



Town of Sturbridge

Recreation Department

Email: recreation@sturbridge.gov

TO: TOWN OF STURBRIDGE
FROM: STURBRIDGE RECREATION COMMITTEE
SUBJECT: RECREATION STANDARDS- **REOPENING MA, PHASE 4, STEP 1**
DATE: MARCH 30, 2021

In accordance with the Government issued guidelines on re-opening Massachusetts, the Sturbridge Recreation Committee has established the following:

Cedar Recreation Area

1. Athletic Fields, Courts, Playing Surfaces (Compliant with Phase 4, Step 1) **Tennis, Pickleball and Basketball**

All athletic courts may be utilized during Phase 4, Step 1

Tennis and Pickleball are Low Risk Sports and may participate in all Risk Levels of Play.

Basketball is a High Risk Sport, and Play Levels 1-3 are allowed at this time.

Play Levels 1-3 allow for solo drill work, practices, and games. Tournaments are not permitted.

Athletic Courts Guidelines:

- Users should sanitize hands before and after play, not share equipment and clean and wipe down equipment, including racquets, balls, and water bottles. Users are required to bring their own hand sanitation.
- Face Coverings Required. Users are required to bring their own masks. Masks must be worn during active play. COVID19 Order 55: *Revised Order Requiring Face Coverings in Public Places to prevent against the transmission of COVID-19*
- Users waiting to utilize a court should wait outside the court's gates/fence until previous users have vacated the facility to ensure proper social distancing and prevent accidental contact of other users' equipment.
- Basketball Court users may not participate in tournaments at this time.
- Water fountain is CLOSED, bring proper hydration.
- Folding chairs are not permitted inside the Courts.
- After visiting public spaces, users should use wash their hands or use hand sanitizer.
- Failure to comply may result in closure of the Courts.
- Visitors to the Courts are At Their Own Risk.

2. Town Playground at Cedar Recreation Area (Compliant with Phase 4, Step 1)

- Remains open to the public with regulations since 6/15/20
- Persons using playgrounds, spray decks and outdoor fitness areas must maintain 6 feet from all other persons.
- All visitors to playgrounds must comply with COVID19 Order 55: *Revised Order Requiring Face Coverings in Public Places* to prevent against the transmission of COVID-19. Face Coverings must be worn at all times.
- Parents, guardians and other adults supervising children should monitor children at all times to ensure children maintain proper distancing and adhere to requirements for face coverings.
- Parents and guardians will be required to seek alternative facilities if the playground is crowded such that social distancing cannot be maintained.
- Children and adults who feel sick or are recovering from an illness may not visit the playground.
- After visiting public spaces, users should use wash their hands or use hand sanitizer.
- Visitors to the playgrounds are At Their Own Risk.

3. Parks and Open Space (Compliant with Phase 4, Step 1)

Walking, hiking, biking, running, land stewardship events (clean-up events, community service projects, volunteer programming), and other similar activities are allowable activities during Phase 4, Step 1 in parks and other designated areas such as rail trails, multi-use paths, and bike paths.

Parks and Open Space Guidelines:

- Visitors must practice social distancing by remaining 6 feet away from others and adhering to all site-specific rules, regulations, and posted signage regarding permitted uses.
- Face coverings are required for visitors of parks and open spaces in accordance with COVID-19 Order 55: *Revised Order Requiring Face Coverings in Public Places*, to prevent against the transmission of Covid-19.
- On trails, walker and hikers should move aside and leave room for others to pass, and cyclists and runners should alert other users when approaching and wait for others to step aside before passing.
- After visiting public spaces, users should wash their hands or use hand sanitizer.
- Managing entities may offer or allow third parties to coordinate group hikes, nature walks, and land stewardship activities, such as clean-up events and community service projects, at their discretion but such activities shall be consistent with social distancing and limited to groups of 25 or fewer including participants, staff, and instructors. There may be more than one group of 25 at one time, provided that adequate social distance and group separation of at least 14 feet can be maintained.
- Organized group hikes, nature walk programs, and land stewardship activities should be planned in advance with proper registration of participants in order to manage capacity. Onsite registration should be not offered.
- Participants of group hikes, nature walks, and land stewardship activities should sanitize any shared equipment between users.

- Permits may be issued for group events and gatherings provided that the activities are consistent with the gatherings order, all relevant sector or activity-specific guidance (including the *Indoor and Outdoor Events guidance*), and social distancing requirements. Persons seeking to organize youth or adult sport activities should review and follow EEA’s *Workplace Safety and Reopening Standards for Businesses and Other Entities Providing Youth and Adult Amateur Sports Activities*.

