



## Community Soccer Club

PO Box 22

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### **Protocols and Requirements for Minimizing COVID-19 Risks REVISED 8-29-2020**

The Community Soccer Club, like all youth sports organizations, is anxious to embark on our fall sports season. To do that safely, we must abide by state and local health department guidelines and requirements.

As of the date of this revision to the Protocol, the applicable State of Ohio guidance for contact sports is found in the Ohio Department of Health Director's Order dated August 19, 2020. The most relevant section to our activities is Paragraph 6 ("Safety Requirements for Sports to Practice or Compete"). The complete order can be found at <https://coronavirus.ohio.gov/static/publicorders/Requirements-Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>. For ready reference, Paragraph 6 is extracted and attached to this Protocol.

In addition, the Director's *COVID-19 Update 08/25/2020* found at <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/resources/news-releases-news-you-can-use/covid-19-update-08-25-2020> is also made effective with regard to the number of spectators permitted at practices and games.

It is impossible to provide an exhaustive list of all requirements so common sense and erring on the side of caring for your health as well as the health of others should always be exercised.

Pertinent requirements for Community Soccer Club are as follows:

#### Practice sessions:

- Car-pooling among non-family members is to be avoided, if at all possible. If not, all occupants must wear masks.
- Spectators are limited to two immediate family members per player.
- Face coverings are required for all players, coaches, and spectators when moving about the park (i.e., from and to the parking lot, when moving between fields or to/from the porta-potties).
- Players may remove their face coverings when entering the field of play for drills and scrimmages. It is recommended that players have a backpack, gym bag, or other personal container in which to place their masks to avoid accidental sharing. A baggie with a weight in it could be used in a pinch as long as it is labeled with the player's name.
- Subject to the exceptions described in Paragraph 6(a)(v), coaches should keep face coverings on at all times, whether on or off the field.

- Spectators are to remain at least six feet behind the field side lines and at least six feet away from team "Bench" area. Coach should designate the "Bench" area with cones or boundary of gym bags.
- Family members may sit/stand together; groups are to maintain a six-foot social distance at all times.
- For spectators, face coverings may be temporarily removed while sitting, as long as the social distance protocol is being maintained between non-family members.
- There will be no inter-team scrimmages; intra-team scrimmages are permitted.
- Soccer balls will not be picked up with the hands, except for the goalie if wearing gloves.
- There will be no throw-ins. Use kick-ins instead.
- Coach to ensure goalie gloves are not shared. Each player who is to play goalie must have their own gloves.
- It is recommended that each player and coach have access to hand sanitizer and use before and after practice and occasionally during practice.
- There will be no shared snacks or shared water bottles permitted.

#### Games:

Minimum requirements are the same as above.

In addition, the following apply for games:

- If you are sick, feel sick, or have been exposed to someone who is sick, STAY HOME. We cannot operate with people coughing and sneezing around the facility.
- Do not arrive any earlier than necessary; depart the facility as quickly as possible after the final whistle.
- Spectators are limited two immediate family members per player.
- Teams and their families / spectators are to set up on opposite sides of the field
- Spectators are to remain at least 6 feet away from the side lines; fields have been marked accordingly
- Referees are to wear masks when arriving, departing, and conducting any pre-game conferences with players and coaches, but in order to use the whistle masks may be removed when actively officiating on the field of play.
- When entering the field of play, players should leave their masks and water bottles with a family member or place in a personal backpack or gym bag.
- No post-game greeting lines between teams. Just tell your opponent "Good game!" while maintaining proper distance.
- No post game snacks permitted. Leave promptly and have your snacks en-route or at home.

*This Revision Issued by the Community Soccer Club Board, August 29, 2020*

or city health district, health authorities and officials, officers of state institutions, police officers, sheriffs, constables, and other officers and employees of the state or any county, city, or township, shall enforce quarantine and isolation orders, and the rules the department of health adopts.” A person found guilty of a violation of R.C. 3701.352 is guilty of a misdemeanor of the second degree, which can include a fine of not more than \$750 or not more than 90 days in jail, or both.

C. The Director of Health hereby delegates to the local departments of health the authority to answer, in writing, any questions a local public official enforcing this Order has regarding compliance. This does not require ODH to provide advisory opinions to nongovernmental entities.

