

PA RUSH



We hope you and your family are well and safe. COVID will pose a risk for everyone for the foreseeable future. Like you, we are continuing to monitor developments regarding the COVID-19 outbreak closely. We want to update you on our decision-making process and safety protocols moving forward. It is the position of PA RUSH SOCCER CLUB, hereinafter (“PA RUSH” and/or the “Club”) that the decision to attend “in-person” training is up to each individual player and their families, based on individual circumstances and comfort levels. We ask that you communicate with your coach and share your decision. Pennsylvania Youth Soccer Association has helped guide us in creating safety protocols to return to play. These are extraordinary times that have moved us all to a new normal, and we know youth sports looked very different this year.

**I. Eastern Pennsylvania Youth Soccer Association 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 exist and 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.

We recognize that many families and individuals will have reservations about re-opening and reintegrating. We must be respectful, sensitive and flexible to these concerns as we restart. If a parent, child or coach is not comfortable with the return to play, they should not.

II. **General Hygiene and Safety Protocols – to be followed regardless of which phase pending further notice from the PA Department of Health and CDC**

- Wash hands frequently
- Have hand sanitizer available for all 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. He or she can only return with a Doctor's approval and 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 protocols at all times.
- [Deleted and superseded by the November 18, 2020 amendment]
- Effective November 18, 2020, pursuant to the November 17, 2020 "Updated Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings" which rescinds and supersedes the Secretary's Order Requiring Universal Face Coverings, dated July 15, 2020:

You are required to wear a face mask when you are:

- Indoors or in an enclosed space with people not part of your household, regardless of physical distance;
- Outdoors with people who are not members of your household and when you are unable to maintain continuous physical distance;
- Participating in an indoor or outdoor event, gathering, or group setting with people who are not part of your household;
- Participating in indoor physical activity in a gym, fitness center or group fitness classes, with people who are not part of your household, regardless of physical distance;
- Waiting in a public area for, riding on, driving or operating public transportation or paratransit or while in a taxi, private car service or ride-sharing vehicle, regardless of physical distance;
- Obtaining services for yourself or another person or a pet in a healthcare setting including, but not limited to, a hospital, pharmacy, medical clinic, laboratory, physician or dental office, veterinary clinic, or blood bank; and
- When working in any space where food is prepared, packaged for sale, or prepared to be distributed.

- Certain facilities like hospitals, shelters, long-term care facilities, residential treatment facilities, and correctional facilities may also require visitors and residents, patients, or inmates to wear face coverings even when in a living unit.

All alternatives to wearing a face covering, including the use of a face shield, should be exhausted before an individual is exempted from the order. The following are exemptions to the order:

- If wearing a face covering while working creates an unsafe condition to operate equipment or execute a task as determined by local, state, or federal regulators or workplace safety guidelines.
- If wearing a face covering would either cause a medical condition or worsen an existing one—such as respiratory issues that make it hard to breathe, a mental health condition or a disability. PA Rush cannot make determinations on exceptions and will require a note from a professional that can attest to the application of this exemption.
- When necessary to confirm someone's identity.
- While obtaining a service that requires someone to remove their facial covering temporarily, such as dental services.
- When working alone and isolated from other people with little or no expectation of in-person interaction.
- If an individual is communicating or wanting to communicate with someone who is hearing-impaired or has another disability where seeing the mouth is essential for communication.

“Sustained physical distance” means the practice of staying at least six feet away from others to avoid becoming a close contact. On October 21, 2020, the Centers for Disease Control and Prevention (CDC) updated its definition of close contact to “someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period.” The guidance goes on to note that there are additional factors to consider when defining “close contact.” DOH recommends using 15 consecutive minutes of exposure at a distance of six feet or less as an operational definition for “close contact.” However, there are circumstances when someone should be considered a close contact of a case after being within six feet for fewer than 15 consecutive minutes. Additional factors that should be considered when assessing close contacts include but are not limited to: close proximity to an infected person, infected person exhibiting symptoms, and environmental conditions like crowds or inadequate ventilation.

[Deleted and superseded by the November 18, 2020 amendment]

- 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 and the coach must wear a mask and gloves.
- Contact with other teams before, during and after each session is to be minimized.
- Subject to certain exemptions as more fully set forth in the November 25, 2020 Order of the Secretary of the Pennsylvania Department of Health:

(1) Individuals over the age of 11 traveling into and returning to the Commonwealth from any location outside of the Commonwealth (including international locations) must produce evidence of a negative COVID-19 test or place themselves in travel quarantine for 14 days after entering the Commonwealth,

(2) Testing

a. The test must be a diagnostic SARS-CoV2 test authorized by the Food and Drug Administration.

b. The test must be from a specimen collected within 72 hours prior to entering the Commonwealth or collected during the 14-day travel quarantine period.

i. Travelers who do not have their test results at the time of entry into the Commonwealth must remain at their travel destination with no in-person contact with others outside their traveling party until they receive their test results.

ii. Travelers receiving positive results after entering the Commonwealth must isolate in accordance with Pennsylvania Health Alert Network 518.

iii. Travelers receiving negative results after entering the Commonwealth may continue their intended activities.

c. Travelers may temporarily leave travel quarantine to receive testing or other necessary medical services and to purchase necessities.

d. Travelers must arrange for the test at their own expense.

***This is a general list and is not exhaustive. PA Department of Health and Centers for Disease Control hygiene and safety protocols shall be followed in all stages.***

While we have tried to be thorough with our policies and plans to keep all our players, coaches, and families safe, we will continue to assess how we are complying with current COVID-19 guidelines being issued by the Pennsylvania Department of Health, Centers for Disease Control and EPYSA and we will adjustments our plan as needed

### III. COVID-19 GUIDELINES

We have used information from public health officials to create these guidelines, but do not and cannot guarantee that communicable diseases, including but not limited to COVID-19, will not be present in a facility. People actively infected with communicable diseases might be present in a facility. Implementing these guidelines does not guarantee that a person or persons will not contract COVID-19 or other communicable diseases from persons or contact within the facility.

Our hope is by prescreening our players and families and excluding anyone who is symptomatic or may have been exposed, we can lessen the chance of infection at our facilities. Our hope is that by doing this, we create a better sense of safety for all.

#### A. COMMUNICATION & EDUCATION

- All players and parents will receive communication on our safety and action plan before return to play begins.
- CDC Education materials are attached to this plan and will be shared with all participants (coaches, players, and parents) on behaviors that reduce the spread of COVID-19, including, but not be limited to, hand hygiene, sanitizing equipment, properly covering coughs and sneezes, and staying home when appropriate.
- There will be increased signage throughout all facilities to remind all players, coaches, and spectators to maintain social distancing.
- Coaches will be educated on how to safely implement appropriate training sessions, and all participants will be required to sign liability waivers in a form as provided by EPYSA and attached hereto as Exhibit 1.

#### B. STEPS TO REDUCE THE SPREAD

IF YOU, THE PLAYER, SOMEONE IN YOUR HOUSEHOLD, OR SOMEONE THAT YOU OR THE PLAYER WAS RECENTLY EXPOSED TO, IS NOT FEELING WELL, **STAY HOME!!!**

- *Before coming to a PA RUSH Facility:*
  - Check your or the player's temperature and ask yourself the following questions:
    - Has anyone in your household had a positive COVID-19 test?
    - Has anyone in your household been in close contact with someone who has tested positive for COVID-19?
    - Does anyone in your household have a sore throat, cough, new loss of taste or smell?
    - Does anyone in your household have a fever or temperature above 100°?
    - Does anyone in your household have shortness of breath or difficulty breathing, have chills or repeated shaking with chills?
    - Does anyone in your household have a headache or muscle pain, nausea, vomiting or diarrhea?
    - Has anyone in your household travelled internationally or taken a cruise?

IF YOU ANSWER YES TO ANY OF THESE QUESTIONS, STAY HOME.

- Sanitize hands and any equipment being brought to the field.

- Dress to be ready to play; no changing will be allowed at the field.
- Bring plenty of water; there will be no sharing of water at the field.
- Bring hand sanitizer.
- *At the Facility*
  - Coaches are advised to sanitize their hands prior and in between each training session and during water breaks.
  - Players are also advised to sanitize hands during water breaks.
  - Any facilities that are accessible during training will be cleaned and disinfected regularly.
  - PA Rush reserves the right to remove a player or coach from training should he/she appear sick.

