



Jeannette Soccer Club RETURN TO PLAY GUIDELINES (Effective June 15, 2020)

Our Return-to-Play Guidelines effective June 15, 2020, in alignment with Governor Wolf's announcement on May 28, 2020.

Our Jeannette Soccer club Board of directors are excited to return to activity, however, respectfully and for good reason, some are still apprehensive. If a coach, player, parent, or family are not comfortable returning to play --- DON'T. Jeannette Soccer Club will demonstrate respect and courtesy for everyone's feelings during this time and ensure that we provide a safe environment as we return to play. Roles and responsibilities are outlined below:

This document provides an overview of how the club, Jeannette Soccer club, will approach returning to play as permitted by the Commonwealth. Each of the personnel specific sections will be shared with that specific group.

This document is to help guide our youth club to return to play. Everyone must take additional steps to help ensure our members have a safe training and playing environment. These additional steps are outlined here and incorporate recommendations from the CDC, USOPC, US Youth Soccer, and US Soccer.

Pennsylvania Department of Health's "Green" designation requires following the CDC Guidelines for COVID-19. CDC Guidelines offer four areas for action in youth sports:

- Promote Behaviors To Reduce Spread
- Creating a Healthy Environment
- Utilizing Healthy Operations
- And Preparing For Illness.

Introduction

Description of the document and the info provided that will be expected to be followed by admins, coaches, and players.

Overview

The overriding expectations contained within the documents being implemented and followed to provide a safe playing environment:

- ✓ Do not attend practice or game if not feeling well.
- ✓ Wear a mask.
- ✓ Wash hands with soap and water or use hand sanitizer.

- ✓ Do not touch your face.
- ✓ Do not share water bottles or food.

Coaches:

- • Follow all Return to Play protocols
- • Inquire as to the health of our players: players not feeling well will be asked to return home
- • Ensure all athletes have their individual equipment (ball, water, shin guards, etc.)
- • Coach is the only person to place/pickup/touch cones, discs, or training equipment
- • Ensure drills/exercises provide for adequate social distancing
- • Ensure that each player will have its own training vests
- • Respect players, parents, and families by accommodating those that may not yet be comfortable with returning

PARENT:

- • If you are not comfortable with returning to play, please continue to stay home until you are comfortable. You are the only one who will make the decision when your child returns to play.
- • Check child's temperature before coming to any training sessions
- • Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training session
- • Notify coach immediately if your child becomes ill for any reason
- • Supply your child with individual hand sanitizer
- • Adhere to social distancing requirement; stay in your car; no parents will be allowed within the train portion/field of the facility during this initial phase of return to play
- • Ensure your child has plenty of water

PLAYER:

- • If you are not comfortable with returning to play, DON'T
- • Adhere to all Return to Play protocols
- • Wash hands thoroughly before and after training
- • Wash and sanitize training equipment (shoes, shin guards, clothing) after every training
- • Do not share water, food, or equipment
- • Respect and practice social distancing
- • Place equipment, bags, etc. at least 6 feet apart

- • No high 5s, handshakes, fist-bumps, or group celebrations

Jeannette Soccer Club is committed to adhering to federal, state, and local guidelines and directives. We recognize and appreciate that the JSC Return-to-Play Guidelines were developed and will evolve and will currently be defined as the following Activities and Restrictions:

RESTRICTIONS:

- • Physical contact will be minimized
 - • No more than 45 participants per field. This includes players, coaches, and spectators
 - • All participants should try to maintain a distance of 10 feet separation as much as possible
 - • GK Gloves should never be shared. GKs should not spit on their gloves
 - • Practice Vest/Pinnies: at minimum these MUST be washed after each use
 - • Practice times will be set to maximize social distancing and limit the number of people in a single area to 40 or less. We anticipated A minimum of 15 minutes between end time of one session and the start time of the next session will be set. If youth need supervision while waiting for pickup, adults should be at least 6 feet part
- Parents/spectators should maintain proper social distancing

As we move through each phase the following should always be adhered to:

- • If you are sick or feel sick, STAY HOME
 - • At risk individuals, youth or adult, STAY HOME
 - • “Stations” will be assigned for each player to place their equipment, and that they should return to during breaks
 - • Each player should have their own ball and equipment; all equipment should be disinfected after every practice/game
 - • No one is to share water, towels, or any equipment. This includes, but not limited to:
 - GK gloves (GKs should use only water on their gloves never saliva)
 - shoes, socks, shin guards
 - jersey/uniform
 - Cones (coaches should be the only ones to place and pick up cones)
 - Practice vests/pinnies (at minimum washed after every use...recommend issuing each player their individual practice vest/pinnie)
- • Spectators should be limited to parking area and must maintain minimum social distancing as defined by the CDC
 - • Spectators/parents will be encouraged to remain in parking lot/cars

- • Respect for each individual's choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed; COACHES MUST WEAR A FACE MASK during all training sessions at this time.

COVID Positive Response

This section outlines how the club will respond to a player, coach, or admin in regular contact with others is identified as COVID Positive.

In the instance that a positive test result should occur, JSC has the following communication plan in place:

1. Contact the county health department of the exposure or illness and confirm necessary steps.
2. Remind the exposed or ill player or parent of the CDC self-isolation instruction and the need to contact their physician.
3. Follow county health department direction on notification of all individuals with possible exposure.
4. We will notify coaches and families if the organization becomes aware of a participant or a coach/admin has developed COVID-19 and may have been infectious to others while at a youth or adult activity.
5. We will maintain participant confidentiality regarding health status.
6. JSC board will take the proper steps to clean and disinfect the facilities. This includes but not limited to:
 - a. Double disinfecting measures at all affected facilities and equipment.
 - b. Institute adjustments to training schedules.
7. All notifications of illness, cancellation or closure of fields will be sent via email as well as posted on our website and social media page.

Additional Resources

This section lists sources members of the our club can consult for COVID related info

- **CDC Considerations for Youth Sports:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- **US Youth Sports Return to Activity Notice:** https://www.usyouthsoccer.org/assets/1/6/usys_rta_notice_051920.pdf
- **USOPC Coronavirus Update Page:** <https://www.teamusa.org/coronavirus>
- **CDC – Additional Information Symptoms of Coronavirus:** https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html
- **Coronavirus Prevention & Treatment:** <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

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