

## PAL Soccer 2020 Practice Protocols

July 15, 2020

The PAL Board of Directors met on July 15<sup>th</sup> to discuss the upcoming 2020 soccer season in light of the increasing number of positive COVID-19 cases in Niceville and Okaloosa County. Despite the current situation, the Board feels that with proper safety measures in place that the 2020 season can safely be conducted. If changes in guidance or new restrictions are put in place by the State of Florida, City of Niceville, or SAY Soccer (PAL's sanctioning body), the Board will re-address this decision. Another incremental decision on the 2020 season will be held on or about July 30<sup>th</sup>, prior to the formation of teams and the beginning of practices in mid-August.

PAL Soccer is required to develop a "COVID-19 Mitigation Plan" per direction from SAY Soccer. As part of this plan, the following protocols will be put into place for PAL soccer practice sessions. All parents of PAL soccer players are required to read and follow these protocols. By allowing their children to participate in PAL practices, parents acknowledge that they understand and agree to follow these protocols. Failure to follow these protocols may result in a player being prohibited from participating in PAL soccer during the 2020 season.

1. Any player, coach, referee, etc., should not attend a PAL soccer practice session if they:
  - a. Are experiencing any of established COVID-19 symptoms, including but not limited to mild-to-severe respiratory illness, fever of 100 degrees or more, cough, or shortness of breath/difficulty breathing. More info can be found at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
  - b. Have tested positive for COVID-19.
  - c. Have been in contact with someone with COVID-19 in the last 14 days.
  - d. Are a vulnerable individual. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions.
2. If a player tests positive for COVID-19, the parent must inform the PAL president, Howard Hill, as soon as possible. PAL has established a plan for contact tracing and notifying all affected coaches and players without violating the confidentiality of infected individuals.
3. All players should maintain three (3) feet or more physical distancing when not actively practicing. That is, prior to and following practice sessions, when on the sidelines, when waiting to perform a drill, etc.
4. Players may NOT wear a face mask while actively practicing per direction from SAY Soccer. Players are not required to wear a face mask prior to and following practice, but may choose to wear a mask if so desired.
5. Players must bring their own soccer ball and drink bottles to each practice. Sharing of equipment at practice is prohibited (i.e., each player must use only their own ball or a coach-provided team ball when playing as a team). Players are also prohibited from touching any coach-provided training equipment such as cones or markers. If coaches use pinnies during practice, the coach must wash the pinnies immediately following practice.
6. Players will avoid physical contact with other players except while actively practicing. This includes, but is not limited to, post-practice huddles, high-fives, fist bumps, handshakes, etc. Coaches will attempt to establish practice drills that minimize physical contact between players.
7. Parents are asked to not be within the confines of the playing fields. Parents should remain behind fence lines during practice sessions and should maintain six (6) or more feet of physical distancing between themselves and other parents. Face masks are encouraged, but not mandatory, while observing practice sessions.
8. It is highly recommended that coaches and players bring hand sanitizer to practices and apply sanitizer before and after practice.
9. There will not be benches at PAL fields this season, so players will need to bring a chair/blanket/towel to sit on at practices (and games) while not actively playing.
10. Restrooms will be open during all PAL practices and will be cleaned and sanitized in coordination with the City of Niceville Recreation Department.

Prior to the beginning of PAL games in September, a set of game day protocols will be published. Any questions concerning these practice protocols should be addressed to the PAL president at [president@nicevillepalsoccer.org](mailto:president@nicevillepalsoccer.org) or the PAL Director of Coaching at [pal.directorofcoaching@gmail.com](mailto:pal.directorofcoaching@gmail.com). More info at <http://www.nicevillepalsoccer.org>.