



RESTART 2020

Interim Protocols and Guidelines for a Safe and Gradual Return to Play

July 22, 2020

Dear Members of the STM Soccer Club/Family,

Below is an update from Eastern Pennsylvania Youth Soccer Association,

“Since the inception of our Restart program, information and guidelines continue to evolve. As of this writing, all Eastern Pennsylvania counties are “GREEN”, and soccer is returning in various stages. As stated from the beginning, the conditions of this pandemic will continue to change, and we must adapt with it. For certain, the risks of infection still exist. In recent weeks, there has been an uptick in cases both in Pennsylvania and most of the country. Thanks to community response through the Spring, Pennsylvania is in better condition than many others, but by no means are we completely safe from the virus. Until a vaccine or cure is developed for COVID 19, we must continue to 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. The most recent amendment for consideration was on July 1, when the Pennsylvania Department of Health issued its universal masking order. We support this order and are all obliged to comply. In working with our legislators, we gained clarification that athletes are not required to wear masks during training or competition. However, they must wear them when not engaged in activity. Coaches and spectators must wear the masks and practice social distancing. Distancing is also required of players when not engaged in activity.

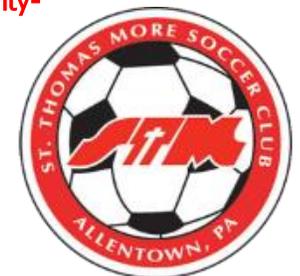
We also must reinforce the importance of notification and communication to your organizational members and partners. The following will provide additional guidance regarding notifying the necessary members of your organization and associated groups when an individual becomes aware of contact with the virus or has contracted the virus. It is imperative for public health and safety that no one knowingly exposed to the virus appears at practices or games. It endangers the lives of others and will prolong this pandemic. We must work together and comply with the prescribed mitigation and protection standards to safely play sports as well as our normal lives. Social distancing, quarantines and masks are the tools we have, and we need to use them to positively return to soccer, school, or work. We must do our part to stop the spread of COVID 19.

If you have additional questions or concerns, please consult the Pennsylvania Department of Health

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx> or call them at 1-877-PA HEALTH

In addition, there are six county (Allegheny, Bucks, Chester, Erie, Montgomery, Philadelphia) and four municipals (Allentown, Bethlehem, Wiles-Barre, York) health departments that may serve you. <https://www.health.pa.gov/About/Pages/County-Municipal%20Health%20Depts.aspx>”

Thank you and stay healthy,
Shawn Marie Hursh



UPDATED 7/22 - STM Personal Hygiene and Safety Protocol

Wash your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick, even inside your home. **If possible, maintain 6 feet between the person who is sick and other household members.**
- Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover coughs and sneezes

- **If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Disinfect all training equipment- cones, goals (all sizes), flags etc. Only coaches should handle equipment
- Hand sanitizer available for all at training or games
- Goalkeeper gloves must be sanitized before/after games and training.
- Never share GK gloves or jerseys. Keep spares.
- Scrimmage vests washed after every training session or game. Should consider it personal equipment and provide each player with their own.
- No shaking hands, high fives, fist bump, hugs, etc.
- Each player with their own labeled water bottles and directed to never share with teammates.
- Each ball sanitized before/after every practice or game.
- No player or coach can attend if they are feeling sick.
- Coaches must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health. Regardless of the illness being COVID related or not, it must be determined by a medical professional, they can only return with a signed note from that medical professional. Must show notice to the club.
- Coaches to wear a face mask as per CDC/PA Dept. of Health at all times
- Players to wear face mask when not involved in soccer activities or on the bench
- Social distancing = 6 feet apart
- Only one coach may attend to an injured player. Must wear mask and gloves.



This is a general list. Please consult PA Department of Health and CDC hygiene and safety protocols which must be followed in all stages.

RESOURCES:

Commonwealth of Pennsylvania

- ❑ <https://www.governor.pa.gov/plan-for-pennsylvania>

Pennsylvania Department of Health

- ❑ <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>
- ❑ <https://www.governor.pa.gov/covid-19/sports-guidance/>
- ❑ <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-MaskingFAQ.aspx#:~:text=The%20Secretary's%20Order%20requires%20individuals,place%2C%20or%20near%20others%20at CDC Considerations for Youth Sport>

CDC Considerations for Youth Sports

- ❑ <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

United States Olympic Committee and Paralympic Committee

- ❑ <https://www.teamusa.org/coronavirus>

US Youth Soccer

- ❑ https://www.usyouthsoccer.org/assets/1/6/usys_rta_notice_051920.pdf

