Individuals who cannot consistently or correctly wear a mask for any reason must isolate for 10 days.
  - If an individual has symptoms, Day 0 is the date of symptom onset.
  - If an individual has NO symptoms, Day 0 is the date the individual tested positive.
- If an individual has received guidance from Botetourt County Public School with quarantine guidelines that are greater than Parks and Recreation guidelines, the individual may not return to Parks and Recreation activities until when they are eligible to return to school activities. Students are eligible to return to recreation activities once cleared to return to school.
- Wearing masks while indoors, though no longer required, is still encouraged.
- External scrimmages lined up by coaching staffs are prohibited.
- Practice guest players, including coaches' children, are prohibited.
- No shared water stations
  - Players and coaches should bring personal water bottles labelled with their name.
- Necessary shared equipment will be fully sanitized prior to and after each activity by facility site supervisors and coaching staff.

- Participants, coaches, and spectators are required to self-screen prior to coming to any team activity to ensure they are symptom free. See below for self-screening questions.

Any person who answers **YES** to a question below is **NOT** permitted to participate in or attend a Botetourt County Parks and Recreation sponsored athletic event until after symptoms disappear, without medication, for 72 hours.

- Do you have a fever (100.0 F or higher) or chills or a sense of having a fever?
  - Do you have a cough, shortness of breath, sore throat, runny nose, nausea or vomiting, diarrhea?
- Please visit <https://www.vdh.virginia.gov/coronavirus/> for COVID-19 information and best practices
  - All guidelines are subject to change. Botetourt County Parks & Recreation will continue to monitor and adjust as advised by Virginia Department of Health.

