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**Hill House Athletics**  
**COVID-19 Health & Safety Guidelines**  
**Spring 2021**

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*Updated 2/9/21*

**Hill House, Inc.**  
**127 Mount Vernon St.**  
**Boston, MA 02108**  
**(617) 227-5838**

# Hill House community,

Welcome to the spring 2021 athletics season. The following guide will help answer many commonly asked questions regarding the guidelines we have established to ensure a safe and healthy experience during the ongoing COVID-19 pandemic.

From administrators, coaches, staff, and volunteers to parents and players, we will all need to be diligent in respecting the recommendations of state and local officials so that Hill House can remain offering what programs we can in-person, socially distanced or virtual if needed.

Live programming is a privilege that we must continue to earn. This season will be unique, and it will be important to remain adaptable and patient as we try to get our players outside and having fun, albeit not quite back to normal just yet.

Best regards,



Marshall Caldera  
Athletic Director

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## Sourced Material

The referenced guidelines and recommendations will be followed as they are updated from the following organizations and documents:

- Center for Disease Control – Guide to Mass Gathering
- Center for Disease Control – Considerations for Youth Sports
- Little League International – Best Practices
- Mass.gov – Reopening Massachusetts
- Massachusetts Executive Office of Energy and Environmental Affairs – Safety and Reopening Standards for Youth Sports Activities
- Massachusetts Youth Soccer Association – Return to Soccer Activities Guide
- US Youth Soccer – Return to Activity Notice
- KNVB Research – Social Distancing in Sports

# Spring 2021 Sports at Hill House

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## COVID-19 Safety Officers

- Marshall Caldera, Athletics Director – E: mcaldera@hillhouseboston.org
- Ryan Flanagan, Senior Athletics Coordinator – E: rflanagan@hillhouseboston.org
- Joshua Oliver, Athletics Coordinator – E: joliver@hillhouseboston.org
- Jonathan Ferrarini, Athletics Intern – E: jferrarini@hillhouseboston.org
  - o Our safety officers will be your main point of contact, depending on the specific program, in addition to safety coordinators. A safety officer will always be present to ensure that all guidelines and protocols are followed and remain consistent as we navigate the spring season.

## Local Health Office (Reporting)

- Boston Public Health Commission
- A: 1010 Massachusetts Ave, Boston, MA 02118 – P: (617) 534-5395
  - o All incidents or exposure/positive cases should be sent to Lauren Hoops-Schmieg, Executive Director, who will then undergo the reporting process through BPHC for the appropriate response.

## Major Season Changes for Compliance (Continued from Fall 2020)

Hill House wants not only to continue to play, but to go above and beyond to provide a safe environment that ensures all families can participate while remaining healthy. With that in mind, there will be some substantial changes to how programs are run until further notice:

- i. Masks will be required to be worn for all participants including players, administrators, staff, volunteer coaches, and volunteer safety coordinators.
  - a. Children/participants (not coaches) may be permitted to remove masks once they are positioned by coaches in a socially distant position among their groups, or in break areas during water breaks.
- ii. Athletic programming will continue under drop-off/pick-up format whenever possible in the spring 2021 season.
  - a. With limited staff and inability to outfit all facilities to maintain social distancing, all non-essential spectators will be asked to drop off and pick up all participants for programs.
    - i. Essential spectators include administrators, staff, volunteer coaches as well as volunteer safety coordinators, who will be the only non-participants permitted to remain on the premises.
  - b. Checking in (signing participants in) will be required for admittance to all programs.
  - c. An up-to-date contact and 'permission to treat injury' form will be required for all participants at the start of programs.

- iii. Self-certification of health and participants being free of symptoms.
  - a. Families will be required to self-certify that all guardians and participants attending any Hill House program are all symptom-free and have not experienced any recent exposure before arriving to any facility.
  - b. We encourage an abundance of caution to be used when monitoring even mild symptoms, including fevers, coughs, or any difficulty breathing.
- iv. Additional equipment or built-in time to allow for cleaning and disinfecting between programs.
  - a. While programs will remain in their originally scheduled timeslots as per our previous spring announcements, cleaning times will be built in at the start and end of sessions to allow sufficient disinfecting of equipment to be conducted for following sessions.
- v. Transitioning to virtual sessions.
  - a. Circumstances surrounding Hill House and COVID-19 can change at any time. Be it due to poor weather (depending on the size/setting of a program), or heightened health risk, a given session may be transitioned to virtual at any time during the season.
  - b. If live programming must be halted as per recommendation by local officials, the season would conclude virtually with weekly online sessions.

# Operational Guidelines & Protocols

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Hill House will be also be adjusting its operations to run and maintain athletic programming according to the most recent guidelines suggested by the CDC, the MA EOEEA, MYSA and others, which includes:

