



COVID Safety and Action Plan

In accordance with guidelines set by the Centers for Disease Control and Eastern Pennsylvania Youth Soccer, Pennsylvania Soccer Academy (PSA) will return to play with the follow safety and action plan.

a. Communication & Education

- All players and parents will receive communication on our safety and action plan before return to play begins.
- EPYSA's Return to Play Protocols (attached) 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.

b. Steps to Reduce the Spread

Phased reopening plan

1. Stage 1(2-3 weeks)

- County has gone from Yellow to Green
- Training permitted within organization only
- No body contact, social distance during training
- No games, scrimmages or league participation permitted
- Reduced numbers of participants
- No shared equipment
- Spectators not permitted, parents can stay in vehicle
- Adult coaches must wear masks when with participants

2. Stage 2(2-3 weeks)

- County remains Green
- Body contact is permitted
- Scrimmages and friendly games with other clubs in same Green county permitted
- No league participation permitted
- Spectators permitted with social distance
- Adult coaches suggested to wear masks with participants

3. Stage 3 (2-3 weeks)

- County remains Green
- Scrimmages and friendly games with other clubs in all Green counties permitted
- No league participation permitted

4. Stage 4(2-3 weeks)

- County continues positive progress in Green with most government restrictions lifted
- League participation is permitted
- Social distance of spectators recommended during league games

c. Identification of COVID exposure

Parents of participants will notify their coach if the participant or someone in the participant's home is presumptive positive or tests positive for COVID.

Pennsylvania Soccer Academy will notify participants who came in contact with the individual of potential exposure following CDC guidelines and HIPAA regulations on confidentiality.



RESTART 2020

Stages within the Green Phase For a Safe and Gradual Return to Play

Return to Play Protocols

These guidelines will provide direction for the immediate re-opening stages upon a county turning Green. The focus for now is on acclimating and reintegrating players, coaches and families. This is a local, club based restart of training players. Due to the restrictions of no contact, no other sanctioned soccer activity such as tryouts, scrimmages or other competition is yet to be approved.

The guidance from the Commonwealth of Pennsylvania on the Green Phase still engages in mitigation strategies for COVID-19. It is a cautious and gradual re-opening. Most businesses and programs will operate at limited capacity upon entering the Green Phase. We will be no different. As the Governor and Department of Health provide additional information and guidance beyond the initial opening, we too will expand the opportunities for youth soccer.

These guidelines were created in consultation with those developed by the US Olympic Committee, US Soccer, US Youth Soccer, the CDC and the Commonwealth of Pennsylvania and is a collection of best practices for carefully moving forward in the COVID-19 world. We encourage you to follow all aspects set forward in this document, but to also implement additional strategies based on the input of these other agencies.

The conditions during this pandemic have continually evolved and changed weekly, sometimes daily. We know additional information and new guidelines are forthcoming. They will change at any time, so we must be flexible. These guidelines will be updated as necessary.

This document does not replace the advice or direction of medical professionals. The risks of infection still exists. Until a vaccine or cure is developed for COVID-19, we must proceed cautiously and continue to monitor and comply with the Governor's office, PA Department of Health, CDC and any other federal or local regulations.

Please recognize that many families and individuals will have reservations about re-opening and reintegrating. We must be respectful, sensitive and flexible as we restart. If a parent, child or coach is not comfortable returning to play, they shouldn't.

General Hygiene and Safety Protocols

- Wash your hands frequently
- Have hand sanitizer available for every coach and player at all 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 will social distance while on the sideline or bench.
- Players should wear face mask when not involved in soccer activities or on the bench unless social distancing can be achieved. Player may wear mask during activity at parents or players discretion.
- Players will sanitize hands when coming off the the field from a substitution or at a break in action.
- 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 mask and gloves.
- Minimize contact with other teams before, during and after each session.

This is a general list. Please consult PA Department of Health and CDC hygiene and safety protocols which must be followed in all stages.