**6. Safety Requirements for Sports to Practice or Compete:** In addition to any future guidance released for the general sector, <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/sector>, all Sports, whether currently active or that will practice and engage in competition in the future, shall abide by the following:

A. Players, Coaches, Athletic Trainers, and Officials

- i. Players, coaches, athletic trainers, and officials must conduct daily symptom assessments before each practice or game.
- ii. Anyone experiencing symptoms must stay home. According to the CDC, COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms. The CDC will continue to update symptoms as we learn more about COVID-19. The CDC’s list of COVID-19 symptoms and a “self-checker” is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
- iii. Coaches must (1) Participate in COVID-19 education developed for them by the Ohio Department of Health and (2) Educate their players on how to help prevent the spread of COVID-19, using resources provided by the Ohio Department of Health (<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/sector-specific-operating-requirements/sector-specific-operating-requirements>).
- iv. There must be no congregating before or after practices or games by players, coaches, athletic trainers, officials, or spectators.
- v. Coaches, athletic trainers, volunteers, and officials must wear face coverings at all times, and players must wear face coverings when not on the field or court of play, except for one of the reasons stated in the Director’s Order for Facial Coverings throughout the State of Ohio, signed July 23, 2020, or as it may thereafter be amended.

The Order’s exceptions include, but are not limited to: 1. The individual is under 10 years of age; 2. The individual has a medical condition, including respiratory conditions that restrict breathing, mental health conditions, or disabilities that contraindicate the wearing of a facial covering; 3. The individual is communicating

or seeking to communicate with someone who is hearing-impaired or has another disability, where the ability to see the mouth is essential for communication; 4. The individual is seated and actively consuming food or beverage in a restaurant or bar; or 5. Facial coverings are prohibited by law or regulation; or 6. The individual is actively participating in broadcast communications.

To allow the use of whistles or to be heard when coaching or officiating, coaches and officials are not required to wear facial coverings during games and practices. Nothing in this Order prohibits a player, coach, or official from wearing a facial covering while on the field of play if it is practical to do so. Written justification must be immediately provided to local health officials, upon request, explaining why an athlete, student athlete, coach, or volunteer is not required to wear a facial covering when not on the field of play. At minimum, facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.

- vi. Players, coaches, athletic trainers, and officials must strictly follow Ohio's face coverings Order when out in public to reduce the risk of contracting COVID-19 and potentially spreading it during Sports activities.
- vii. Coaches shall promote good hand hygiene and respiratory etiquette. Flyers and signs are available at [coronavirus.ohio.gov](https://coronavirus.ohio.gov).
- viii. Coaches must require a parent/volunteer to help monitor/ensure social distancing on teams of young children.
- ix. When a Coach is aware of athletes that are at an enhanced risk of developing serious complications from COVID-19, such as those with asthma, diabetes, or other health problems, the coach must adopt extra precautions to protect them.
- x. Players should be encouraged to wear face coverings while at home to protect family and household members who may be at higher risk of developing complications from COVID-19.
- xi. Event sponsors, coaches and participants shall specifically review protocols for cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED's). Effective CPR and the use of an AED can be life-saving interventions for an athlete with a cardiac arrest related to high-intensity exercise after recovery from myocarditis due to COVID-19.

## B. Spectators

- i. Spectators must conduct daily symptom assessments.
- ii. Anyone experiencing symptoms must stay home. According to the CDC, COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms. The CDC will continue to update symptoms as we learn more about COVID-19. The CDC's list of COVID-19 symptoms and a "self-checker" is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
- iii. Family and household members should sit together socially-distanced from other individuals/family/household groups.
- iv. Six-foot social distancing must be maintained between

- individuals/family/household groups.
- v. No congregating before or after practices or games is permitted.
  - vi. Spectators must wear face coverings at all times except for one of the reasons stated in the Director's Order for Facial Coverings throughout the State of Ohio, signed July 23, 2020, or as it may thereafter be amended. The Order's exceptions include, but are not limited to: 1. The individual is under 10 years of age; 2. The individual has a medical condition, including respiratory conditions that restrict breathing, mental health conditions, or disabilities that contraindicate the wearing of a facial covering; 3. The individual is communicating or seeking to communicate with someone who is hearing-impaired or has another disability, where the ability to see the mouth is essential for communication; 4. The individual is seated and actively consuming food or beverage in a restaurant or bar; or 5. Facial coverings are prohibited by law or regulation; 5. The individual is actively participating in broadcast communications.
  - vii. Venues must follow all other requirements included in this Order.
  - viii. It is recommended that, in the context of youth or school sports, school and organization officials should prioritize tickets distribution or event access to the Sports Participants' family and household members, if possible.

#### C. Practices/Games/Tournaments

- i. Six-foot social distance must be maintained between individuals except when necessary on the field or court of play.
- ii. Players, coaches, and officials are not to physically contact each other before or after practice or pregame and competitive play (e.g., greetings, team huddles, high-fives, congregating, etc.).
- iii. Limit time spent on activities where players are in close proximity for extended periods of time (e.g., repeatedly practicing corner or penalty kicks in soccer, rebounding drills in basketball, etc.).
- iv. Facilities, teams, and clubs must ensure that facilities have adequate space for social distancing for players, coaches, athletic trainers, officials, parents/guardians, and spectators off the field or court of play.
- v. Participating athletes at a cross country race are limited to a total 150 per race and smaller numbers are encouraged, and spectators are to comply with social distancing, including at the finish line.
- vi. Prior to tournaments, tournament organizers must notify the local health department.
- vii. It is recommended that, if possible, during practices, consider putting players into small groups who remain together through practice stations, rather than mixing groups from station to station.
- viii. To limit exposure of players, no team shall play against more than a single opponent team in any twenty-four hour period; provided that two teams can play multiple games or matches against each other within that twenty-four hour period, if desired.