### C. PHASED REOPENING PLAN

- SEE APPENDIX A, incorporated herein by reference.
- **Stage 1 (2-3 weeks)**
  - To reduce the numbers of participants, training groups are limited to 1 Coach to 9 players. No more than 25 persons per field.
  - There will be a strict adherence to training schedules both regarding time and location.
  - There will be a 20-minute gap between training sessions. The first 10 minutes will be used to clear the session that was on the field. The last 10 minutes will be used to get players onto the field for the next session.
  - Upon arrival, all players should remain in their vehicles until the prior session is completely cleared. Since spectators not permitted, parents must stay in their vehicles if they are remaining at the session.
  - Coaches may welcome each player as they come to the field but should not make physical contact with the player and should stay a minimum of 6' away when greeting the player.
  - Players must place their soccer equipment and water bottle in their designated area only.
  - Players must then go to and remain in their designated areas during the entire training session to maintain social distancing. NO CONTACT during training.
  - Training will consist of individual activities only. No games or scrimmages.
  - No league participation permitted.

- No shared equipment. No pinnies. All players must use their own soccer balls that were sanitized prior to arriving at the session. Soccer balls should be played with the feet only.
- The handling of all training items (i.e., cones, flags, goals etc.) should be limited to coaches and coaches are to sanitize all equipment between sessions.
- Adult coaches must wear masks when with participants. Players are encouraged to wear masks during training sessions. Players are required, however, to wear masks entering the facility, exiting the facility, and while taking any extended breaks from training.
- No spitting or gum chewing.
- Portable toilets are closed to parents and players.

Additional detail for Stages 2-4, should any be required, will be added as we progress into those phases.

- **Stage 2 (2-3 weeks)**

- All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning Green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.
  - County remains Green
  - Full teams may be integrated for training;
  - Body contact is allowed in training ;
  - Scrimmages and friendly games 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/postgame line-ups handshakes or fist bumps;
  - Spectators are 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; and
  - Coaches must wear masks with participants.
  - Players must wear masks when not engaged in activity

Allow 2-3 weeks in this stage for players' acclimating and physical preparedness, as well as continued tracing and tracking purposes as may be necessary.

- **Stage 3 (2-3 weeks)**

- County remains Green;
- Typical pre-season activity may occur;
- Scrimmages and friendly games with other clubs in all Green counties permitted;
- 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
- No league participation permitted
- EPYSA sanctioned tournaments within the State of Pennsylvania are permitted

- **Stage 4 (2-3 weeks)**

- County continues positive progress in Green with most government restrictions 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 is still comes with caution. Limited travel still recommended; and
- Social distance of spectators recommended during league games

- **Final Stage**

COVID-19 is no longer considered a public health risk and there are no more federal state or local restrictions.

#### **D. COMMUNICATION REGARDING COVID-19 INFECTION**

- We are committed to immediate action and communication to impacted families should we receive word from any of our Club members of COVID-19 infection.
- Players and coaches must immediately notify the Board of Directors of PA Rush if the player, coach or someone in the player or participant's household is presumptive positive or tests positive for COVID.
- If we are made aware of a possible symptomatic or positive COVID-19 player or coach, we will immediately contact the Bucks County Department of Health while respecting all CDC and HIPAA requirements regarding confidentiality.

#### **E. COVID POINT OF CONTACT**

- For all PA RUSH COVID related policy questions and concerns, the individual named below will serve as the point of contact.

JT DUNN, Board Member

215-622-3971

covid@parush.com

#### **F. BREACH OF GUIDELINES**

- Failure to comply with these terms is a breach of our Code of Conduct and will be addressed to the Board for possible disciplinary action

ADOPTED BY THE PA RUSH BOARD OF DIRECTORS ON JUNE 25, 2020.

PLAN AMENDED AND ADOPTED BY THE PA RUSH BOARD OF DIRECTORS FOR STAGE 4 ON SEPTEMBER 2, 2020.

PLAN AMENDED AND ADOPTED BY THE PA RUSH BOARD OF DIRECTORS ON DECEMBER 2, 2020.