

Conestoga Valley Youth Soccer Club – COVID 19 Safety Plan

Who:

This plan covers all Conestoga Valley Youth Soccer Club travel, recreational and intramural, coaches, players and spectators while in the Green Phase of the STATE reopening plan. This plan remains in effect until applicable restrictions are lifted or we revert to an earlier stage (yellow, red).

Need to Know:

Conestoga Valley Youth Soccer Club has and will continue to follow the Centers for Disease Control and Prevention (“CDC”) and Eastern Pennsylvania Youth Soccer Association (“EPYSA”) recommended guidelines to help protect players, coaches and spectators from the spread of COVID-19. We are and will continue to require all Conestoga Valley Soccer Club affiliated participants and spectators to comply with EPYSA and the CDC’s updated guidelines, along with applicable government requirements and executive orders. Conestoga Valley Soccer Club will also abide by any additional rules set for by our local governing bodies, Lancaster Area Soccer League “LANCO” and Lancaster Area Recreational Soccer “LARS” and Conestoga Valley School District Athletic Department.

Parents to Provide: Parents are required to send the following items with their player to practices and games. Players should bring their own equipment bags.

- **FACE MASK/COVER – Must have 2 available for practice and games**
- **CLEARLY MARKED Water bottle/drinks**

How COVID-19 Spreads:

According to the CDC, the virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way COVID-19 spreads, but health officials are still learning more about COVID-19.

How to Remain Healthy: The following are best practices and must be understood by all Conestoga Valley Soccer Club coaches, players and spectators. Parents are encouraged to cover these items with their players.

- Wash your hands often with soap and water for 20+ seconds especially after you have been in a public shared space, or after blowing your nose, coughing or sneezing.

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- All players and coaches should wash their hands both prior to practice and when they return home from practice.
- If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
 - Parents/guardians shall provide their players with hand sanitizer or wipes to be kept with the player for use if needed during practices and games settings.
- Avoid contact with people who are known to be sick.
- Avoid touching your eyes, nose, and mouth at all times during practices and games.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands with soap and water for 20+ seconds (if soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol).
- Clean and disinfect frequently touched objects and surfaces.
 - Coaches shall be responsible for maintaining equipment and wiping down/washing equipment after each practice/game.
 - Balls (coaches should collect balls and place in bags)
 - Pinnies (recommended avoiding use until restrictions are lifted. If used, must be washed after every practice)
 - Coaches will be responsible for spacing and cleaning up of equipment.

When to REPORT:

- **Parents must promptly notify via email the CVYSC COVID point of contact if any of the following are true:**
 - If a player feels ill
 - Player has been tested and confirmed to have contracted COVID-19.
 - Player is symptomatic and recommended to isolate (by healthcare provider or public health official).
 - Player has had significant exposure to person or persons confirmed to have contracted COVID-19.
 - Player has recently traveled to or through any other country.
 - Player lives in the same household with a person or persons who have been ordered to quarantine by a healthcare provider.
 - If a player has contact with a Covid-19 positive person within the first two weeks before practice starts, they must quarantine until two weeks have elapsed. Return to the team will be up to the club's discretion.
 - If a player falls ill within a week of the season ending, parents should contact the club Covid-19 contact. Club shall notify team.
 - If a player has a temperature above 100.4, parents need to inform coach immediately. If the team has met, the team should be put on hold until more information is provided.
 - If a player falls ill, a medical professional must determine if it is Covid-19. The team will be put on hold until test results are provided and player is cleared to be safe to return to play.

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- If a player tests positive for Covid-19, the team must quarantine for 14 days. The positive player must get written permission from medical professional that it is safe for them to return.
 - If a game player tests positive for Covid-19, the club they played in last two weeks must be notified immediately.
 - If a player's family member should test Covid-19 positive, the club contact should be informed immediately, player should be quarantined for 14 days at a minimum. It will be up to the club's discretion as to when the player should return to the team.
- Conestoga Valley Soccer Club will notify all individuals to the best of our ability who had contact or were potentially exposed to the individual who tested positive with COVID-19. This includes, players, parents, coaches and opposing teams. The suspected/ill player involved will not have their name released to protect their privacy.

Pre-Work Out Screening – (Parent Responsibility): Parents/guardians **MUST** ask their child the following questions before attending **EACH** practice or a game. **If the answer is yes** to any of the following the player must remain home.

- **Fever or chills.** (Parents take temp. prior to practice/game and stay home if **100.4 or greater**)
- Cough
- Sore Throat
- Shortness of Breath
- Loss of taste or smell
- Vomiting/Diarrhea
- Close contact with someone who is sick, or has been exposed to COVID-19

The player **may not** return to the team until:

- At least three full days pass with no fever (without the use of fever-reducing medication) and no acute respiratory illness symptoms; and
- At least 10 days pass since the symptoms first appeared;
- Or medical provider/test determines otherwise and approves return to play is safe. Appropriate documentation must be shared with the coach to approve return to play.

Specific to Practices

- Players are to have their temperatures checked by parents 30 minutes prior. See Club's Covid19 Plan for reporting procedures.
- Players are to be dropped off/picked up at the parking lot **wearing a mask.**
- Players are only allowed to go onto the field once the coach arrives on the field to make sure players follow protocol.
- Players will be separated 6' apart during practice exercises when not in active play.

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Cloth Face Mask/Appropriate Face Coverings:

- Coaches are always required to cover their nose and mouth with a face mask or face shield during soccer activities. This includes coming onto the field from parking lot and exiting field to parking lot.
- Coaches shall wear face masks/face shield when addressing the team as a group.
- Players will be required to wear face mask/coverings at all times.

Social Distancing: The CDC defines social distancing as "remaining out of congregate settings, avoiding mass gatherings and maintaining distance (approximately 6 feet) from others when possible." The following requirements will be implemented to help enforce social distancing practices in both the practice and game settings.

- **Coaches** will be required to social distance from players at all times. This includes:
 - During practice and drill demonstrations
 - During games while on the sidelines.
 - An injured player may be attended to by one coach if attention is needed. If the parent of the injured player is available, preference would be to have one player's parent attend to the player. A face mask/face shield must be worn if the coach is to attend to the player.
- **Players**
 - Players will be required to maintain social distance at all times outside of drills or games where contact is not required.
 - Players will maintain social distance on sidelines or when seated on a bench. This may require players to be seated on the ground in game settings.
 - Players must social distance during team meetings.
 - No player contact, such as high-fives, fist bumps or celebrations involving physical contact at practices or games.

Hydration:

- Players **MUST** bring their own water bottle clearly marked with their name. Water bottles **MUST** not be shared.

Equipment:

- Players are strongly encouraged to bring their own balls to practice.
- Team balls may be used for specific drills, but players should use their own equipment for individual drills like foot skills.
- Only coaches may touch or move equipment.
- Players and parents do not touch or move equipment.
- Keeper gloves must be sanitized before and after play and not shared.

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- Scrimmage vests are not recommended but if used, wash after every training session or game and not to be shared.

Team Snacks:

- Team snacks are not permitted at this time

Returning to the Field:

In accordance with the Commonwealth of Pennsylvania **recreational and amateur sports can only operate in Green**. Sanctioned soccer activity can only take place in Green. Conestoga Valley Soccer Club will not participate in soccer activities in the yellow phase or red phase.

Specific to Games

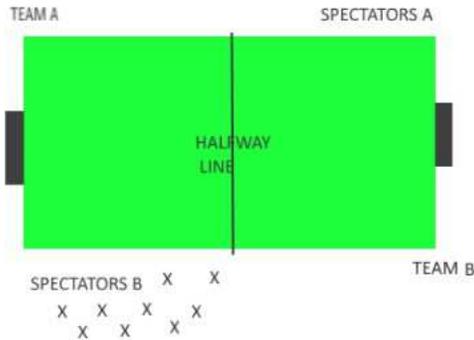
- Players are to have their temperatures checked by parents 30 minutes prior.
- Masks are to be worn by spectators and players when exiting their cars **until** re-entering cars end of game.
- Clubs coaches will provide a separate place for players that need to ‘cool down’ when coming off the field when needing to breathe without a mask for a few minutes. Players in this area must be 6’ apart and in a row.
- At the end of games, clubs are to utilize touchless forms of after game good sportsmanship appreciation between the two teams. Hand slapping, fist bumps, and high fives are not permitted.
- Throw-ins are permitted as they are part of the game. When the player returns to the sideline, either the coach is to provide a squirt of hand sanitizer or the player can get their own from their bag.

Specific to Spectators:

- All spectators are to be wearing a mask when they exit their cars **until** they reenter their car. Face shields are acceptable if heat should be an issue.
- Spectators are not permitted to assist coaches, be in the bench area, or go out onto the field at any time.
- There is a new seating arrangement starting fall 2020. Home club will be on one side of the field **with their spectators**. The other side of the field will be for the away team with their spectators. The half way mark will divide the team from the spectators. Team will be stationed close to the goal area to allow for sufficient space away from spectators at the half way mark. It is strongly requested spectators do not engage the coach or the players. Spectators are urged to resist temptation to “help the coach” coach because you will be on the same side of the field.
- **Some clubs have different spectator rules than the ones below. We will try to keep teams informed before game day if 2 spectators are not allowed.**
- **2 spectators per player at the sideline and must wear mask.** 6’ apart from next family and back 6’ from the sideline. Additional spectators are to sit in the next row 6’ back staggered to allow

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for optimal viewing. Spectators not able to mask for health reasons must sit behind all other spectators 6'.



- If for health reasons a spectator cannot safely wear a mask, **they are not permitted at the sideline**. They must sit in a row behind all other rows sufficiently distanced from other spectators for their safety.
- *Extended family members of players may come to the games, share these Spectator Protocols so there is not confusion on game day and coaches can focus on the kids.*
- Spectators are not to touch any ball that goes out of bounds, let a player or coach retrieve it.
- Spectators must expediently leave the field directly after the game concludes to minimize cross traffic with the next game. League will provide additional time between games.
- Parents are asked to not engage another parent about following protocols. **We do not want the kids upset as their world has already been turned upside down.** If a protocol is not being adhered to, rather than creating a distraction, it is recommended you move to a safe distance from them and they will be addressed as the coach sees appropriate which may be via email. If protocols are not followed, the parents may not be able to return, failure to follow again, the player may not be able to return.

Field Parking: Conestoga Valley Soccer Club has and appropriate amount of parking at our field locations. Conestoga Valley Soccer Club will request that game start times are staggered appropriately by league schedulers, where possible to limit the amount of between game intermixing in the parking lot areas between groups of people.

- Conestoga Valley Soccer Club asks that you respect others individual space in parking lot settings.
 - Wait for others to enter or exit their vehicles.
 - Maintain social distancing while walking to and from the fields of play.
 - Do not gather and converse in parking areas.

Conestoga Valley Soccer club believes this plan meets the requirements for a safe return to play for the players and families of CVYSC. Allowing a player to participate in youth soccer during this time is the sole discretion of the parent/guardian. The parent/guardian has the discretion to keep their player from

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soccer activities as they see fit. It is also the responsibility of the parents/guardians to help protect others and keep their player(s) home if they believe they are sick or have been exposed to someone who is sick. By following these guidelines and accepting responsibility where it is needed, we as a soccer community can provide a safe environment for our players to safely return to play.