



RETURN TO PLAY

CLUB GUIDELINES

All players, coaches, officials, volunteers, club staff, and family members visiting a Club facility are asked to wash hands and check their temperature beforehand and to stay home if temperature is above 100.4°F or if experiencing any signs or symptoms of illness.

Thorough information will be disseminated throughout the organization and to all staff, participants, and parents involved with the Club.

HSC strongly discourages carpooling to trainings and games. Please limit where possible.

HSC strongly encourages family members to stay in their cars while at the facilities for training when possible and appropriate, considering the age(s) of the participant(s).

HSC strongly encourages anyone participating within or visiting any Club facility to wear a face mask when not actively participating in athletic activity and where social distancing cannot be achieved, including to and from their vehicle.

HSC encourages families and participants to limit visitors and spectators when at all possible. (must adhere to all social distancing guidelines).

All groups/ teams will be split up to allow for proper social distancing with no more than 49 people on the equivalent of a full-size field. Practices and games will be physically spaced and scheduled in a manner to create the safest environment functionally possible.

Eliminate all indoor gathering areas and promote safe proceedings throughout the season's activities. Sanitizing stations throughout the facility.

Players do not touch any equipment (cones, goals, coaching sticks, etc.). No huddles. Reduce (not necessarily eliminate) close contact in all training sessions.

Restroom access will be limited to accommodate adequate spacing. Concessions will only offer prepackaged items while taking all protective precautions. No common/ shared seating areas.

Due to the unprecedented events currently taking place and the unknown situations that are possible, make clear to all involved parties that any or all operations overseen by HSC may be altered, postponed, or completely shut down at any time deemed appropriate by the HSC Board of Directors with the possibility of no return to operations for the remainder of the season.

Weather disruption – If lightning detection system goes off, everyone must go to their cars. Practices are cancelled for teams who were on the field practicing. Teams waiting to start their practice – play resumes after the lightning detection system siren sounds 3 times.



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CLUB RESPONSIBILITIES

Create and distribute supplemental guidelines to its members to be used in conjunction with any additional local jurisdictional directives. This will include “Health Screening” checklists to be conducted for all participants at each practice and game by coaches and/or referees.

Have an effective communication plan in place; identify strategies for working with public health to notify adult leaders, youth, and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.

Have an action plan in place, in case of a positive test.

Train and educate all staff on guidelines and protocols and requirements, including state and local regulations, CDC recommendations, and other necessary information.

Be prepared to shut down, alter, postpone, and/ or stop any or all operations immediately. Develop plans for closures of non-essential indoor facilities and to properly disinfect equipment and facilities to help ensure participants and visitors are not exposed to contaminated items.

Provide adequate field space for social distancing, and “Health Screening” checklist signage throughout the facilities’ entry points.

Develop a relationship and a dialog with local health officials (identify Risk Tolerance).

Be sensitive and accommodating to parents that may be uncomfortable with returning to play too quickly.



RETURN TO PLAY

PLAYER RESPONSIBILITIES

Do not participate in activities if you have any of the following symptoms:

- COVID-19 exposure in the past 14 days
- Cough, shortness of breath, or sore throat
- Fever > 100.4 F
- Chills
- New loss of taste or smell
- Nausea, vomiting or diarrhea
- Fatigue, muscle or body aches

Wash hands thoroughly before and after training.

Bring and use hand sanitizer at every training.

Do not touch or share anyone else's equipment, water, snack, or bag.

Practice social distancing, place bags and equipment at least 6 feet apart.

Group celebrations, high 5's, hugs, handshakes, etc. should not take place.

Limited or no carpooling.

Player(s) stay in car until time to walk to field for their training session. Strongly encourage wearing a mask to and from practice.

Other than throw-ins, goalkeepers are the only players that can touch a shared ball using their hands during play and training and can only do so with their gloves on.

If a player is in close contact (within 6 feet for 10 minutes or longer) of another person with suspected or confirmed COVID-19, must quarantine at home for a period of 14 days from their last exposure to that individual. A negative COVID test does not affect the quarantine requirement.

A player who tests positive should not return to play for 14 days. Must have a signed note from their primary care provider using current CDC guidelines for discontinuing isolation.



RETURN TO PLAY

COACH RESPONSIBILITIES

Do not participate in activities if you have any of the following symptoms:

- COVID-19 exposure in the past 14 days
- Cough, shortness of breath, or sore throat
- Fever > 100.4 F
- Chills
- New loss of taste or smell
- Nausea, vomiting or diarrhea
- Fatigue, muscle or body aches

Ensure the health and safety of the athletes and their families and to be as accommodating as possible if changes or cancellations must occur to maintain that safety and to continue following ever-changing guidelines during these unprecedented times.

Inquire how the athletes are feeling, send them home should you believe they act or look ill. When in doubt, err on the side of caution.

Follow all state and local health protocols.

Ensure all athletes have their individual equipment (ball, water, bag, etc.)

Coach is the only person to handle cones, disk, etc. Coaches and referees will wipe down and sanitize their respective equipment.

Encourage all training outdoors and ensure social distancing per state or local health guidelines.

Have fun, stay positive - players and parents are looking to you to stay calm, supportive, and caring during this time.

The use of scrimmage vest or bibs must be washed/sanitized prior to the next practice.

Maintain social distance requirements from players when possible based on state and local health requirements and wear face coverings when it cannot be achieved.

If a coach is in close contact (within 6 feet for 10 minutes or longer) of another person with suspected or confirmed COVID-19, must quarantine at home for a period of 14 days from their last exposure to that individual. A negative COVID test does not affect the quarantine requirement.

A coach who tests positive should not return to play for 14 days, should notify an HSC Director, and have a signed note from their primary care provider using current CDC guidelines for discontinuing isolation.



RETURN TO PLAY

PARENT RESPONSIBILITIES

Do not allow child to participate in activities if they have any of the following symptoms:

- COVID-19 exposure in the past 14 days
- Cough, shortness of breath, or sore throat
- Fever > 100.4 F
- Chills
- New loss of taste or smell
- Nausea, vomiting or diarrhea
- Fatigue, muscle or body aches

Ensure child is healthy, check your child's temperature directly before leaving home before practice. Not allowed to attend with more than 100.4 temp.

Limited or no carpooling.

Stay in car or adhere to social distance requirements, based on state and local health requirements when possible and appropriate considering the participant(s) age.

Ensure child's clothing is washed after every training session.

Notify club immediately if your child has COVID related signs or symptoms.

Do not assist coach with equipment before or after training.

Be sure your child has necessary sanitizer with them at every training.

If a player is in close contact (within 6 feet for 10 minutes or longer) of another person with suspected or confirmed COVID-19, must quarantine at home for a period of 14 days from their last exposure to that individual. A negative COVID test does not affect the quarantine requirement.

A player who tests positive should not return to play for 14 days, should notify an HSC Director, and have a signed note from their primary care provider using current CDC guidelines for discontinuing isolation.

COMMUNICATION PLAN — SOMEONE TESTS POSITIVE

Communication Plan - If Someone Tests Positive

Notify designated HSC BOD member. Notify TSSA. Monitor for signs & symptoms.

Notify Team and those in close contact - Uniform Letter.

Do not use players name when notifying close contacts.

Check on CDC RTR guidelines/Primary Care Provider.

Note from PCP using CDC guidelines on discontinuing isolation.