



**Challenger Sports  
Health and Safety COVID19  
Guidelines and Protocols - 2020**

## **Introduction:**

Challenger Sports has created a detailed document of health and safety guidelines to implement at all Challenger Sports in-person youth programs. All coaches will be required to abide by the following guidelines in order to prioritize and maintain the health and safety of all participants, parents and staff.

These are the guidelines for Challenger Sports, but there may be differences depending on what state you are working in, and their current guidelines.

Your RD will highlight any differences from this handbook to your camp.

## **Responsibilities:**

### **Organization responsibilities:**

- Discuss with your Regional Director if camp has any specific agreements with the organization other than listed in this handbook.

### **Coach responsibilities:**

- Safety of all players
- Ensure everyone is adhering to new practices in place
- Wear masks at check in/check out and during any other interactions, unless told otherwise
- No high 5s or physical contact with players
- Coaches must adhere to social distancing at all times
- Cleaning and disinfecting equipment at the start and after completion of each day of camp
- Display CDC posters in relevant areas before & after camp each day
- Coaches are responsible for numbering soccer balls for all players on their roster (Monday morning), setting up each players soccer locker and numbering as per their roster, and preparing grid prior to start of camp (every day)

**Player responsibilities** (parents have received this information prior to the camp - this is for your reference)

- Masks are not mandatory for participants but are highly recommended.
- Players are asked to bring hand sanitizer but coach can distribute if needed
- No high 5s or physical contact with other players
- Players must adhere to social distancing at all times

- No touching of anyone else's soccer balls/equipment
- Must remain in designated soccer locker for any breaks

**Parent responsibilities** (parents have received this information prior to the camp - this is for your reference):

- Complete relevant paperwork and waivers beforehand
- Ensure child feels well and comfortable with attending camp prior to arrival
- Check temperature and symptoms before arrival at camp each day
- Physically sign in and out children each day
- Keep physically distanced from other parents/families/campers
- Only 1 parent/guardian to accompany player to check in/out
- Send child with enough water and refreshments for ALL day
- If full day, send child with something to keep occupied over 1 hour lunch-break

### **Role of the Director**

The Director of the camp is primarily a Management Role, reporting directly to the Regional Director. At camp the Director's role is to ensure that all company policies, procedures and guidelines are being followed, especially this year due to covid19. Our Director is in a position of authority and has been chosen because the RD believes they will lead and direct their group of coaches in order to provide our clients with the experience promised to them throughout the year.

### **Before camp:**

- Have rosters written out ready for Monday morning
- Oversee and help with inflating balls, and setting up areas/soccer lockers
- Ensure everyone is ready to follow Challenger Sports guidelines & protocols

### **Check in:**

- Director will be the greeter for all campers/parents checking in
- Wear gloves & mask
- Take temperature of child and ask parent/child to remember number, then point them in the way of their coach and allocate area for the week

### **During camp:**

- Will be coaching own group but if any problems arise, will need to address them and help
- Collect rosters at the end of every morning camp so can report numbers to RD

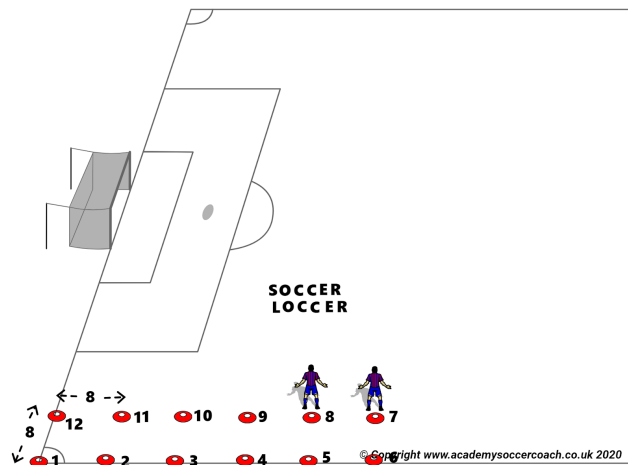
### After camp:

- Ensure all equipment is being sanitized and posters taken down
- Contact RD with camp numbers and general camp information

