

Senior Games COVID Event Information

Hello Senior Games participants and thank you for participating this year. Nebraska Senior Games, Kearney Park and Recreation and the Kearney Visitor Bureau are committed to keeping athletes, spectators, and staff healthy and safe. Here is some information related to changes made due to COVID-19 and some ways of how you can help us keep each other safe.

- **Self-Screen at Home:** We are requesting you to screen at home, this includes taking your own temperature and verifying that it is under 100.4 degrees Fahrenheit before coming to your event.
 - Do not participate or spectate if showing any signs and symptoms of COVID-19 or just not feeling well. If you are waiting on test results, please do not participate in an event until you have received your test results.
- **Screening at KPS Facilities:** Kearney Public Schools has issued a temperature screenings requirement at their facilities. All events that take place at Horizon Middle School will require temperature screening upon entry into the facility. Those with 100.4F or higher temperature will not be allowed entry.
- **Masks:** Masks are encouraged to be worn at outdoor events. At indoor events, participants must wear masks before and after competition, but not during competition. Spectators are required to wear masks at all times when indoors. Masks must be worn at check-in at the Senior Center.
- **Sanitizing:** All athletes and spectators need to wash hands with soap or use alcohol-based hand sanitizer frequently. We ask all participants to wash their hands or use sanitizer before and after participation. Hand sanitizer will be located at each event. Senior Games Staff will disinfect frequently touched objects and surfaces as well as any shared equipment.
- **Spectators:** There is a one spectator limit for indoor events (basketball, table tennis, badminton, cornhole, bowling). Please limit spectators at other events. Spectators must wear masks while indoors and practice the same hygiene guidelines as participants. Spectators are encouraged to wear a mask outdoors when 6 feet social distancing can't be accomplished.
- **Separation/Contact:** Avoid close contact and distance yourself 6 feet from other people when possible. Do not congregate or have "social gatherings" at event locations. Once you are done with your competition please leave the facility in a timely manner. In between competition please maintain 6 feet social distancing from yourself and others. Avoid touching eyes, nose and mouth.
- **Awards:** Awards will not be draped over participant necks. Staff/volunteers will hand medals to athletes and will be wearing face masks. Award "Ceremonies" may not take place to avoid large groupings. Group photos will not be taken.
- **Sportsmanship:** Use other forms of sportsmanship other than shaking hands or high fives.
- **Water:** Water fountains and water coolers to refill water bottles will not be available at certain this year. Please make sure to bring plenty of water for yourself. We will have bottled water on hand for some events and for emergency reasons.
- **Nebraska Senior Games Staff:** Will follow all guidelines participants are expected to follow. When coming within 6 feet of participants, masks will be worn by staff in most instances.
- **Arrival:** Please do not arrive earlier than 20 minutes ahead of your scheduled event time.
- **Check-in Times:** All participants must check-in at the Peterson Senior Activity Center (2020 West 11th Street) prior to participation. This can be done at the following times: Wednesday, August 5, from 3:00 p.m. - 6:00 p.m., Thursday, August 6, from 6:30 a.m. - 7:00 p.m., Friday, August 7,

from 6:30 a.m. - 5:00 p.m., Saturday, August 8, from 6:15 a.m. - 5:00 p.m., Sunday, August 9, from 6:15 a.m. - 1:00 p.m.

- **Check-in Information:** Congregating is not allowed at check-in. Participants will check-in, get their t-shirt, goodie bag and snack bag. Masks are required to be worn at check-in. Participants can come back each day for a snack bag if they would like. However, this is not an area for social gathering or congregation of people. We ask you to come in, get your items and exit. If you did not get your medal at your event, you can stop by the Senior Center to get your medal. Results will not be posted at the Senior Center this year; however, brackets and heat sheets will be available to look at briefly while checking in.
- **Cancellation:** Due to the fluidity of COVID-19, Nebraska Senior Games reserves the right to cancel the Games at any time.
- **See additional sport specific rules below.**

Tennis: Participants will be issued a can of tennis balls for use when they serve; please use your tennis balls for all scheduled matches. Participants should avoid touching their opponent's tennis balls or balls from adjacent courts. Wearing a mask is recommended between matches when social distancing can't be accomplished.

Table Tennis: Table tennis balls and tables will be sanitized between matches. Masks are required when not participating. Participants must utilize bleachers as seating area when not competing.

Cycling: Wearing a mask is recommended before and after the event when social distancing can't be accomplished.

Cornhole: Wearing a mask is recommended during competition if participant feels comfortable. Masks are required when not participating. A set of cornhole bags will be issued to each team to use during the entirety of the tournament. Please refrain from handling the opponent's cornhole bags during competition.

Road Race: Wearing a mask is recommended before and after the event when social distancing can't be accomplished.

Pickleball: Pickleballs will be sanitized after matches. Wearing a mask is recommended between matches when social distancing can't be accomplished. There will be no scorekeepers, participants are in charge of announcing and recording scores. Please bring chairs to sit in between matches to help with social distancing (also limited seating is available).

Horseshoes: Wearing a mask is recommended during competition if participant feels comfortable. Wearing a mask is recommended between matches when social distancing can't be accomplished. Please refrain from handling the opponent's horseshoes. Please bring chairs to sit in between matches to help with social distancing (also limited seating is available).

Basketball: Participants are encouraged to bring their own basketball. The top four competition will not take place. Masks are required when not participating.

Bowling: Wearing a mask is recommended.

Badminton: Masks are required when not participating. There will be no scorekeepers, participants are in charge of announcing and recording scores.

Track & Field: Participants should maintain social distance while waiting for their heat/turn. Smaller heat sizes will be done when possible. Participants should not report to their event until called. Shot, disc and javelin participants must supply their own implement. Masks are encouraged to be worn when not participating. All participants must enter the complex through the southeast gate entrance to get their temperature check.

Disc Golf: Athletes should try to maintain social distance when participating. We will limit groupings to only 2-3 people.

Golf: Athletes are encouraged to wear a mask when entering the clubhouse and at other times when social distancing can't be accomplished. Players must not attend or remove the flag stick. Players should not handle other players' clubs. Sand trap rakes are not available. Player must mark his/her golf ball for identification. Please follow the maximum of 15 players on the range guideline and only hit from the provided stations. Please follow the maximum of 15 players on the practice green guideline. Limit gathering inside the clubhouse before and after the event. We will schedule four or less in a group. Maintain the same driver of the cart throughout play.

Swimming: Wearing a mask is recommended between heats when social distancing can't be accomplished. Participants are encouraged to bring their own chairs to help maintain social distance between heats. Shower rooms are available. Spectators must sit on upper level or outside the fence.

Thanks for participating in the Nebraska Senior Games. Health and safety of participants, spectators, and staff is very important. Please help us by following all the above information. If at any point you feel uncomfortable or show signs or symptoms of COVID-19, please do not go to your event.