



78 Norcross Circle • P.O. Box 487 • North Conway, NH 03860-0487 • www.northconwaycommunitycenter.org • (603) 356-2096

North Conway Community Center 2020 Adult Sports Handbook

Overview of NCCC

Mission Statement

The North Conway Community Center will work in partnership with the community to provide a broad range of recreational opportunities for children and adults.

Our Philosophy

The North Conway Community Center is a non-profit organization committed to its partnership with the community. It seeks to provide a broad range of quality and progressive recreation opportunities for children and adults and to sponsor other community groups with like goals. The Board will continue to develop and expand its facilities and programs in response to the needs of our community.

It is the intent of the Board of Directors that all children will be included in our programs. The Center will continuously review programs to ensure that it meets the needs of all ages and abilities. Skill development, enjoyment, cooperation, and good sportsmanship are the primary goals of our recreation programs.

Staff

General Manager: Carrie Burkett, 603-986-8488 (NCCC cell) carrie@northconwaycommunitycenter.org
Sports Coordinator: Nate Arnold, 603-733-7244, nate@northconwaycommunitycenter.org
Maintenance Lead: Eric Elam
Custodian: Leo Hovsepian

Board of Directors

President: Sheryl Kovalik
Vice-President: Ben Colbath
Treasure: Lynn Lyman
Secretary: Monica Belkin
Member: Craig Bartolomei
Member: Andy Narducci

Contact Information

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Phone: 603-356-2096, 603-986-8488
Web Site: www.ncccommunitycenter.org



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Policies & Responsibilities

Cancellations

The North Conway Community Center has the right to cancel or combine any program with insufficient enrollment or COVID-19 outbreaks locally or within the program. All participants will be notified of changes in the schedule.

Confidentiality

Keep all medical and personal information about fellow participants confidential. Inform the General Manager in writing if any information has changed. Do not share contact information with others unless you have received permission to do so.

COVID-19 Safety

It is important to do your best to avoid exposure to COVID-19. Participants are expected to adhere to the following guidelines put forth by the Centers for Disease Control and Prevention:

- Avoid close contact with people not in your household
- Cover your mouth and nose with a face covering when around others
- Wash your hands often with soap (or use hand sanitizer when hand washing isn't possible)
- Clean and disinfect frequently touched surfaces often (in your home, car, at work, etc.)
- Monitor your health and report symptoms to the General Manager or Sports Coordinator

Drug/Alcohol/Smoking

The use or possession of drugs, alcohol or tobacco products on North Conway Community Center property or while participating in North Conway Community Center programs is prohibited.

Emergency Contact Information

Emergency contact information must be kept up to date. If any changes occur in phone numbers or other contact information, please notify the North Conway Community Center in writing. In an emergency situation, a staff member or volunteer will call 911 and then contact the person listed for emergencies.

Face Coverings

Participants and guardians must wear face coverings over the nose and mouth when arriving and undergoing the health screening. Participants must keep masks on when playing indoors at all times. Participants may remove face coverings for practice only during active play for outdoor sports.

Health Screening

Due to the COVID-19 pandemic, health screenings will be required upon arrival. Your temperature will be taken and you will answer the following questions:

- Have you had any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100 degrees F or higher?

- Have you had any close contact with someone who is suspected or confirmed to have had COVID-19 in the past 14 days? (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question)
- Have you traveled in the past 14 days outside New England?

If you do not meet the criteria or have a temperature over 100°F, you will need to return home. A doctor's note or 14-day quarantine may be required before returning to practice. Reporting symptoms of COVID-19 or exposure to someone diagnosed with COVID-19 is a requirement. Failure to report symptoms or exposure may result in ineligibility to participate in future programs of the North Conway Community Center.

Hygiene and Germ Safety

Participants must perform hand hygiene (alcohol based hand sanitizer will be provided) upon arrival, before and after eating, before and after going to the bathroom, before and after touching a one's face or face covering, and prior to leaving. All mouth-based activities are not allowed (this includes, but is not limited to: spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.)

Illness

Participants should leave right away if experiencing the following symptoms unrelated to physical exertion:

- A fever over 100°F
- Any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath
- Muscle aches or chills or feeling feverish
- A change in sense of taste or smell
- Abdominal pain, breathing difficulty or other persistent pains
- Persistent headache
- Symptoms of other contagious disease (head lice, chicken pox, conjunctivitis)
- Symptoms of vomiting, diarrhea, or rash

Injuries

Any first aid applied should be recorded in an accident report. In an emergency, call 911 right away. If a neck or back injury is suspected, the person should not be moved. If an athlete hits their head, the athlete should be removed from play to take a break.

Sharing Prohibited

The sharing of food or personal gear (i.e. water bottles, mouth guards, helmets, sports goggles, etc.) will not be allowed. Participants should come prepared with their water bottle and personal gear. Participants should not touch other participants' belongings.

Timeliness and Absences

In order for programs to operate smoothly, your timely presence is important. Please notify the volunteer coordinator of a planned late arrival or absence. With the need for health screenings, unexpected late arrivals will not be allowed. If you have any COVID-like symptoms or are exposed to someone diagnosed with COVID-19, it is important to communicate as soon as possible and stay home. A doctor's note or 14-day quarantine may be required before returning. Failure to report symptoms or exposure may result in ineligibility to participate in future programs of the North Conway Community Center.



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Acknowledgement

By signing this acknowledgement, I agree that I have thoroughly read and understand my duties and responsibilities as outlined in the North Conway Community Center Adult Sports Handbook.

I understand that I will be held responsible for following these rules and guidelines.

I will do my best to represent the North Conway Community Center in a positive manner.

Signature

Printed Name

Date