



**COVID-19  
REOPENING  
GUIDELINES**

[www.unionpointsportscomplex.com/covid-19](http://www.unionpointsportscomplex.com/covid-19)

# REOPENING UPSC



## COVID - 19 PREVENTION

Union Point Sports Complex will be reopening in alignment with the guidelines provided by the Commonwealth of Massachusetts. As new information becomes available, we will continue to update this document.

As it currently stands UPSC is in Phase III Step I

**MASKS: FACE COVERINGS SHOULD BE WORN AT ALL TIMES BY COACHES, PARENTS & SPECTATORS WHILE AT UNION POINT SPORTS. ALL PLAYERS MUST ALSO WEAR A MASK WHEN NOT ACTIVELY TRAINING WITH THEIR RESPECTIVE CLUB (THIS INCLUDES LEAVING ALL FIELDS AT END OF PRACTICE AND THE RESTROOM FACILITY).**

<b>Social Distancing</b>	<ul style="list-style-type: none"><li>• All persons, including employees, customers, and vendors should remain at least six feet apart to the greatest extent possible, both inside and outside workplaces</li><li>• Establish protocols to ensure that employees can practice adequate social distancing</li><li>• Provide signage for safe social distancing</li><li>• Require face coverings or masks for all employees and customers</li></ul>
<b>Hygiene Protocols</b>	<ul style="list-style-type: none"><li>• If available, provide hand-washing capabilities throughout the workplace</li><li>• Ensure frequent hand washing by employees and adequate supplies to do so</li><li>• Provide regular sanitization of high touch areas, such as workstations, equipment, screens, doorknobs, restrooms throughout work site</li></ul>
<b>Staffing and Operations</b>	<ul style="list-style-type: none"><li>• Provide training for employees regarding the social distancing and hygiene protocols</li><li>• Employees who are displaying COVID-19-like symptoms do not report to work</li><li>• Establish a plan for employees getting ill from COVID-19 at work, and a return-to-work plan</li></ul>
<b>Cleaning and Disinfecting</b>	<ul style="list-style-type: none"><li>• Establish and maintain cleaning protocols specific to the business</li><li>• When an active employee is diagnosed with COVID-19, cleaning and disinfecting must be performed</li><li>• Disinfection of all common surfaces must take place at intervals appropriate to said workplace</li></ul>



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## MASSACHUSETTS PHASE III STEP I INFORMATION SPORTS AND ACTIVITIES ALLOWED DURING PHASE III STEP I

The ability to participate in sports and recreation activities is determined by a combination of (1) risk of transmission of COVID-19 inherent in the sport or recreation activity itself and (2) level of risk associated with the "Type of Play".

In Phase III, Step I, subject to the limitations and guidelines set forth below:

- Sports and activities included in the **Lower Risk** category can participate in Level 1, 2, 3, 4 type of play.
- Sports and activities included in the **Moderate Risk** category can participate in Level 1, 2 and 3 type of play.
- Sports and activities included in the **Higher Risk** category can participate in Level 1 type of play

### STANDARDS FOR SPORTS & RECREATIONAL ACTIVITIES IN PHASE III, STEP I

Risk Level: Sports and recreation activities are categorized as "**Lower Risk**," "**Moderate Risk**," and "**Higher Risk**."

**Lower Risk** sports and recreation activities are characterized by:

- Sports or activities that can be done with social distancing
- Sports or activities that can be done individually

Examples: Batting cages, tennis, pickleball, swimming, catch, disc golf, golf, individual biking, surfing, horseback riding, individual sailing, fishing, hunting, motor sports, yoga & no contact exercise classes, gymnastics

**Moderate Risk** sports and recreation activities are characterized by:

- Sports or activities that involve intermittent contact, but with protective equipment or mitigating measures in place that may reduce the likelihood of respiratory particle transmission between participants (e.g., wearing masks, modifying play)

Examples: Baseball, softball, crew/sailing (2-3 people in a boat), track and field, cross country, running clubs, team swimming, volleyball, dance class, fencing, field hockey, no-contact lacrosse

**Higher Risk** sports and recreation activities are characterized by:

- Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Football, wrestling, soccer, rugby, basketball, lacrosse, ice-hockey, competitive cheer, martial arts, crew/sailing (more than 3 people in a boat), ultimate frisbee.



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## MASSACHUSETTS PHASE III STEP I INFORMATION SPORTS AND ACTIVITIES ALLOWED DURING PHASE III STEP I CONTINUED

Type of Play: The following types of play are defined by level from least to greatest risk.