4. Cedar Beach (Compliant with Phase 4, Step 1)

User Guidelines

Cedar Beach is a public swimming area used At Your Own Risk.

Open to public use from Memorial Day to Labor Day, Dawn to Dusk.

The Summer Recreation Program provides Lifeguards at the Cedar Recreation Beach only during posted times.

Expected hours of operation, Summer 2021:

June 20- August 20, 2021. Monday-Friday, 8:00 AM- 2:00 PM, subject to change.

- Beach visitors are required to maintain social distancing of at least 6 feet or more at all times and visitors should maintain at least 12 feet minimum distance between towelings/beach blanket areas. Toweling/Beach blanket groups are limited to groups no larger than 15.
- Face coverings are required for all visitors in accordance with COVID-19 Order 55: *Revised Order Requiring Face Coverings in Public Places* to prevent against the transmission of COVID-19. Face coverings should not be worn while swimming.
- Persons seeking to organize (1) any gatherings or events on a beach must follow the gatherings order and Safety Standards for Theaters and Performance Venues and Indoor and Outdoor Event Standard, or (2) any youth or adult amateur sport or other recreational activities must follow the Workplace Safety and Reopening Standards for Businesses and Other Entities Providing Youth and Adult Amateur Sports Activities guidance.
- Beach visitors shall abide by social distancing standards for bathroom lines and follow any established visual guidelines for maintaining a 6 feet distance in all restroom and locker room facilities
- A minimum distance of 6 feet should be maintained between lifeguards, the public and lifeguard stands except in the case of an emergency.
- Parking lots, people entering the beach or other factors will be managed, if necessary, to limit beach capacity to accommodate adequate social distancing based on an assessment by the beach manager.
- Restroom facilities should contain adequate hand washing and/or sanitizer stations.
- Water fountains to be used as refill stations only, provided that social distancing can be maintained. Customers and workers should bring their own water bottles
- After visiting public spaces, users should use wash their hands or use hand sanitizer.
- Failure to comply with safety guidelines may result in closure of the Beach.
- A portable restroom with a handwashing sink will be available beginning 5/31/21.
- Facilities will be cleaned at least once daily by staff and will receive deep cleaning and disinfection services at least once per week and will follow the EEA COVID-19 Outdoor Recreation Facility Restroom Cleaning Best Practices.

5. Youth Sports- Organized Leagues (Compliant with Phase 4, Step 1)

Low Risk: Tennis, Pickleball

Moderate Risk: Baseball, Softball, Soccer, Girl's Lacrosse

High Risk: Football, Basketball, Lacrosse, Competitive Cheer

Risk Levels of Type of Play:

- **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

Low, Moderate, and High Risk Sports may participate in Levels 1-3.

High Risk Sports must be played outside, or adapt to modified Levels 1 and 2 play for indoor training.

Only **Low Risk Sports** may participate in Level 4, Tournaments.

USER GUIDELINES AND SAFETY STANDARDS

- In accordance with COVID-19 Order 55: *Revised Order Requiring Face Coverings in Public Places*, to prevent against the transmission of Covid-19, Facility Operators and Activity Organizers must require facial coverings to be worn by all participants during active play except for individuals with a documented medical condition or disability that makes them unable to wear a face covering.
- Participants for all sports must wear facial coverings on the bench or sidelines at all times and in any huddles or time-outs from active play.
- Participants should take frequent facial covering breaks when they are out of proximity to other players, using caution to avoid touching the front or inside of the face covering by using the ties or ear loops to remove and replace. This requirement applies to all spectators and chaperones, coaches, staff, referees, umpires, and other officials.
- Level 3 Play, "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. Teams are limited to competing against a single opposing team per day and can play multiple competitions against the same team in a single day.
- Notwithstanding the foregoing, a team can play up to two games against two different opposing teams in a single day provided that the 1) games are played back-to-back, 2) the facility has multiple fields, courts, or surfaces that allow teams to distance between game transitions, 3) the facility has adequate transition space for all participants, including spectators and 4) no teams or individual players are required wait for their second game other than for a limited break between games to transition between one game to the second game
- Tournaments are not permitted at this time for Town of Sturbridge Youth Sport Leagues

