

October 30, 2020



Hi Coaches,

We are starting to get more interest in groups wanting to rent our facility. After many discussions about how we rent our gym out, to who we rent to, and all policies that will need to be followed while renting our facility, we feel that we need to be consistent with everyone and follow the Maine CDC Guidelines as best we can on how we operate. We are more than happy to rent our facility out to you and wish we could operate like in years past, but unfortunately with the circumstance that we are currently in, we must all work together.

Following the Maine CDC Guidelines attached below and updated on Oct. 20th, we will ask the following to be followed.

1. **Caribou residents and RSU39 students only to participate in indoor drills, skills and intra-squad scrimmages only.** *Players from other communities cannot participate with Caribou residents or RSU39 students until further notice.* (Operating under Level 3 of Maine CDC Guidelines)
NO COMPETITION between teams from the same geographic area (e.g. the same county and in some cases adjacent counties). This level of play involves two cohorts of participants. (*Level 4 Is Not Recommended To Be Played Indoors*)
2. **Must maintain social distancing.**
3. **Face masks/coverings are required while inside the Caribou Wellness & Recreation Center.**
4. **Face masks/coverings are required while sitting on bleachers, substituting to enter an intra-squad scrimmage, and during drills and skills that don't engage vigorous activity.**
5. **We need to have a list of all participant names participating in your programs each time.** (For contact tracing purposes if a covid circumstance where to happen)
6. Until the MPA makes a decision on winter indoor sports and how they will play, we will all abide to these rules above, along with reinforcing hand washing/sanitizing, sanitizing equipment etc.

Thank you for abiding by our policies and regulations. We hope that time will change soon in a way of getting back to normal and we will keep you updated to any changes that we decide to make which will be in the best interest of our community.

Statement from Maine CDC – Community Sports updated 10/20/20

<https://www.maine.gov/decd/checklists/community-sports>

- While face coverings are recommended to reduce the risk of viral transmission between individuals, face coverings may not be compatible with some activities. Face coverings are not currently required for players during vigorous exercise during practice or competition. Face coverings should be used when not engaged in vigorous exercise (e.g. during low to moderate intensity exercise, during coaching strategy sessions, in bench area).
- Students attending school and students participating in any group sporting activity (club, community or school-based) represent the mixing of cohorts that schools are attempting to use for their public health protection measures. This

increased mixing creates a high risk for potential spread both within schools and between schools and therefore this guidance must be diligently followed.

Type of Play

The following types of play are defined by level from least to greatest risk. Across all types of play, keep players together in small, stable groups (i.e. cohorts) with dedicated coaches or staff. Ideally, these cohorts should include fewer than 30 individuals.

- Level 1: Performing skill-building drills or conditioning at home, alone or with household members
- Level 2: Team-based practice with physically distanced group activities
- Level 3: Within-team competition (e.g. intra-squad scrimmages). This level of play involves one cohort of participants.
- Level 4: Competition between teams from the same geographic area (e.g. the same county and in some cases adjacent counties). This level of play involves two cohorts of participants.

Moderate Risk		
<ul style="list-style-type: none"> • Sports and activities that involve intermittent close proximity or limited, incidental 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 to maintain 6 feet of physical distance, cleaning and disinfecting) 	<p><i>Examples:</i> Baseball, softball, team swimming, fencing, soccer, basketball, lacrosse, ice hockey, competitive and sideline cheer, martial arts, ultimate frisbee, running events where physical distance cannot be maintained, field hockey, pair figure skating, volleyball, 7 vs. 7 flag (touch) football, doubles pickleball</p>	<p>Levels 1-3 (indoor or outdoor)</p> <p>Level 4 (outdoor only)</p>

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