- **Level 1:** Individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work, and drills)
- **Level 2:** Competitive Practices (Intra-team/group games, contact drills and scrimmages)
- **Level 3:** Competitions (Inter-team games, meets, matches, races, etc.)
- **Level 4:** Tournaments (Outdoor only)

For the purposes of these guidelines, a "Competition" is defined as multiple participants or two teams competing against one another in a single contest. A competition includes, inter-team games, matches, shows, meets, and races.

A "Tournament" is a formal contest that consists of multiple games between multiple persons or teams, that might include multiple stages, played in a condensed period of time, such as over the course of a single day or multiple days in a row.

In Phase III, Step I, only outdoor Tournaments are allowed for **Lower Risk** Sports.



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## FACILITY CLEANLINESS/SANITATION

### PLAYING SURFACES

Clean using the appropriate EPA approved material for the surface:

- Door handles/door knobs, inside and out
- Vending Machine windows and buttons
- Field Gates where frequently touched
- Turf playing areas
- Soccer Goals & Lacrosse Nets
- Bathrooms
- Trash Barrels

### OFFICE SPACE

Clean using the appropriate EPA approved material for surfaces:

- Door handles & door knobs, inside and out
- Office desks, conference room tables, and chairs
- Floors & walls where frequently touched
- Bathrooms
- Kitchen Area



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## EMPLOYEE GUIDANCE DAY TO DAY OPERATIONS

Provide protocols and guidelines to employees related to:

- Disinfection guidelines
- Disinfection Frequency in Facilities and Offices
- Ensuring that hand sanitizer stations are available on all fields for use by players, employees and coaches.
- Increase personal hygiene practices
- Wash hands with soap and water, and use hand sanitizer frequently.
- Avoid touching your face, eyes, or mouth.
- Practice good respiratory etiquette, including coughing/sneezing into a tissue or your elbow rather than into your hand.

### Social Distancing Protocol

- Social Distancing in Office Areas
- Social Distancing in Common Areas
- Wearing a mask or face covering when unable to maintain Social Distancing
- Indoor facilities may be used only by supervised youth sports and summer sports camps for participants under 18. Use of indoor facilities for adult activities or for unsupervised youth sports or activities is not permitted.
- Limit any nonessential visitors, spectators, staff, volunteers, and activities involving external groups or organizations as much as possible. Visitors, spectators, volunteers and staff must wear face coverings.

### Daily Self-Screening Protocol

- Isolation Protocol (for both staff and visitors/clients)
- Stay home if you feel sick
- Self Quarantining & Return to Work Protocol
- Visitors at Facilities
- Facility Signage



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## CUSTOMER GUIDANCE

Union Point Sports Complex will provide additional protocols and guidelines to clients prior to the start of their rentals for which they are scheduled, including:

- Drop off and Pick Up Regulations (**Parents are asked to remain in their cars or drop off and pick up only**).
- An entry & exit pattern for the complex where the client's rental will take place, and staggered start/end times to ensure safe physical and social distancing.
- Sanitation of shared goals and nets.
- **NO** equipment bags are allowed onto the fields by players - **ONLY** coaches and staff (**All water bottles must remain in players bags**).
- Social Distancing for any parent or spectator staying to watch a practice (**We ask that all parents remain in their cars**).
- **MASKS: FACE COVERINGS SHOULD BE WORN AT ALL TIMES BY COACHES, PARENTS & SPECATORS WHILE AT UNION POINT SPORTS. ALL PLAYERS MUST ALSO WEAR A MASK WHEN NOT ACTIVELY TRAINING WITH THEIR RESPECTIVE CLUB (THIS INCLUDES LEAVING ALL FIELDS AT END OF PRACTICE AND THE RESTROOM FACILITY).**
- **ONLY** Players & Coaches inside Bubble 1 due to Massachusetts State Government Guidelines.
- Inside the bubble the capacity will be allowed up to 40% (according to Massachusetts Guidelines)
- Clients must separate participants into groups of no more than 25, including coaches and staff. Larger playing areas and surfaces, such as athletic fields, may be used by more than one group of 25 at one time, provided that adequate social distance and group separation can be maintained. To ensure group separation, groups must be spaced at least 20 feet apart while using a field at UPSC.
- Following the Massachusetts Reopening Plan for the physical and social distancing of players and coaches on the designated playing surfaces.



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## COVID - 19 FACILITY PLAN



- The Covid-19 Facility Plan has been designed to allow for maximum social/physical distancing while attending training sessions at Union Point Sports Complex.

- Fields will have separate entry and exit points in an effort to keep players in small groups. While waiting for training sessions to begin, or for family to pick up, players are asked to follow social distancing guidelines off of the field they are waiting to use. Once again players are NOT allowed to bring bags onto the fields. Clients are asked to end practice 15 minutes prior to the end of your field rental to allow players and coaches to exit the field safely before the next field rental begins.

- Playing areas, field surfaces, & inside Bubble One are designated for coaches and players only.





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