



COVID Safety and Action Plan

Based on the direction from EPYSA, no team or coach is authorized to participate in any games/scrimmages/tournaments until Lehigh County moves into the "GREEN" phase regardless of where the game/scrimmage/tournament is taking place at. The below protocols are required to be followed by all coaches, parents and players in order for us to begin and continue practicing. All parents & coaches will be required to provide a signed copy of Parkland Area Soccer Club/EPYSA COVID Hold Harmless Waiver to their head coach by June 26, 2020 in order to begin practicing on that date. In accordance with guidelines set by the Centers for Disease Control and Eastern Pennsylvania Youth Soccer, our organization Parkland Area Soccer Club will return to play with the following safety and action plan.

1. Communication & Education

- All players and parents will receive communication on our safety and action plan before return to play begins.
- CDC Education materials will be shared with all participants (coaches, players, and parents) on behaviors that reduce the spread of COVID-19 to include but not limited to: hand hygiene, sanitizing equipment, properly covering coughs and sneezes, and staying home when appropriate. Must Follow General Hygiene and Safety Protocols.

2. Additional Steps to Reduce the Spread

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements. Follow Phased reopening plan
- Reinforce directives, policies and protocols as necessary with parents and children.
- As players arrive, inquire how they're feeling. If they are ill or appear to be ill, send them home.
- Coaches Supply your medical kit or bag with gloves, extra masks, sanitizer, and facial tissues.
- Implement social distancing at all times. Each player and their equipment at least six (6) feet from the next player.
- Coaches wear masks at all times.
- Players may wear masks during training at their discretion. Must wear when not engaged in soccer activity.

- Only coaches may touch or move equipment. Players do not touch or move equipment.
- Avoid activities involving lines, maintain social distancing in training (review the US Soccer Grassroots Recommendation Guide under the resources below)
- disinfect/sanitize all equipment after training.
- Scrimmage vests are not recommended.
- Minimize interaction with other teams that train before or after you. Emphasize players should go straight to cars.
- Fields must be legally open. No training on a space/field without insurance certificate issued (standard regardless COVID-19) or permission from the facility.
- The parent determines participation.
- Spectators are not essential to training and not recommended to attend, however, it is necessary for younger players.

PRIOR TO ARRIVING AT PRACTICE

- Prior to arrival all coaches and players (w/ parental guidance) must conduct daily self-symptom assessment and temperature check.
- Anyone with a fever of 100.4 degrees F or higher must stay home
- Anyone experiencing COVID/FLU like symptoms must stay home. Symptoms would include fever, cough, shortness of breath, headache, runny nose, muscle aches, loss of taste or smell, and diarrhea/abdominal pain
- Coach is responsible to properly disinfect balls before practice using one of the CDC Approved Disinfectants listed below for use against SARS-CoV-2, Cleaner; Spray Nine; Lysol Disinfecting Wipes; Lysol Bleach Mold & Mildew Remover; Clorox Multi -Surface Cleaner & Bleach; Clorox Disinfecting Wipes; Lysol Disinfectant Spray, Purell Surface Disinfectant Wipes• More info on the acceptable sanitizing products can be found here:
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-co-v-2>

Phased reopening plan

1. Stage 1 (June 26th - July 9th)

All Hygiene protocols are in effect unless otherwise noted.

- County must be designated as “Green”
- Facility/fields must be legally open.
- **Club only activity only may begin.** Play is limited to your currently registered players and coaches. This includes the 19-20 season and players who have registered with your club for 20-21.
- **Small group training- no more than 25 per field. Ratio of 1:9 coach to player recommended.**
- No competitions, i.e. league play or tournaments

- Players and coaches may travel to train from Yellow counties. Individuals must assess the risks.
- Carpooling is not recommended. If carpooling is necessary, the same group should always travel together.
- Social distancing required
- No activities with body contact
- Consider injury risk strategies as endurance, strength and soccer skills come back into focus.
- Spectators not recommended at the field.
- Coaches must wear masks/face covering. Players must wear when not engaged in activity.

2. Stage 2 (July 10th - July 23rd)

All Hygiene protocols are in effect unless otherwise noted.