OUTDOOR FACILITY CAPACITY AND SPECTATOR LIMITS

- If an outdoor facility has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators, then spectators are allowed for players under 21 years old. Spectators are limited to 2 adults (parents/guardians or chaperones) and siblings of a participating player.
- In no event can the presence of spectators, plus players, coaches, referees, and facility/activity workers cause an indoor facility to exceed more than 50% of the maximum occupancy for the facility.
- No spectators allowed for sports and activities played by individuals 21 years and older.
- For facilities with multiple fields, surfaces, courts, courses etc. the above capacity limitations shall apply per playing field, surface, court, etc., provided that there is adequate spacing for at least six feet social distancing for all individuals, including those at adjacent fields, surfaces, courts, etc.
- Activity Organizers should set schedules with time buffers to prevent the overlap of competitions or overlap of players/spectators from adjacent fields/surfaces/courts at any one time and to allow for disinfecting of equipment and cleaning of commonly touched surfaces, if necessary.
- Activity Organizers should mark off designated areas for spectators for each field, surface, court, etc. to minimize the overlap of spectators from adjacent fields, surfaces, courts, etc.

SAFETY PROTOCOLS

- Facility Operators and Activity Organizers, as well as coaches, participants, and others engaging in sports activities are required to cooperate with state health officials and local boards of health and their authorized agents.
- Facility Operators and Activity Organizers must keep rosters of all participants with appropriate contact information and make that information available upon request by state officials, local boards of health or their authorized agents. Should a Facility Operator or Activity Organizers fail to comply and promptly cooperate with health officials, operators and organizers risk closure or suspension of a league's practices and/or games.
- Transportation: Activity Organizers, participants, staff, coaches, volunteers and guardians/parents must also comply with all relevant transportation safety requirements, including but not limited to, ensuring that staff, volunteers, and parents/guardians are not transporting athletes that are not immediate family members. In the event that transportation of non-family members becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle such as opening a window.
- Out of State Travel is not permitted at this time. Activity Organizers may not host an out of out-of-state team.
- Activity Organizers must promote an "arrive, play, and leave" mentality and ensure that individuals are not congregating in common areas or parking lots before, during or following practices or events (such as tailgating).
- Players, coaches and officials should arrive for practices, games, meets and competitions dressed to play.

- Dugouts, benches & bleachers are allowed to open only if six feet of distance can be maintained between each participant at all times. Dugouts, benches & bleachers must be thoroughly cleaned before and after every use, by the current Activity Organizer or Coach using the field.
- Sportsmanship should continue in a touchless manner – no handshakes/slaps/fist bumps.
- Once athletes have completed their competition or activity, they must leave the area if another team is taking the field or using the playing surface to ensure adequate space for distancing.
- Any concessions or food service must follow the *Safety Standards for Restaurants*. No shared food or drink may be provided during any activities for participants or spectators except by concessions and food service providers following the Safety Standards for Restaurants
- Participants and spectators should only drink from their own containers. Organizers must provide individual, dedicated water bottles for children if they do not have their own.
- Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer. Organizers should understand the cleaning and disinfection protocols employed at the facility they are using and should raise any issues to the operator.
- Activity Organizers to stagger activity start and end times or to put in place other protocols to limit contact between all visitors as much as possible. This also allows for more time to clean the facility between users. Operators must have daily schedules prepared in advance.
- Workers, Coaches, and Volunteers who test positive for COVID-19 must disclose this to the workplace organizer for purposes of cleaning / disinfecting and contact tracing. If the employer is notified of a positive case at the workplace, the employer must notify the Local Board of Health (LBOH) in the city or town where the workplace is located and assist the LBOH to advise likely contacts to isolate and self-quarantine. Testing of other workers may be recommended consistent with guidance and /or at the request of the LBOH.
- Activity Organizers must ensure that teams and leagues, as well as individual team members, comply with all applicable travel restrictions and any quarantine or testing requirements. To participate or attend, organizers should ensure that participants, volunteers, coaches, and spectators must show no signs or symptoms of COVID-19 for 14 days. Current list of symptoms is available from the CDC.
- If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.
- Activity Organizers of activities are responsible for following all guidelines and creating a safe environment for participants.

CLEANING PROTOCOLS

- If any equipment is provided by the Activity Organizer, the Organizer clean and disinfect shared equipment at the end of a practice or competition session using a

product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus.

