



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

North Conway Community Center 2020-2021 Youth 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

Member: Benny Jesseman

Member: Brenda Drew

Contact Information

North Conway Community Center

2628 White Mountain Highway

PO Box 487

North Conway, NH 03860

Phone: 603-356-2096, 603-986-8488

Web Site: www.nccommunitycenter.org

GENERAL POLICIES and PROCEDURES

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.

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.

Emergencies

Emergency contact information must be kept up to date. Staff or volunteers must be able to contact guardians in the event of an emergency. 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 family. In case of an ambulance transport, a staff member or volunteer will stay with child participants until a guardian arrives.

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 outdoor sports.

Health Screening

Due to the COVID-19 pandemic, health screenings for each participant will be required upon arrival. Each participant's temperature will be taken and the child's guardian will be asked if their child:

- Has any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100 degrees F or higher.
- Has had any close contact with someone who is suspected or confirmed to have had COVID-19 in the past 10 days. (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer "no" to this question)
- Traveled in the past 10 days outside New England.

If you or your child does not meet the criteria or has a temperature over 100°F, they will need to return home. A doctor's note or 10-day quarantine may be required before returning to programs. 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 suspension from the program or ineligibility to participate in future programs of the North Conway Community Center.

Hygiene and Germ Safety

Athletes 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 Policy

Participants must leave or be picked up 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 a participant hits their head, the person should take a break and possibly seek medical attention.

Refund Policy

If a participant has been exposed to individuals infected with COVID-19, is diagnosed with COVID-19, or has COVID-19-like symptoms and must forgo the remainder of the program, a refund may be possible. The director may request a doctor's note to verify claims.

Sharing Prohibited

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

YOUTH SPORTS POLICIES and PROCEDURES

Electronic Devices

All participants must leave electronic devices (such as cell phones, iPods gaming devices etc.) at home or in their bag. Coaches cannot ensure the safety of such equipment. The North Conway Community Center will not assume responsibility for lost, damaged, or stolen devices.

Medical Information

Please inform the sports coordinator and coach in writing if your child has any allergies, dietary restrictions or chronic health problems. The North Conway Community Center staff and volunteers will not administer any medication to your child. Please notify the sports coordinator and coach of inhalers, epi-pens, or other medication that your child must carry with them.

Rules and Behavior Management

Positive behavior management techniques and communication with guardians will be used if behavior challenges arise. If it is not possible to resolve the issue, the coach and sports coordinator may determine that early dismissal from the program is necessary. The North Conway Community Center does not tolerate bullying or other offensive behavior. A coach may remove a participant from an activity if necessary. If a participant is physically or emotionally harming themselves or others or is a threat to the safety of others, parents will be notified immediately for pick up.

Spectators

During practices, parents/guardians and other spectators are encouraged to remain in their cars in a designated parking area. Indoor practices will not be able to accommodate any spectators and families will not be allowed to enter the building. During outdoor practices however, when/if watching from the sidelines or outside cars in the parking area, spectators should maintain a safe distance of at least 6 feet from others and wear a face covering when closer contact is necessary.

MICRO GYM POLICIES and PROCEDURES

Building Access

You will be given a unique pin to access the building. This pin may not be shared with anyone. Failure to comply may result in cancellation of membership or ineligibility to participate in future programs of the North Conway Community Center.

Cleaning

It is the responsibility of the participant to sanitize all equipment used before leaving the facility. Cleaning spray and paper towels will be provided.

Face Coverings

Participants must wear face coverings over the nose and mouth at all times in the building with the exception of being inside the micro gym with the door closed while working out.

Timeliness

It is important to end your workout 5 minutes before the end of your reservation time in order to accommodate for the time required to clean and sanitize equipment. A half hour without any person present is required between reservations in order to allow fresh air to circulate into the space. Failure to leave in a timely manner may result in suspension of your membership.

ADULT SPORTS POLICIES and PROCEDURES

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 10-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.