- Full teams may be integrated for training.
- Body contact is allowed in training
- Scrimmages, friendlies etc... may be played within your club.
- Acclimate players to build up towards competitive play. Train appropriately to reduce the risk of injury.
- No competitions, i.e. league play or tournaments
- No goal celebrations involving physical contact with others
- No pregame/post game line-ups handshakes or fist bumps
- Spectators allowed at the fields and must comply with social distancing to each other. Same applies to the sideline- maintain six foot distance from Assistant Referee and players.

3. Stage 3 (July 24th -August 6th)

All Hygiene protocols are in effect unless otherwise noted.

- Typical pre-season activity may occur
- Scrimmages, friendlies etc., may be played with clubs from any Green county.
- Local protocols and procedures should be shared with any visiting team.
- Play Days with multiple teams/clubs not recommend, but if held responsibly, must be within the limits of public gathering size.
- Strongly recommended to stay local.
- Limiting travel still recommended.
- No inter-state travel permitted. Must stay within Pennsylvania.

4. Stage 4 (August 7th)

All Hygiene protocols are in effect unless otherwise noted. s

- Most Government restrictions have been lifted.
- Eastern Pennsylvania member leagues may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel
- Eastern Pennsylvania sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel. Also subject to restrictions on public gathering size.
- Teams will be permitted to participate in out of state or regional leagues, provided the game will be played in an open state.
- Teams will be permitted to participate in out of state tournaments provided the tournament will be played in an open state.
- Be advised travel outside of your area still comes with caution. Limited travel still recommended.

Be advised that you should be prepared at any time to take a step back and revert to an earlier stage, or potentially shut down operations, if:

- A cluster of infections occur
- Inability to maintain COVID-19 prevention and response protocols
- Inability to track and/ or isolate players and staff
- External factor exposes a COVID-19 risk to your team or club
- Changes to public health guidelines regarding group gatherings

3. Identification of COVID exposure

- Individuals that develop symptoms should immediately isolate and seek medical care. **If a player or coach starts experiencing symptoms of COVID-19 during practice or game they will need to go home immediately. If a parent or caretaker is not present they will be socially distanced and isolated until they are able to be picked up.**
- Following presumed positive, direct contact or confirmed case, or if someone in the participant's home is presumptive positive or tests positive for COVID Parents should immediately contact the coach via email or text. The Coach will immediately contact their Coordinator and Administrator via email or text. **All those who had close contact with a person diagnosed with COVID-19 (within 72 hours prior to symptom onset) will be advised to stay home and self-monitor for symptoms and be advised to follow CDC guidance if symptoms develop. Individuals with close contacts will be excluded from practice for 14 days.** Close contact is defined as having close (within 6 ft.) and prolonged (≥15 minutes) contact with the COVID-19 patient.

- Parkland Area Soccer Club will work with the local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications, PASC will notify participants who came in contact with the individual of potential exposure following CDC guidelines and HIPAA regulations on confidentiality. **In cases of a possible secondary exposure the CDC does not recommend isolation of contacts of a person being evaluated for COVID19 until the diagnosis is confirmed as a reportable illness to the Department of Health (DOH). In absence of test results or diagnosis, the individual will be presumed positive and the above guidelines will be followed. An individual presumed positive due to a secondary exposure to COVID-19 will automatically be subject to a 14 day quarantine period beginning the first day the primary (diagnosed) patient is symptom free.**

- **An individual/player/coach who was diagnosed with COVID-19** may return when all four of the following return to play criteria are met:
 - When 2 negative COVID tests 24 hours apart are obtained and/or public health clearance
 - Individual has improvement in respiratory symptoms (e.g., cough, shortness of breath)
 - At least ten days have passed since symptoms first appeared
 - Written documentation of clearance from a health care provider (MD, DO, NP, PA)

- Upon receiving the criteria a **Return to play Date will be approved by the PASC ExBOD.**

- **Travel Quarantine Mandate: Applies to any Player, Coach, Team Manager ect.**
 - If you travel to Alabama, Arizona, Arkansas, California, Florida, Georgia, Idaho, Louisiana, Mississippi, Nevada, North Carolina, South Carolina, Tennessee, Texas, Utah or any other state on the list you must stay at home and **quarantine for 14 days** following your return. Please refer to the PA Department of Health for the most updated list as it is fluently changing.
 - Please notify your coach immediately and let them know of any vacation or travel plans. Coaches will consult their respective coordinator to determine what your return to play date will be.
 - Coaches please let your Coordinator know if you plan on traveling to an affected area for your return to coaching date and if alternative coaching training arrangements need to be determined.

