


Public Notice Spring/Summer Session Programming 2021 COVID-19 Pandemic

HAMPDEN RECREATION DEPARTMENT/SKEHAN RECREATION CENTER

2021

REENTRY PLAN/EVENT PLAN/RETURN TO PLAY





March 17, 2021-Recreation Department Message to Our Community

One year into the COVID-19 pandemic and we begin to see signs of progress in returning to a new normal in the world of Recreation. Last week Governor Mills announced that the state will be moving into the “[Moving Maine Forward](#)” Plan later in March with new guidelines being implemented throughout the spring in anticipation for the upcoming summer and tourism season. Our department continues to operate under the State of Maine DECD recommendations for [Community Sports, Public Buildings, Gyms and Fitness Centers](#), and the [State of Maine Executive Order 16 FY 20/21](#) requiring face coverings in all public spaces.

We thank you for your continued patience and understanding as we work through the state recommendations for “return to play”, receive guidance and updates from other local athletic organizers, and thoughtfully evaluate and prepare plans that can be executed when appropriate, to provide safe sport opportunities, social interaction, and participant enjoyment, in a smaller setting that strongly urges safe practices, and social distancing where the program experience allows. We will continue to evaluate future opportunities to offer your program favorites as recommendations change or COVID-19 conditions improve. For the most current program information or wait lists for future programs please refer to the department website at www.hampdenrecreation.com.

[Gathering size](#) limits are expected to rise later this spring. Our department will work to schedule events and programs that comfortably adhere to these limits and encourages social distancing amongst different household units at all locations. Our department will continue to provide any program specific directions and safety information as needed in advance each program commencing. Your family’s support, understanding and adherence to the operational procedures the department has put in place is much appreciated.

We thank you for your confidence in our decisions as it pertains to providing opportunities to people of all ages in the community. Hampden Recreation respects your decisions for participation and return to play. We look forward to seeing you and your family for some fun very soon!

Sincerely,
Shelley Abbott
Recreation Director



Estimated Program Session Window 2021



SPRING 2021

APRIL 26-JUNE 18, 2021

SUMMER 2021

JUNE 21-AUGUST 27, 2021

Let's Be Kind



DOING BUSINESS DIFFERENTLY
HELPS KEEP MAINE SAFE.

PLAN AHEAD
TAKE PRECAUTIONS
RESPECT EVERYONE

CHANGES FOR SPRING/SUMMER 2021

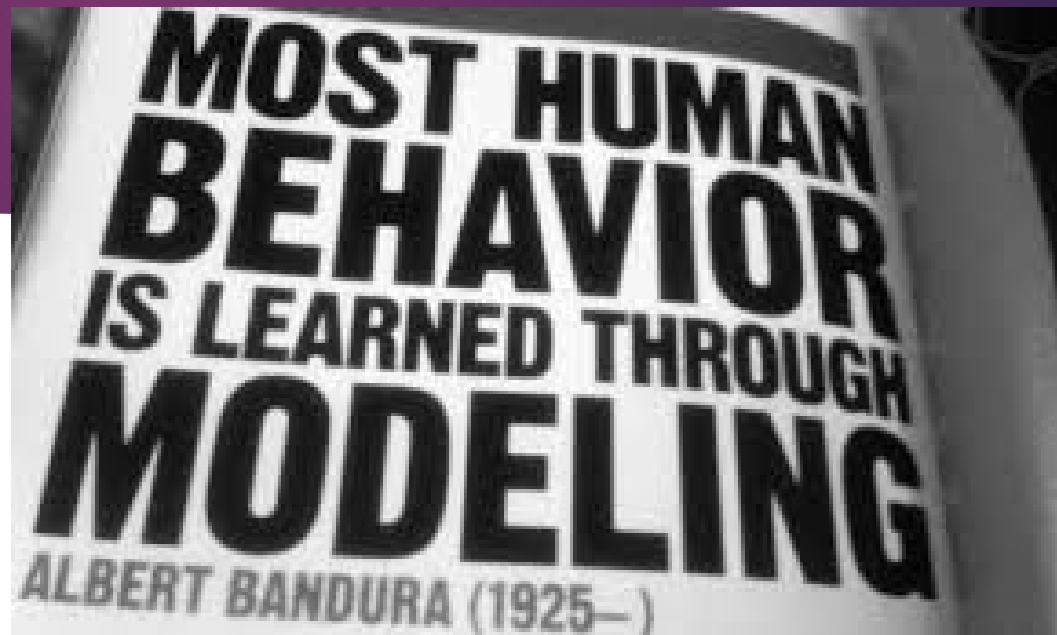
- LIMITED GROUP SIZES AND LIMITED GATHERING SIZES
- LIMITED ENTRANCE AND EXIT POINTS INCLUDING PARKING IN DESIGNATED AREAS
- SOME PROGRAMS WILL BE MODIFIED UNDER CURRENT STATE RECOMMENDATIONS
- PARTICIPANTS ARE ASKED TO PROVIDE THEIR OWN EQUIPMENT FOR PERSONAL USE IF AVAILABLE
- PORTABLE RESTROOMS ARE USE AT YOUR OWN RISK- PLEASE PROVIDE YOUR OWN HAND SANITIZER
- PUBLIC PLAYGROUND IS OPEN FOR USE BUT PLEASE CONSIDER LIMITING USE DURING TIMES OF HEAVY USER VOLUME
- SOME PROGRAMMING MAY BE LIMITED TO PARTICIPANTS ONLY DEPENDING ON GATHERING SIZE EXPECTED.