- i. Social Distancing
  - a. All staff and essential adult personnel will remain, at a minimum, 6 ft. distanced from participants whenever possible, in addition to wearing PPE.
  - b. Drop off/pick up format for all programs above pre-k age level.
    - i. Non-essential spectators will be asked to leave the premises during sessions.
  - c. Indoor programming will be limited to 50% of normal capacity.
  - d. For outdoor programs, groups of twenty-five (25) participants must remain distanced by 20 ft from each other (i.e. on soccer fields or baseball diamonds, etc.).
  - e. Families are asked to remain as distanced as possible when conducting pick up or drop off. Please do not congregate with other families during these transitions.
- ii. Hygiene Protocols
  - a. Hand sanitizer will be widely available for all persons, with multiple sanitizing stations being placed at each facility, along with sanitizer being distributed to appropriate on-site personnel.
  - b. Frequent sanitizing and disinfecting will be implemented for personnel, participants and equipment before, during and after every session.
  - c. Personal/multiple water bottles will be required.
- iii. Staffing & Operations
  - a. Distancing and hygiene protocols will be distributed to all staff, coaches, and volunteers before the season, along with any updated procedures during the spring.
  - b. Personal health monitoring certification will be required before arriving for any program.
    - i. Any personnel experiencing symptoms will not report to any site, with a return plan and timeline implemented as well.
- iv. Cleaning & Disinfecting
  - a. Cleaning protocols will be implemented specific to each site and program.
  - b. All common surfaces and shared equipment will be disinfected and cleaned before and after every session.

# Classification/Adjustments for Spring Sports

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Each activity and sport this season will have unique considerations based on their specific playing style. Below is a guide of how each sport and program has been categorized (according to the most recent memo distributed by the MA EOEEA) along with how we will be adjusting programs at Hill House this spring—

*Type of Play: The following types of [permitted] 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)*

## i. Baseball/Softball

- a. Classification: moderate risk
- b. Programs: T-Ball, AA Baseball, AA Softball, AAA Baseball, AAA Softball, Majors Baseball, AAA/Majors Skills Clinics
- c. Levels permitted: 1, 2, and 3
  - i. Gameplay WILL be allowed, in addition to small group drills and skill work.
- d. Adjustments for spring season:
  - i. All guidelines listed in the previous section will be followed.
  - ii. Dugouts will be reconfigured to build in distanced spaces for players.
  - iii. Players will be encouraged to bring their own helmets and bats in addition to gloves to limit equipment sharing.
  - iv. Teams should limit catchers per game to avoid the sharing of catchers gear.

## ii. Basketball

- a. Classification: higher risk
- b. Programs: 6U Basketball Clinics, 8U Basketball Clinics
- c. Levels permitted: 1

- i. Gameplay WILL NOT be allowed, with sessions being restricted to individual drills and skill work.
      - d. Adjustments for spring season:
        - i. All guidelines listed in the previous section will be followed.
        - ii. Any activities that require sharing of the ball, will be limited.
  - iii. Field Hockey
    - a. Classification: moderate risk
    - b. Programs: Girls Field Hockey (all age groups)
    - c. Levels permitted: 1, 2 and 3
      - i. Group activities will be limited whenever possible, with individual drills and distanced activities being emphasized.
    - d. Adjustments for spring season:
      - i. All guidelines listed in the previous section will be followed.
  - iv. Fitness Fun
    - a. Classification: moderate risk
    - b. Programs: Girls Running Club, Track & Field
    - c. Levels permitted: 1, 2 and 3
      - i. Group activities will be limited whenever possible, with individual drills and distanced activities being emphasized.
    - d. Adjustments for spring season:
      - i. All guidelines listed in the previous section will be followed.
  - v. Flag Football
    - a. Classification: higher risk
    - b. Programs: Friday Flag Football, NFL Flag Football Clinics
    - c. Levels permitted: 1
      - i. Gameplay WILL NOT be allowed, with sessions being restricted to individual drills and skill work.
    - d. Adjustments for spring season:
      - i. All guidelines listed in previous section will be followed.
  - vi. Gymnastics
    - a. Classification: lower risk
    - b. Programs: Gymnastics
    - c. Levels permitted: 1, 2, 3, and 4

- i. Activities can otherwise be conducted as normal but will remain distanced as much as possible.
      - d. Adjustments for spring season:
        - i. All guidelines listed in the previous section will be followed.
  - vii. Pre-K Sports
    - a. Classification: varies by sport
    - b. Programs: Bitty Basketball, Born to Play Baseball, Half Kick Soccer, Get Into Gymnastics, Ninja Warrior Training (fitness fun), Tiny Track & Field (fitness fun)
    - c. Levels permitted: varies by sport
      - i. Group activities will be limited whenever possible, with individual drills and distanced activities being emphasized.
    - d. Adjustments for spring season:
      - i. All guidelines listed in the previous section will be followed.
      - ii. Groups will be kept to 50% normal capacity to ensure safe distancing is maintained.
  - viii. Soccer
    - a. Classification: moderate risk
    - b. Programs: 6U Soccer Clinics, Sunday Soccer, United Travel Soccer, United Soccer Academy
    - c. Levels permitted: 1, 2 and 3
      - i. Gameplay WILL be allowed, in addition to small group drills and skill work.
    - d. Adjustments for spring season:
      - i. All guidelines listed in the previous section will be followed.
  - ix. Tennis
    - a. Classification: lower risk
    - b. Programs: Tennis Club (all age groups)
    - c. Levels permitted: 1, 2, 3 and 4
      - i. Activities can otherwise be conducted as normal but will remain distanced whenever possible.
    - d. Adjustments for spring season:
      - i. All guidelines listed in the previous section will be followed.



x. Ultimate Frisbee

- a. Classification: **higher risk**
- b. Programs: Ultimate Frisbee
- c. Levels permitted: 1
  - i. Gameplay WILL NOT be allowed, with sessions being restricted to individual drills and skill work.
- d. Adjustments for spring season:
  - i. All guidelines listed in the previous section will be followed.