4. COVID Point of Contact

For all Parkland Area Soccer Club COVID related policy questions and concerns, the individuals named below will serve as the point of contact.

Kris Campbell- Administrator

admin@parklandsoccer.org 610-751-2106

Mark Gartner- PASC President

president@parklandsoccer.org 484-619-6024

5. For Parents:

Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements. Share information with your son or daughter.

- No signs of COVID-19 for the player the past 14 days and no known exposure before sending him or her to training. Sick players and coaches must stay at home and follow appropriate health guidelines.
- Determine if you want your child to wear a face mask during training.
- Sanitize and wash all equipment and uniforms after training
- Pack hand sanitizer and a face mask in his or her bag.
- Spectators are not essential to training and not recommended to attend, however, it is necessary for younger players.
- Comply with social distancing and mask directives. Adhere to rules of the club regarding attending training session
- Direct your child to never share water, snacks or equipment.
- Notify the club and coach should your child become ill.
- Do not assist coach or coaches with equipment at the beginning or end of practice.
- Ball goes off touchline or end line allow players or coach to retrieve the ball.
- Parents make the ultimate decision on their child's attendance participation

These guidelines were created as the safety of all of our players, parents and coaches is paramount and most important! Failure to abide by these guidelines by any player, parent or coach could result in immediate dismissal from the team.

References:

General Hygiene and Safety Protocols

- Wash your hands frequently
- Have hand sanitizer available for all at times

- No sharing of water, snacks or equipment
- No shaking hands, high fives, fist bump, hugs, etc...
- Social distancing = six (6) feet apart
- No player or coach can attend if they are feeling sick
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health. Can only return with a Doctor's approval. Must show notice to the club.
- Disinfect all training equipment- cones, goals, flags etc. Only coaches can touch or move equipment.
- Coaches to wear a face mask as per CDC/PA Dept. of Health at all times.
- Players to wear face mask when not involved in soccer activities or on the bench. Player may wear mask during activity at parents or players discretion.
- Scrimmage vests washed after every session. Should consider it personal equipment, and provide each player with their own.
- Each ball sanitized before/after every practice or game.
- Only one coach may attend to an injured player. Must wear a mask and gloves.
- Minimize contact with other teams before, during and after each session.
- Wash your hands frequently
- Have hand sanitizer available for all at times
- No sharing of water, snacks or equipment
- No shaking hands, high fives, fist bump, hugs, etc...
- Social distancing = six (6) feet apart
- No player or coach can attend if they are feeling sick
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health. Can only return with a Doctor's approval. Must show notice to the club.
- Disinfect all training equipment- cones, goals, flags etc. Only coaches can touch or move equipment.
- Coaches to wear a face mask as per CDC/PA Dept. of Health at all times.
- Players wear face mask when not involved in soccer activities or on the bench. Players may wear mask during activity at parents or players discretion.
- Scrimmage vests washed after every session. Should consider it personal equipment, and provide each player with their own.
- Each ball sanitized before/after every practice or game.
- Only one coach may attend to an injured player. Must wear a mask and gloves.
- Minimize contact with other teams before, during and after each session.

APPENDIX A - PARTICPATION LIMITS

The opening of the Green Phase limits the number of participants on a field. Best practices and other professional recommendations are no more than 25 participants per field (both halves) and training in small groups with a ratio of 1 coach per 9 players. Spectators are not recommended as players and coaches come first, but may be required for younger players.



4v4 = 10 people
8 players and
2 coaches per field



7v7 = 16 people
14 players and
2 coaches per field



9v9 = 20 people
18 players and
2 coaches per field



11Vv1 = 25 people
22 players and
3 coaches per field



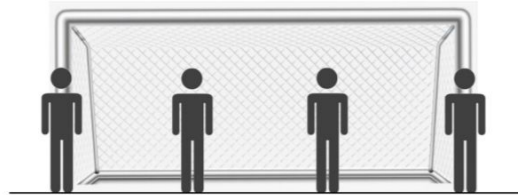
Social distancing during team talks
and with individuals equipment



Social distancing on team bench



NO SHARING DRINKS, SNACKS or EQUIPMENT



Social Distancing = 6 feet apart
Full Size Goal = 24 feet