



SUSQUEHANNA SOCCER CLUB

Health and Safety Action Plan

In accordance with guidelines set by the Centers for Disease Control and Eastern Pennsylvania Youth Soccer, our organization Susquehanna SC will return to play with the follow safety and action plan.

1. Communication & Education

- All players and parents will receive communication on our safety and action plan before return to play begins.
- CDC Education materials 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.
- The club will communicate guidelines, participation waiver, and updates to members through emails and updating our website.
- Meetings will be scheduled with coaches, team managers, and parents to discuss the guidelines, participation waiver, and that player attendance in soccer activities is optional and will not effect their standing on a team.

2. Steps to Reduce the Spread

- **General Hygiene and Safety Protocols:**
 1. Wash hands frequently.
 2. Cough or sneeze into elbow or away from people.
 3. Have hand sanitizer available for all.
 4. Use hand sanitizer after coughing or sneezing.
 5. No sharing of water, snacks or equipment.
 6. No spitting or gum chewing.
 7. No shaking hands, high fives, fist bump, hugs, etc.
 8. Social distancing = six (6) feet apart. The board, coaches, and team managers will help enforce.
 9. Locations will be marked for players and teams to put their equipment. Coaches and Team Managers will monitor the designated locations.
 10. No player or coach can attend if they are feeling sick.
 11. Sick players or coaches must quarantine as required by CDC/PA Dept. of Health (14 days from start of symptoms). Can only return with a Doctor's approval. Must show notice to the club.
 12. Disinfect all training equipment- cones, goals, flags etc. before and after practices and games. Only coaches can touch or move equipment.
 13. Coaches and Team Managers to wear a face mask as per CDC/PA Dept. of Health at all times when they are not social distancing.
 14. Players to wear face mask when not involved in soccer activities. Player may wear mask during activity at parents or players discretion.
 15. Each ball sanitized before/after every practice or game.
 16. Disinfectant spray/wipes available for high traffic areas.
 17. Carpooling with non-family members is discouraged.
- **Practice Guidelines:**
 1. Players and Coaches get temperature check before activity. Temperatures above 100.3 F cannot participate in the activity.

2. As players arrive, inquire how they're feeling. If they are ill or appear to be ill, send them home.
3. Coaches and Team Managers will keep attendance.
4. If players are feeling ill, they are removed from the practice and parents are notified.
5. Players should bring their own water bottles. No sharing of water bottles or other player equipment.
6. Players, Coaches, Team Managers should wear mask before activity begins.
7. Spectators are not essential to training and not recommended to attend, however, it may be necessary for younger players. Parents and spectators should wear face coverings when in attendance.
8. Participation limits per field size:
 - 4v4 field = 10 people
 - 7v7 field = 16 people
 - 9v9 field = 20 people
 - 11v11 field = 25 people
9. Coaches are supplied with medical kits that includes thermometer, mask, gloves, hand sanitizer (60% alcohol) and facial tissues.
10. Only coaches may touch or move equipment. Players do not touch or move equipment.
 - Benches will not be used for practices or games.
11. Sanitize equipment after training.
12. Coaches should avoid activities involving lines and maintain 6 feet distance.
13. Scrimmage vests washed after every session. Should consider it personal equipment and provide each player with their own.
14. Only one coach may attend to an injured player. Must wear mask and gloves.
15. Minimize contact with other teams before, during and after each session.
16. Club will communicate where players can enter and exit fields, and where to place equipment.
17. Players will only practice with their assigned teams in a designated location.
18. There will be time between practices and games that are back to back to allow teams to leave the field before the next team arrives. This time will also be used for coaches and team managers to clean equipment.
19. The club will monitor attendance and limit the amount of additional family members or spectators for an activity. Families will be advised to reduce the amount of family members attending.

- **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
 5. Reverting to Earlier Stage
 - At any time one of the following occur the club may need to take a step back to an earlier stage or potentially shut down operations if directed by Susquehanna Township, EPYSA, or the State of PA.
 - A cluster of infections occur
 - Inability to maintain COVID-19 prevention and response protocols
 - Inability to track and/ or isolate players and staff
 - External factor exposes a COVID-19 risk to your team or club
 - Changes to public health guidelines regarding group gatherings

3. Identification of COVID exposure

- Parents of participants will notify the board of Susquehanna SC if the participant or someone in the participant's home is presumptive positive or tests positive for COVID.
- Susquehanna SC will notify participants who came in contact with the individual of potential exposure following CDC guidelines and HIPAA regulations on confidentiality.
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health (14 days from start of symptoms). Can only return with a Doctor's approval. Must show notice to the club.
- All updates related to the health and safety action plan will be communicated through email and posted on our website.

4. COVID Point of Contact

For all Susquehanna SC COVID related policy questions and concerns, the individual name below will serve as the point of contact.

Chris Magness

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