- Water fountains to be used as refill stations only, provided that social distancing can be maintained. Customers and workers should bring their own water bottles or purchase from the business
- Restrooms facilities shall be cleaned and disinfected in accordance with Centers for Disease Control guidance and best practices under *EEA COVID-19 Outdoor Recreation Facility Restroom Cleaning Best Practices*
- Sport Fields with have (1) Portable ADA Unit and (1) Portable Toilet with Handwashing Sink placed at each facility.
- Activity Organizers are required to keep cleaning logs that include date, time, and scope of cleaning. Organizers must conduct frequent disinfecting of heavy transit areas and high-touch surfaces (e.g., doorknobs, handrails, bathrooms).
- In event of a positive case, shut down site for a deep cleaning and disinfecting of the workplace in accordance with current guidance.
- Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer. Organizers should understand the cleaning and disinfection protocols employed at the facility they are using and should raise any issues to the operator.

6. Outdoor Educational Programs (Compliant with Phase 4, Step 1)

Organized educational programs, activities, and outdoor public art installations may occur in outdoor spaces during Phase IV, Step 1, subject to the following guidelines. Fitness classes may occur in outdoor spaces in accordance with the guidance for Fitness Centers and Health Clubs.

Outdoor Education Program Guidelines:

- To allow for adequate social distancing, as well as ingress and egress, the layout of the class should be managed to accommodate a minimum of 12 feet distance between each individual activity station.
- Instructors and participants must always comply with all social distancing requirements, COVID-19 Order 55: *Revised Order Requiring Face Coverings in Public Places*, and remain at least 6 feet apart.
- Activities must be limited to gatherings of no more than 25, including instructor or leader. Larger areas 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 14 feet apart at all times.
- A pre-registration process will be implemented to ensure group size as well as a participation waiver. Instructors will be familiar with all protocols and procedures to maintain a safe activity, e.g., monitoring physical distancing, not allowing participants without facial coverings, disinfecting tables before and after use in accordance with CDC guidelines.
- Staff members are responsible for sanitizing any materials or surfaces used during their class.
- Temporary signage will be posted to inform participants of public health guidelines and standards of behavior during program.

- All outdoor tables and highly used surfaces to be disinfected before and after use, participants are required to wash hands or sanitize before and after class.
- All bathroom facilities are following State Guidance on Best Practices for Outdoor Facilities.
- Any parent or guardian waiting for their child during class, should socially distance in their car or wait on the designated grass area, 6 feet apart.
- All employees and participants should stay home if feeling ill.
- Cleaning Logs and Daily Attendance Logs will be kept accordingly.

7. Outdoor Fitness Classes (Compliant with Phase 4, Step 1)

- Require face coverings for all workers, customers, and visitors, except where unsafe due to medical condition or disability.
- Participants are required to wear face coverings during fitness activity, including strenuous activity, and must maintain physical distancing of at least 6 feet.
- Each facility must monitor visitor entries and exits, ensure social distancing, and limit occupancy at all times to: 50% of the facility's maximum permitted occupancy as documented in its occupancy permit on record with the municipal building department or other municipal record holder.
 - Facilities for which no permitted occupancy limitation is on record may allow up to 10 persons per 1,000 square feet of accessible indoor or outdoor space
 - In any case, no enclosed space within the facility shall exceed occupancy of 10 persons per 1,000 squarefeet
- All occupancy counts and calculations shall include customers but may exclude staff, and other workers.
- Arrange all equipment (weights, machines, treadmills, bikes, etc.) so exercise areas are spaced out at least 6 feet apart.
- In group fitness classes, 6 feet of physical distancing must be maintained between attendees at all times.
- Encourage outdoor exercise, classes, sessions, etc. where possible, so long as appropriate physical distancing is maintained at all times and any equipment used is sanitized after each use.

8. Concerts on the Common (Compliant with Phase 4, Step 1)

In accordance with COVID – 19 Order no. 65 Advancing all Communities to Phase 3, Step 2 COVID -19 Safety Rules, Indoor Theaters and Performance Venues designated as a Phase 3 Step 2 enterprise may open. A performance venue is a facility where performers are in a designated area, such as a stage, audience members remain in fixed or assigned seating during the performance, and seated dining service is not provided.

- Face Coverings are required for all Staff and Attendees, except where unsafe due to medical condition or disability.
- Audience members must wear face coverings while seated during the performance or movie unless unsafe due to disability or medical condition. Audience members may remove face coverings while seated and eating or drinking but must otherwise wear face coverings.
- Indoor and Outdoor Theaters and Performance venues must monitor customer entries and exits and limit occupancy at all times to:

- 50% of the venue's maximum permitted occupancy as documented in its occupancy permit on record with the municipal building department or other municipal record holder, but in no event shall the venue admit or host more than 500 persons.
- Venues for which no permitted occupancy limitation is on record may allow up to 10 persons per 1,000 square feet of accessible space, and never more than 500 persons (**Sturbridge Town Common, approx. 54,534 Sq Feet**)
- All occupant counts and calculations for indoor and outdoor venues must include all customers, patrons and attendees but may exclude workers and performers.
- For rehearsals, virtual performances, and other events without an audience, indoor and outdoor venues must limit occupancy at all times to 50% of the venue's maximum permitted occupancy as documented in the occupancy permit on record with the municipal building department or other municipal record holder, but in no event shall the venue allow more than 250 persons.
- Outdoor Venue to establish directional pathways to manage visitor flow for foot traffic, to minimize contact (e.g., one-way entrance and exit to shows, one-way pathways). Post clearly visible signage regarding these policies.
- Outdoor Venue to install visual social distancing markers to encourage customers to remain 6 feet apart (e.g., lines for equipment if applicable, checkout lines, and lines to use the restroom).
- Outdoor Venue to reconfigure seating areas to ensure 6 feet distancing between customers not in the same group. Distance shall be measured from the closest boundary of one customer recreation or seating area to the closest boundary of another customer recreation or seating area.
- Group sizes are limited to no more than 6 people per group attending together for movie theaters and indoor and outdoor theaters and performance venues.
- Special protocols shall be followed for close contact between live performers:
 - Performers are to wear face coverings during performances whenever feasible
 - Performers should remain at least 6 feet apart even if wearing masks. Any activity requiring performers to be closer than 6 feet must be as brief as possible
 - Activities that require prolonged direct contact (e.g. intimate scenes, fight scenes) are discouraged
 - Prohibit direct interaction between performers and audience before, during, or after performances (including backstage and post-performance meet and greets)
- For live performances, singing and the playing of brass and wind instruments is discouraged. Singing is not permitted in any indoor performance venues. For outdoor performances involving singing or indoor and outdoor performances involving brass or wind instruments, special distancing must be followed:
 - At least 10 feet between performers
 - At least 25 feet between performers and first row of the audience
- Disinfect shared equipment before use by another worker.

- Ensure access to handwashing facilities on site, including soap and running water, wherever possible and encourage frequent handwashing; alcohol-based hand sanitizers with at least 60% alcohol may be used as an alternative.
- Supply workers at workplace location with adequate cleaning products (e.g., sanitizer, disinfecting wipes).
- Alcohol-based hand sanitizers with at least 60% alcohol shall be made available at entrances, exits and throughout floor areas for workers, performers, and customers. Avoid sharing equipment and supplies between workers including performers

9. Indoor and Outdoor Events (Compliant with Phase 4, Step 1)

No activity at any indoor or outdoor event shall occur without meeting these COVID-19 workplace safety standards. These standards apply to all events not exempt by executive order until rescinded or amended by the State. Where other sector-specific standards are applicable to part or all of the enterprise's activities, an enterprise must follow those sector-specific standards. Indoor and outdoor events covered by these standards include but are not limited to events held at:

- Indoor and outdoor event spaces
- Ballrooms, Private clubs and party rooms
- Public places, like parks
- Private residences

An event that is held for the primary purpose of watching a performance must follow the Theaters and Performance Venues guidance.

- The host of an indoor event held at an event venue (e.g., hotels, private clubs, and space available for lease) or in a public setting (e.g., public parks) must limit the number of attendees at all times to: No more than 100 persons.
- **For outdoor events held at an event venue** (e.g., hotels, private clubs, and space available for lease) or in **a public setting (e.g., public parks)** a host must limit the number of attendees at all times to: **No more than 150 persons**
- Occupancy counts in all cases must include all attendees, but may exclude event staff or other workers.
- In addition to the capacity restrictions specified above, all participants in indoor and outdoor gatherings, including gatherings at private residences, must maintain at least 6 feet of physical distance whenever possible.
- An event will violate these capacity limits where, regardless of the actual number of attendees, it is not reasonably possible for all participants regularly to maintain 6 feet of separation
- Ensure access to handwashing facilities on site for both event attendees and workers, including soap and running water, and allow sufficient break time for workers to wash hands frequently; alcohol-based hand sanitizers with at least 60% alcohol may be used as an alternative.
- Post visible signage throughout the site to remind event attendees of hygiene and safety protocols.
- Additional on-site amenities and services may only open and operate when those amenities or services would otherwise be authorized to operate under the Commonwealth's Phased Reopening Plan and then must adhere to all sector-specific safety protocols, available on the Reopening Plan website.

10. Summer Program

An update is not available at this time, pending State Guidelines and Recreation Committee/Board of Health Discussions.