“

Fortunately, most human behavior is learned observationally through modeling from others

”

~ALBERT BANDURA

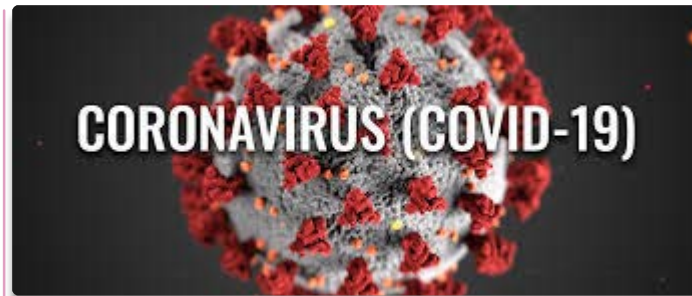


Expectations for Participation-All Levels



Participants

- Must wear mask at all times in all venues. This includes entering/exiting the field/facility and during active play.
- Sanitize hands before program begins, after program ends, and periodically as program allows.
- Tell someone if you begin to feel ill.
- Respect your teammates space.
- Approach the field/facility when okayed by staff. Exit the facility promptly at conclusion of the program.
- Store your gear 6 ft. from other participants gear.



Spectators

- Must wear mask to enter/exit the field/facility. Masks should be worn at all times while onsite. Spectators may not be allowed at inside programs, so please watch for details by program/event.
- Must maintain 6 ft. social distancing from other households at all times while onsite.
- Park and Enter/Exit at designated locations only.
- Sit/stand in designated areas, if available, a safe distance from the area of play. Do not enter the area of play.



Staff & Volunteers

- Must wear mask at all times in all public spaces.
- Enforce 6ft social distancing recommendations between participants and family household units.
- Create program opportunities for participants that emphasizes skill development, fun, socialization, and a safe play environment.
- Will respect family decisions on return to play, and be sensitive to participant needs and accommodations for comfort in return to play.
- Model appropriate behavior. Reinforce program expectations with participants.

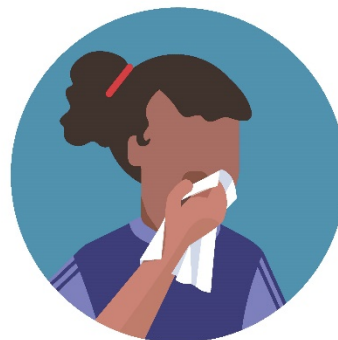
STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



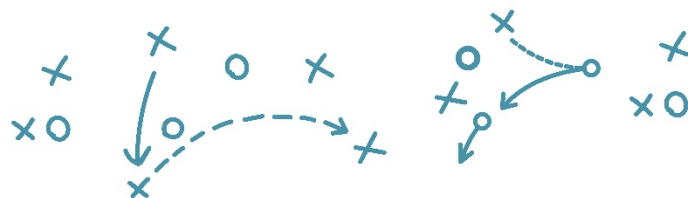
Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.



