

UMPI Fall 2020

Recreational Activities

Recreational Basic Rules

- Always wear a mask unless you are by yourself OR with only your roommate in a designated athletic area (example: outdoor basketball court, Family Park Fields, outdoor trails, tennis courts, outdoor volleyball court) OR if you are sitting socially distanced at an outdoor table eating a meal.
- In situations that does not require masking, you **MUST** have a mask readily available at all times.
- Before and after participating in physical activity wash your hands.
- During physical activity utilize hand sanitizer and hand sanitizing stations.
- Clean personal equipment after every use.
- If you sign-out UMPI equipment please return immediately after use and make sure to put it in the designated used equipment bin.
 - Two Locations - Wieden Laundry Room and Tennis Courts (during designated times).
- Only participate in low risk activities that allow for social distancing.
 - No contact sports.
 - See below for potential activities.
- Participate in groups of no more than four people.

Recreational Areas

Outdoor Basketball Court

- If you are the only person on the court you may shoot without your mask on. You must have your mask readily available if someone approaches the basketball courts.
- No more than four people on the court at one time.
- Practice social distancing.
- Activities Allowed - Pig, Horse, Shooting, etc (things that allow for social distancing).
- Not Allowed - One on One, Two on Two, or any type of pick-up games that does not allow for social distancing.

Tennis Courts

- Set times staffed by athletic work study students (e-mail will be sent out to students on when these times are.)
- Will have equipment to sign out.
 - Equipment will go into the used bin after use and cleaned by trained work study students before returning equipment to Gentile.
 - Students may also bring their own tennis racquet and tennis balls.

Tennis Court Rules

- Only use designated courts.
- Only four players on each court at one time.
 - Masks must be worn if playing doubles.
 - Masks do not have to be worn if playing singles
 - When you enter facility and leave facility however you must have your mask on.
- Must practice social distancing.

Outdoor Volleyball Court

- Always wear a mask unless you are by yourself OR with only your roommate.
- No more than four people on the court at one time.
- Practice social distancing.

Family Park Fields

- Please be aware of when practices are going on and maintain a large distance from athletic teams. Most practices take place Monday through Friday from 2:00 PM to 6:00 PM and Saturday – Sunday from 9:00 AM to 12:00 PM.
- There may be certain times if sporting events are occurring where we may have to shut down access to Family Park Fields but that will only occur a couple times throughout the semester.

Game Soccer Field

Is for **Varsity Soccer Players/Teams Only**. We ask students who are not soccer players to please stay off the Game Soccer Field. Much maintenance goes into the field to try to keep it up to NCAA and North Atlantic Conference standards.

Practice Soccer Fields & Goals

Non varsity students are allowed to use the practice soccer fields and goals when practices are not going on. We ask students to follow the same safety procedures as the basketball courts.

Cross Country Course/Trails

Students are allowed to use the cross country course, however, we ask if UMPI cross country or PIHS/PIMS are using the cross country course to not use it during their practice times.

- Wear a mask unless you are by yourself OR with only your roommate. As always have your mask readily available in case you cross paths with another person while on the trail.

Disc Golf Course

- May sign out equipment and use the disc golf course.
- Return signed out equipment to the used equipment bin.
- Wear a mask unless you are by yourself OR with only your roommate. As always have your mask readily available in case you cross paths with another person

If there is an activity or equipment that you would like to try or want to know if we have please contact Dan Kane at daniel.c.kane@maine.edu