### What will a day/week of camp look like?

#### Before camp:

- Inflate the soccer balls wearing gloves
- Number soccer balls as per roster
- Set up individual player soccer lockers to include ball & t shirt (6ft apart) and soccer locker for themselves
- Number cones as per roster
- Sanitize all the balls and cones with spray after being inflated and written on
- Set up cones for first drill
- Coach to wait by their areas for their players to arrive

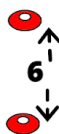
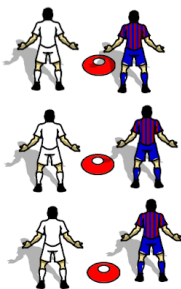


#### Check in and arrival:

- All coaches to wear gloves during check in/out each day
- Arrive at camp early enough to allow time to set up as stated above
- Use a designated check in area. Table / picnic table if available
- Have 6 feet markers from check in area, so parents can queue up to sign in - use cones for this
- Director will meet & greet parents, 1 at a time (with 1 parent/guardian), at a designated area

- Initial quick greeting and ensure waivers and other pre camp paperwork are all complete - refer to check in sheet.
- If they need to complete any paperwork; complete & put in plastic wallet provided in directors pack. Parents have been asked to bring and use their own pens.
- Director will take temperature of child with thermometer.
- Ask child screening questions
- **If temp is within acceptable temperature range (98.5 - 100.4) send over to designated coach.**
- **If temp is over 100.4 degrees, director must ask camper & parent to leave immediately.**
- **Before parent and player leaves the registration area have them apply hand sanitizer and wash their hands (use your pump dispenser)**
- Parent must remember temp to tell the coach (recommend they write on phone)
- Parent & child go to allocated coach's area, and stand by player's allocated number cone (soccer locker). Coach will ask parent to sign in using their own pen, and list who is picking up. Parent can then leave.
- **No walk-on registrations allowed unless agreed to beforehand**

## CHECK IN



**Area/space/group:**

- Ratio/group sizes - These will vary due to phases. RD to inform coaches of group sizes for each camp.
- Refer to physical distancing guidelines at all times (6-10ft)
- CDC recommendation handouts will be handed out at registration

**Breaks:**

- Designated soccer locker is to be used at every break, including lunch time
- Bathroom breaks; children can go in pairs maintaining at least 6 feet separation but only 1 person in the bathroom at 1 time. Other children wait outside. Return together while social distancing.
- If bathroom is not in sight, coach must accompany child while other children take a break in soccer locker, supervised by another coach.
- If taking group into shade maintain at least 6 - 8 feet between them at all times

**Lunchtime:**

- Each child should stay sitting at designated soccer locker to eat their lunch and stay the full hour
- Parents have been asked to send their child with something to occupy them during the 1 hour lunch break
- Coaches can engage children in quizzes or stories, but while everyone stays in their soccer locker

**Equipment:**

- Players/coaches must not share any equipment
- Use own water bottle. Bring enough for ALL day.
- Decorate ball after day 1 to identify own and only use own ball. Will have campers # on to match their designated soccer locker.
- Avoid using pinnies - if you do, only wear 1 per session, and coach must wash them afterwards before using again
- Evaluations - give out on Friday.

**Dismissal & check out from camp -**

- Kids stay in their allocated soccer locker until parent comes to sign them out with their coach. Must initial before child can leave.
- Parents have been asked to bring and use their own pens.
- Coach must wear masks & gloves at check in/check out and during any other interactions

### **After camp - what to do:**

- Sanitise all equipment (balls, cones) with spray/wipes (wear gloves when doing so)
- Take down posters - don't leave overnight

## **WHAT TO DO IF A CHILD DISPLAYS COVID SYMPTOMS**

### **At check in -**

- If a child responds yes to any of the screening questions, or has a temperature above the acceptable range, ask them to leave.
- Complete 'accident report form' and record symptoms; keep this safely in directors' pack to return to HQ.
- Report to RD immediately. RD will follow next steps to ensure all procedures are followed.

### **During camp -**

- report to the parent immediately and have parent collect child immediately.
- Have the child sit in soccer locker until parent arrives.
- Report to RD immediately. RD will follow next steps to ensure all procedures are followed.
- Complete 'accident report form' and record symptoms; keep this safely in directors' pack to return to HQ.

## **\*Symptoms of COVID19 to look out for\***

**Fever - Cough - Shortness of breath**

### **Equipment & Uniform to be provided to coaches (incl. PPE):**

#### **Usual coaching equipment/uniform:**

Disc cones

Pointy cones - if available

Pinnies (refer to guidelines for use)

Ball pump (use gloves when using)

Challenger Folder w/session plan notepad

Water bottle

Cap

Uniforms

**New Equipment (all to be shipped with balls & t-shirts):**

Disinfectant / Cleaner + spray bottles - 1 per program

Hand sanitiser - 1 16oz bottle per camp

Plastic gloves/ medical gloves - 50 pair per camp

Masks for coaches - 1 per coach for the week

Thermometer - 1 per camp

CDC Posters

Medical Packs - 1 per program

Markers/pens - 5 per program

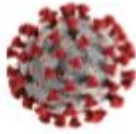
Camp Balls and T-shirts



## **APPENDIX**

Shipped out from Corporate with equipment - one handed out to each parent at check-in

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

This material was developed by CDC. The Life Is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, DOJ, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CSS10627-A

Documents to be signed by parent and handed in at registration or at the very latest at the end of Monday's session - these will be added to camp waiver on Configio -

for all camps not registering players through configio these must be available in Directors packs



Camper Name: \_\_\_\_\_ Camp Location: \_\_\_\_\_ Session: \_\_\_\_\_

### PRE-CAMP HEALTH SCREENING

Dear Camp Families,

In an effort to minimize illness at camp we ask that you check on the health of your camper daily beginning 7 days prior to camp. The best camp sessions start with healthy campers and this begins at home. Please bring this completed form to camp on opening day.

Please indicate if your camper has any of the following symptoms prior to camp. We recommend that you record a temperature daily for a period of at least four days prior to camp. If any temperature or symptoms are present, please have your camper evaluated by a licensed provider and contact camp for further guidance.

#### Symptoms :

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle Pain
- Sore throat
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea

#### Please initial

1. My child has not been around anyone with any of the listed symptoms or diagnosis of COVID19 in the 14 days before the start of camp.

Initial \_\_\_\_\_

2. No one in our household has been sick in the 14 days prior to camp.

Initial \_\_\_\_\_

3. My child has not traveled by air or traveled out of state in the 14 days prior to camp.

Initial \_\_\_\_\_

4. My child has adhered to our state's guidelines regarding COVID19.

Initial \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ 2020





**WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

**ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

All CDC guidelines and distancing protocols have been implemented for the safety of all players, and coaching staff. In consideration of being allowed to participate in one of our camp programs and related events, the undersigned acknowledges, appreciates, and agrees to the following. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,

1. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation.
2. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
3. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS (insert name of sports organization) their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

**Name of participant:** \_\_\_\_\_

**Participant signature:** \_\_\_\_\_

**Date signed:** \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

**Name of parent/guardian:** \_\_\_\_\_

**Parent guardian/signature:** \_\_\_\_\_

**Date signed:** \_\_\_\_\_

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## **This is an information sheet which will be in Configio**

Challenger Sports has created a detailed document of health and safety guidelines to implement at all Challenger Sports in-person youth programs. All participants will be required to abide by the following guidelines in order to prioritize and maintain the health and safety of all participants, parents and staff.

### *Health & Safety Guideline Contents:*

1. *Arrival*
2. *In-Session*
3. *Dismissal*

## **ARRIVAL**

Ensuring the health and safety of our players, coaches and staff is our highest priority. Please be aware of these guidelines as they can ensure the safety of all participating.