(51094) D-04-011220



cdc.gov/coronavirus

YOUTH SPORTS GAME PLAN

Reduce the Spread of COVID-19

LOWER RISK

HIGHER RISK



Skill-building drills
at home



Team practice



Within-team
competition



Competition with
teams from your area



Full competition from
different areas



cdc.gov/coronavirus

CS 317099-E 05/28/2020

Hampden Recreation Department

Respect all players, parents, family feelings on return to play!
Provide a safe environment to get back to play!



Hampden Recreation/ Skehan Recreation Center	Staff and Volunteers	Parents	Participant	Program/Activity
Distribute and post return to play protocols	Follow all return to play protocols	Prescreen Participant for health a wellness prior to attending all participant activity.	Adhere to return to play protocols.	Record and retain attendance at all participant meetings.
Train and educate staff on return to play protocols	Monitor participant health and act on any issues of concern	Wash and sanitize all clothing and player equipment before and after each use.	Wash or sanitize hands and personal equipment before and after each activity period. Bring your sanitizer to each activity for use.	Have Emergency Contact Information for all participants onsite and easily accessible.
Provide communication and reminders on policies and protocols as needed	Reinforce social distancing through coaching, drills, and competition where applicable.	Notify Hampden Recreation of any illness symptoms or contact with a COVID + case recreation@hampdenmaine.gov	Respect others space needs and always practice social distancing. 6 ft. when not in motion/14 ft. when in active motion if possible.	Contactless displays of sportsmanship only. No spitting, no seeds, no gum. Avoid team huddles, celebrations, cheering and yelling.
Set up program and activity facilities/spaces to maximize social distancing, keep small participant groups and limit opposing foot traffic	Provide opportunities for hand sanitization and equipment sanitization.	Reinforce student mask wearing, 6 ft. social distancing, and hand hygiene.	Wear mask at all times in all venues. Leave activity immediately following conclusion of activity.	Limit food consumption to only that which is medically necessary during the activity. All participants should have their own filled water bottle(s).
Provide supplies for equipment and hand sanitization. Wash pinnies between group use.	Wear a mask at all times in public spaces/settings.	Wear a mask at all times in all public spaces/settings.	Keep your mouth guard in your mouth. Cough or Sneeze into your elbow. Avoid touching your mask.	Hampden Recreation strongly urges all participants to bring their own equipment if possible and limit it to participant's own use.

Prescreen Participant for health a wellness prior to attending all participant activity



Daily Check	
Safety Actions- Daily Symptom Screening	<ul style="list-style-type: none">• Fever• New Cough• Runny Nose• Sneezing• Sore Throat• Headache• Muscle Aches• Chills• Fatigue• Malaise (feeling unwell)• Chest Pain• Difficulty Breathing• Inability to keep liquids down because of vomiting• Diarrhea• New Loss of Taste or Smell
Safety Actions- Daily Exposure Screening	<ul style="list-style-type: none">• Have you been in close contact with a confirmed case of COVID?• Have you been told to Quarantine?
What Next?	If the athlete answers YES to of the daily screening questions <ul style="list-style-type: none">• Do NOT Report to Activity• Isolate, Monitor Symptoms, and Contact Participant's Medical Provider• Contact Hampden Recreation with COVID + test results• Return to Play requires written clearance from physician treating participant.

