

“THE STRENGTH OF THE TEAM IS EACH INDIVIDUAL MEMBER. THE STRENGTH OF EACH MEMBER IS THE TEAM.” PHIL JACKSON



NH TOMAHAWKS RETURN TO PLAY GUIDELINES

SUMMER 2020

Let's all work together so players have a safe, healthy, fun and great experience!



Phases & Timelines:

- **Current, Phase 1, is as of 6/1**
- **Next, Phase 2, will allow team practices, contact & scrimmages.**
- **Estimated date of Phase 2 is 6/22.**

Format:

- **All training sessions are outdoors**
- **Small Group/Team Based Training**
- **Group size limited to 9 players & 1 coach**
- **Multiple groups are allowed to practice in the same area**
- **Training groups cannot interact or rotate.**

Field Space:

- Field is divided into thirds or quadrants.
- Each group has a pre-assigned spot.
- Field maps will be posted in advance.



Training:

- Non-Contact skills & drills
- Focus on maintaining 6 feet between players and coaches
- Players are grouped within their teams.
- No shaking hands, high fives or huddles
- Players will be given water & sanitization breaks
- Players/Coaches should only pick up a ball with their stick

Very Important: If the answer is “YES” to any of the following questions below, your child must stay home.



Players will be asked the following questions upon arrival:

1. Do you have any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher?

Universal Guidelines:

<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/guidance-universal.pdf>

2. Have you had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days?
3. Have you traveled in the past 14 days either:
 - Outside the U.S.
 - By cruise ship
 - Outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.)



Players & Coaches:

- **Must temperature & Symptom Check before heading to practice.**
- **Must wear a face covering when not on the playing surface or when social distancing is difficult (i.e. talking to a player/coach) (Must wear a face covering TO & FROM the playing surface)**
- **Players should bring their own hand sanitizer to practice.**
- **Coaches will carry hand sanitizer with team equipment.**



- **Players should bring their own water bottles. NO Sharing, common use water bottles or drinking stations allowed.**
- **Player equipment bags/backpacks should be placed 6 ft apart.**
- **Players should not touch other players' equipment or water bottles**
- **No sharing of any equipment; only pick up a ball with stick**
- **No spitting, chewing gum, licking fingers, chewing sunflower seeds**
- **Players & Coaches must follow social distancing guidelines, especially staying 6 ft apart**



Enter/Exit:

- **Each field area will have its dedicated entrance & exit. Field map will have specifics.**
- **Coaches will be at the training space. Players should go directly to their assigned group space (see field map) & be prepared to answer the 3 screening questions on page 4.**
- **Practices are at 3 different field sites with staggered times to minimize number of players & groups at a facility.**

Arrival & Departure:



- **Arrival Times:**

- ✱ **PMA & BackRiver: Players CANNOT arrive more than 15 minutes early**
- ✱ **Joppa: Players CANNOT arrive more than 10 minutes early**

- **Departure:**

- ✱ **Players/coaches must exit using their designated field exit.**
- ✱ **Parents need to be on-time for pick up.**
- ✱ **No congregating after training—Players must leave field & parking lot immediately.**
- ✱ **Face coverings must be worn when entering & exiting**

Parking by Facility:



- Joppa Hill Farm Field (176 Joppa Hill Rd., Bedford, NH)
 - ✱ Players can arrive no more than 10 minutes early.
 - ✱ No parking or idling on Joppa Hill Rd.
 - ✱ Try to park as close to player's field designated entrance/exit
- Back River Fields (formerly GPS turf) (15 Camp Allen Rd., Bedford, NH)
 - ✱ **Field 1** parking pick up/drop off is the **FRONT** lot
 - ✱ **Field 2** parking pick up/drop off is the **BACK** lots
 - ✱ No parking on the side streets or side lots including the Girl Scout lots
- Presentation of Mary (PMA) (182 Lowell Rd. , Hudson, NH)
Players can arrive no more than 15 minutes early and park **IN FRONT** of the school. **No Parking at Anna Marie House**

Spectators:



- No spectators on any fields.
- When watching from outside the fields, spectators should practice social distancing.
- ✱ For those at Joppa Hill Field, there are some great walking trails that can be entered at Joppa Hill Educational farm, just a few hundred yards north of the fields.



All of this will only work if we all do our part.

COVID-19 Re-Opening Guidance for Amateur and Youth Sports requires organizations players' parents/guardians sign participation waivers outlining the additional risks due to COVID-19 associated with the activity.

With that said, each Coach, Parent/Guardian and player 18 years or older needs to read & acknowledge by signing the waiver at the link below:

<https://nhtom.sportngin.com/register/form/828136187>