### **1.1 BEFORE YOU LEAVE YOUR HOUSE**

- If the participant has a temperature over 100.4 degrees, persistent cough, or other indications of illness, please do not leave your home.
- Please wash your hands with soap and water to ensure safety of players, coaches, and staff.
- There will be no communal water. All players must have their own individual water and clearly mark their name on it.
- Please bring your own equipment. This includes the soccer ball you will be provided with by Challenger on the first day of camp. Please have your child bring their ball, water, sunscreen and hand sanitizer and some disinfectant wipes so they can sanitize their ball after camp. Challenger Sports will provide sanitized extra equipment if needed, subject to availability.
- Please avoid carpooling with other participants from other households, if possible.

### **1.2 ARRIVAL AND CHECK-IN**

- Check-in procedures will be conducted *every day* of the program.
- All Challenger Sports staff will be wearing masks upon arrival and dismissal and at certain times during camp.
- Having only one parent or guardian present per family is recommended during check-in.
- The name and contact information for every parent/guardian involved in check-in will be recorded.
- Please maintain a six-foot distance from the family in front of and behind you while waiting to check-in.
- Masks are not mandatory for participants but are highly recommended.
- After check-in, players will be given a personal area for their gear and will be asked to sanitize their hands before heading to their designated area to warm-up.

- Players should leave their car ready to play upon arrival. Please put on shoes/cleats to avoid having unnecessary belongings in the playing area.

Additional questions that participants will be asked each day at check-in:

1. Do you feel sick? If yes, what symptoms do you have:

- Fever
- Headache
- General aches/pains
- Fatigue, weakness
- Extreme exhaustion
- Stuffy nose
- Sneezing
- Sore throat
- Dry cough
- Shortness of breath
- Diarrhea
- Dizziness
- Nausea
- Upset stomach
- Vomiting
- Difficulty breathing
- Runny nose

2. Have you had a fever over 100.4 degrees in the last 48 hours?

3. Have you or a member of your household traveled within in the last 14 days?

4. Have you come into contact with anyone who has tested positive for or is experiencing symptoms of COVID-19?

Affirmative answers to any of the questions above may prevent players from participating, at Challenger Sports sole discretion.

### **IN-SESSION**

The following expectations are required of players, coaches and staff at all times:

- Social distancing will be enforced; players must maintain a distance of at least six feet apart throughout each session. Group sizes will follow your local State and local health authority guidelines.
- There will be no physical interaction between players or coaches at any time. This includes 1v1 exercises, rondos, and scrimmages (This may vary according to local health guidelines).
- Each individual will have a personal playing area to work in and a designated spot for their belongings; each of which will be at least six feet away from other participants.
- Equipment will be sanitized before and after each session.

- Masks are not mandatory for participants but are highly recommended.
- Coaches will wear masks when needed during practices but will maintain social distancing guidelines during each practice.
- Sanitation breaks will be required during every water break.
- For campers registered for morning and afternoon sessions lunch-breaks will be supervised and social distancing guidelines will be enforced.
- No handshakes, fist bumps, or group celebrations. No huddles or small group gatherings will be permitted.
- Parents, guardians and family members are restricted from entering the area of play at any time. Families are permitted to observe from outside the area of play, as designated by Challenger Sports, as long as they maintain social distancing from other observers. Parents are strongly encouraged to remain in their vehicles for the duration of each session.
- Only coaches should touch goals, cones, and other equipment throughout each session. Pinnies will not be used during these sessions.
- If an injury occurs during a session, the immediate health and safety of the injured player will remain a top priority. Care will be taken when addressing small injuries (i.e. handing out band-aids, etc.). Parents will be notified immediately if their assistance is needed with injury care.
- Failure to adhere by these rules may result in dismissal from the program.

## **DISMISSAL**

Once the session has finished, players will be directed by the coaches of how and when to depart the field.

- Players will not be blindly sent into the parking lot to look for their parents. Parents are encouraged to remain visible in or near their car and coaches will dismiss players one at a time to maintain social distancing. We recommend parents stand outside of their vehicles, while maintaining social distancing from others, at the end of each session to assist with dismissal procedures. A site supervisor will assist throughout the process.
- Upon exiting the field, players must stop at designated sanitation stations to wash and disinfect their hands.
- Players should go directly to their car upon using the sanitation station.