Participant Report of Illness During Activity



Report of Participant Illness	
Safety Actions- Self Monitoring of Illness during Return to Play session	<ul style="list-style-type: none">• Symptoms of Illness present during the activity. Immediate report symptoms/ illness feelings to activity staff/administration onsite.
What Next?	<p>Activity is stopped immediately.</p> <ul style="list-style-type: none">• Participant is isolated as far away from others as possible.• Parent/Guardian/Emergency Contact notified for immediate pick up of participant with instructions of where to pick up participant to limit contact with others.• Isolate at Home, Monitor Symptoms, and Contact Participant's Medical Provider• Contact Hampden Recreation with COVID + test results• Return to Play requires written clearance from physician treating participant.

What's Different At the Skehan Center?

Limiting Face to
Face Contact and
High Touch Area
Exposure

- ONE TIME WAIVER FOR PARTICIPATION TO COVER PERIOD THROUGH DECEMBER 31, 2021 (REVOCABLE IN WRITING).
- STAFF WILL SIGN PARTICIPANTS IN WHEN REQUIRED AND COMPLETE SYMPTOM CHECK QUESTIONS EACH VISIT TO THE CENTER
- GATHERING SIZE LIMITS ARE EXPECTED TO CHANGE. PARTICIPANTS WILL BE NOTIFIED OF THESE LIMITS AND ANY OPPORTUNITY FOR SPECTATOR ATTENDANCE ON A PROGRAM BASIS.
- ALL FIRST TIME DROP IN VISITORS SINCE JUNE 1, 2020, WILL NEED TO COMPLETE A NEW EMERGENCY CARD.



What Do I Need To Know When I Come In To Participate In A Program At The Skehan Center Or Visit The Office?

- Wearing a mask is required and mandated by the state of Maine for the safety of the staff and the other attendees.
- Please bring a filled water bottle. The water fountain will be for filling bottles or cups only.
- Practice 6 ft. Social Distancing at all times. Facility layout has been designed to limit two way foot traffic as much as possible.
- Please bring your own equipment for programming when possible. Clean and disinfect this equipment before and after each use.
- Please limit the number of personal belongings that you bring into the Center. Only bring in what is absolutely necessary! Belongings should be spaced out between patrons.
- Seating is limited to 1 person per 6 ft. of sitting space. Bleachers have been marked in 6 ft. increments. Lobby furniture has been removed or relocated to encourage social distancing and reduce loitering and socialization. Additional folding chairs are available upon request.
- Locker Rooms will remain closed to the public at this time.



What Do I Need To Know When I Come In To Participate In A Program At The Skehan Center Or Visit The Office?

- Doors will be propped open throughout the facility and exterior doors will be open to bring in outdoor air as weather allows.
- Hand Sanitizer will be available at the concession stand and in the gym. Please provide your own if you are able.
- Concession sales will be limited to prepackaged items as available.
- Sportsmanship displays will be in a touchless manner.
- Staff will be cleaning and disinfecting public areas on a regular basis daily. If you feel an area needs some attention please see a staff member.
- Participants will be asked to complete a one time waiver for participation through December 31, 2021, (revocable in writing) and complete a new emergency card for the department file.



Planned Upcoming Closures

Please Mark Your
Calendars!

- EASTER SUNDAY, SUNDAY, APRIL 4, 2021
- PATRIOTS' DAY, MONDAY, APRIL 19, 2021
- MEMORIAL DAY, MONDAY, MAY 31, 2021
- INDEPENDENCE DAY, MONDAY, JULY 5, 2021



What Programming Will Be Offered?

We'll continue to work to
add to our program line
up over the next few
months!

www.hampdenrecreation.com

- LINE DANCE WITH CHERYL
- PICKLEBALL
- RESHAPING RETIREMENT SENIOR FITNESS CLASS WITH DANA TARDIF
- NOONTIME PICK-UP BASKETBALL
- BEFORE AND AFTER SCHOOL PROGRAM
- TEE BALL
- INSTRUCTIONAL BASEBALL
- INDOOR FIELD HOCKEY
- DIAMOND DRILLS HITTING CLINICS
- SEACOAST SOCCER CAMP
- MIDDLE SCHOOL SPRING SOCCER
- KID'S KAMP



It should be noted that all participants should be prepared to shut down and cease all program activities should the State of Maine change its guidelines or issues an Executive Order requiring stoppage of the return to play.



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