Clubs

Green Phase

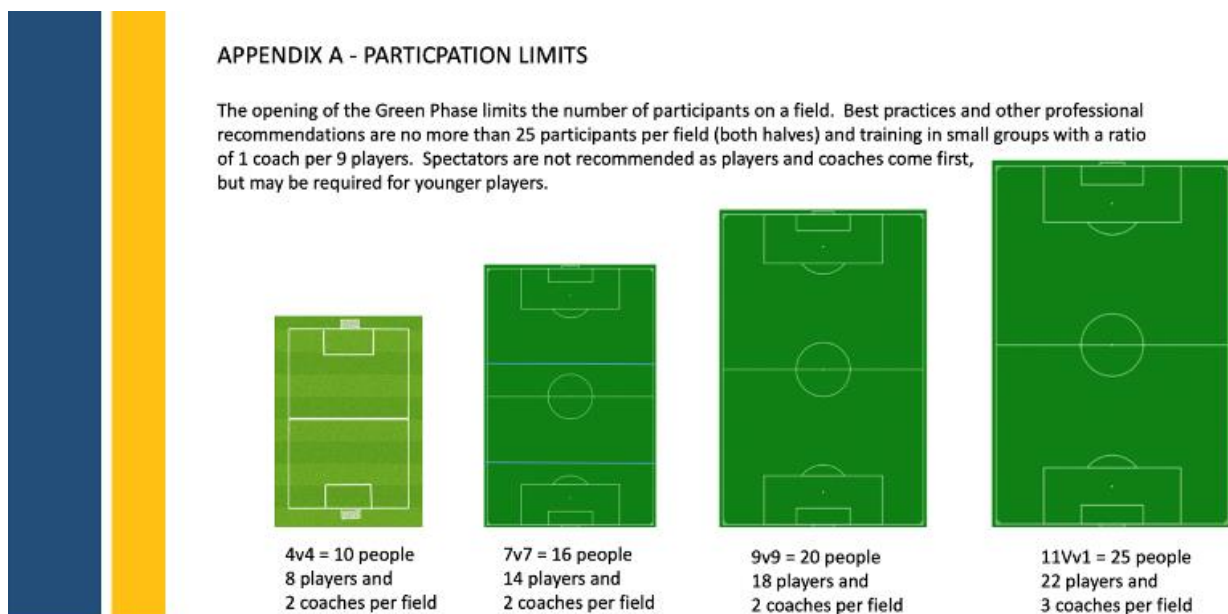
- Activity may begin within your club only. Activity must be kept local, within your community.
- Individuals must comply with restrictions of their home county.
- Engage with management of your practice facilities to learn and comply with their policies and procedures.
- Fields must be legally open. No training on a space/field without insurance certificate issued (standard regardless COVID-19) or permission from the facility.
- Create Action Plan:
 - Communicate plan and distribute to families, coaches, admins.
 - Actions upon notification of a positive test result for a club member.
 - Be prepared to shut down and stop operations if necessary.
- Develop a plan for social distancing and adequate field space (see appendix A below).
 - Minimize interactions among teams.

- Consider field/training area lay out, entrance and exit from fields, managing training schedules.
- Social distancing required in all areas, but not limited to sidelines, bench areas, clubhouse, parking lot.

•The parent determines participation.

•Spectators are not essential to training and not recommended to attend, however, it be necessary for younger players.

•Spectators should be limited to two adults per player and all non-family members should social distance from other spectators.



Coaches

Green Phase

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements.
- Reinforce directives, polices 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.
- Supply your medical kit or bag with gloves, extra masks, sanitizer, and facial tissues.
- Implement social distancing at all times between coaches, players, referees and spectators. Each player and their equipment at least six (6) feet from the next player.
- Players may wear masks during training at their discretion. Must wear when not engaged in soccer activity and social distancing cannot be met.

- 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)
- Sanitize all equipment after training.
- Scrimmage vests are not recommended.
- Minimize interaction with other teams that train before or after you. Emphasize player should go straight to cars.
- Be positive, fun and engaging. Help the children acclimate and reintegrate.

Parents

Green Phase

- 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 be necessary for younger players.
- Spectators should be limited to two adults per player and all non-family members should social distance from other spectators.
- 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 club and coach should your child becomes 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.

Additional Resources:

Eastern Pennsylvania Youth Soccer Association's Return to Play Protocols

- <https://www.epysa.org/return-to-play-protocols/>

CDC Considerations for Youth Sports

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

United States Olympic Committee and Paralympic Committee

- <https://www.teamusa.org/coronavirus>

US Youth Soccer

- https://www.usyouthsoccer.org/assets/1/6/usys_rta_notice_051920.pdf

Commonwealth of Pennsylvania

- <https://www.governor.pa.gov/plan-for-pennsylvania/>

Pennsylvania Department of Health

- <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>