#### D. Equipment

- i. Equipment and personal items must have proper separation and should avoid being shared. If equipment must be shared, proper sanitation must be performed between users.
- ii. Do not share water bottles or other drinks.
- iii. Do not share food.
- iv. Do not share towels or facial coverings.
- v. Make sure there are adequate supplies of items and equipment to the extent possible to minimize the need for sharing (e.g., bats, protective gear, etc.).

#### E. Sports Facilities

- i. Time must be allotted between practice sessions to allow teams to exit fields/facilities prior to new teams arriving and for proper sanitizing for shared spaces and high-touch surfaces (benches, equipment, etc.).
- ii. Organizers of Sports tournaments must follow applicable guidance for venues (including grandstands) in which the tournament is held.
- iii. Locker rooms, weight training rooms, restrooms, and athletic training rooms must be cleaned and sanitized frequently. Individuals must maintain social distancing as much as possible while in these rooms. Face coverings must be worn at all times while in these rooms.
- iv. Food concessions operations must adhere to Ohio's guidance for Restaurants, Bars, Banquet & Catering Facilities/Services available at [coronavirus.ohio.gov](https://coronavirus.ohio.gov).
- v. Promote good hand hygiene and respiratory etiquette Flyers and signs are available at [coronavirus.ohio.gov](https://coronavirus.ohio.gov).
- vi. Make hand sanitizer available at convenient locations.
- vii. When playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, such as opening windows and doors unless doing so poses a safety or health risk.
- viii. Use of enclosed shared spaces, such as locker rooms, must be staggered and cleaned and disinfected between use.
- ix. Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out into spectator areas if more space is available.
- x. Facilities/venues must designate a Compliance Officer responsible for the compliance with this Order.

#### F. Team Travel by Bus, Etc.

- i. Individuals traveling together by bus, etc., must wear a face covering and social distance where possible while in the vehicle.
- ii. Conduct a pre-travel symptom and temperature check immediately prior to departure.

#### G. Travel

- i. It is recommended that, if possible, compete only against teams in your local area. Traveling outside the local community may increase the chances of exposing

- players, coaches, and fans to COVID-19, or unknowingly spreading it to others.
- ii. Follow the COVID-19 guidance of the state and local public health jurisdiction to which the team is traveling.
- iii. Limit use of carpools. Encourage players to only ride with others in their households if possible.

#### H. Suspected and Confirmed Cases

- i. Players, coaches, officials, or other individuals who had close contact (within six feet of an infected individual for at least 15 minutes) or who had direct physical contact with the person (e.g., who were coughed on or sneezed on by the infected person) must self-quarantine for 14 days following exposure. This is based on CDC guidance (See CDC guidance on “Quarantine If You Might Be Sick (Stay Home if You Might Have Been Exposed to COVID-19)” at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>). If the identity of all persons in close contact with an infected individual cannot be readily determined or if the coaches, players or their parents/guardians or administration of the team do not effectively cooperate with the local health department contact tracing process, then the local health department may require the entire team, including coaches, to self-quarantine for 14 days following exposure. Individuals may return to play afterward if they have not had any COVID-19 symptoms.
- ii. Any players, coaches, officials, or other individuals who become ill or develop symptoms must be immediately isolated and seek medical care.
- iii. Contact the local health department about suspected COVID-19 cases or exposure.
- iv. The affected person should seek COVID-19 testing as soon as possible. Teams, schools, and clubs should work with parents to ensure they have access to testing through their healthcare providers or direct them to testing options.
- v. Coaches, administrators, parents, and athletes must work with the local health department to identify individuals who were potentially exposed to help facilitate contact tracing. This includes, but is not limited to athletes, coaches, officials, volunteers, parents, and other support personnel.
- vi. A team, school, or club must notify all athletes and parents/guardians associated with the affected team regarding a positive test. Athletes and families must be reminded of proper daily health screening protocols.
- vii. If the affected individual participated in competitive play, the team must notify all opponents played between the date of the positive test and two days prior to the onset of symptoms. If the teams, schools, or clubs reside in different counties, the health departments in each county must be notified to help facilitate effective contact tracing.
- viii. An individual who tests positive for COVID-19, whether symptomatic or asymptomatic, shall not return to Sports activities until a documented medical exam is performed clearing the individual prior to the individual returning to participation in practice or games. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. More information on this issue can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus->