



Memo

To: MNSA Board Members, Coaches and Families
From: Marple Newtown Soccer Association (MNSA)
cc: File
Date: June 23, 2020
Re: COVID Safety and Action Plan

In accordance with guidelines set by the Centers for Disease Control (CDC) and Eastern Pennsylvania Youth Soccer (EPYSA), our organization, Marple Newtown Soccer Association (MNSA), will return to play with the follow safety and action plan.

1. Communication & Education

- a. All players and parents will receive communication on our safety and action plan before return to play begins.
- b. 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.

2. Steps to Reduce the Spread

- a. Phased reopening plan
 - i. 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
 - ii. 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
 - iii. Stage 3 (2-3 weeks)
 - County remains Green
 - Scrimmages and friendly games with other clubs in all Green counties permitted
 - No league participation permitted

Marple Newtown Soccer Association
COVID Safety and Action Plan

- iv. 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

3. Identification of COVID exposure

Parents of participants must notify the board of MNSA if the participant or someone in the participant's home is presumptive positive or tests positive for COVID during the soccer season.

MNSA will notify participants who came in contact with the individual of potential exposure following CDC guidelines and HIPAA regulations on confidentiality.

4. COVID Point of Contact

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

Charles Stracciolini, MNSA President
president@mnsaonline.org

5. Schedule for Delaware County

Stage	Early Start	Late Start	Early Finish	Late Finish
Green Phase	June 26, 2020	-	-	-
Stage 1	June 26, 2020	-	July 10, 2020	July 17, 2020
Stage 2	July 10, 2020	July 17, 2020	July 24, 2020	August 7, 2020
Stage 3	July 24, 2020	August 7, 2020	August 7, 2020	August 28, 2020
Stage 4	August 7, 2020	August 28, 2020	August 21, 2020	September 18, 2020

Appendix

EPYSA – RESTART 2020 Protocols and Guidelines for a Safe and Gradual Return to Play

EPYSA – RESTART 2020 Stages within the Green Phase For a Safe and Gradual Return to Play



RESTART 2020
Protocols and Guidelines
for a Safe and Gradual Return to Play

These guidelines will provide direction for the immediate re-opening stages upon a county turning Green. The focus for now is on **acclimating and reintegrating players, coaches and families.** This is a local, club based restart of training players. Due to the restrictions of no contact, no other sanctioned soccer activity such as tryouts, scrimmages or other competition is yet to be approved.

The guidance from the Commonwealth of Pennsylvania on the Green Phase still engages in mitigation strategies for COVID-19. It is a cautious and gradual re-opening. Most businesses and programs will operate at limited capacity upon entering the Green Phase. We will be no different. As the Governor and Department of Health provide additional information and guidance beyond the initial opening, we too will expand the opportunities for youth soccer.

These guidelines were created in consultation with those developed by the US Olympic Committee, US Soccer, US Youth Soccer, the CDC and the Commonwealth of Pennsylvania and is a collection of best practices for carefully moving forward in the COVID-19 world (See Appendix B). We encourage you to follow all aspects set forward in this document, but to also implement additional strategies based on the input of these other agencies.

The conditions during this pandemic have continually evolved and changed weekly, sometimes daily. We know additional information and new guidelines are forthcoming. They will change at any time, so we must be flexible. These guidelines will be updated as necessary.

This document does not replace the advice or direction of medical professionals. The risks of infection still exists. Until a vaccine or cure is developed for COVID-19, we must 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.

Please recognize that many families and individuals will have reservations about re-opening and reintegrating. We must be respectful, sensitive and flexible as we restart. If a parent, child or coach is not comfortable returning to play, they shouldn't.

The Commonwealth of Pennsylvania is reopening counties in phases based on the number of confirmed cases of COVID-19. Some counties will move into the Green Phase before other counties. As per the PA Department of Health, no organized sports are permitted until the Green Phase. Please comply with the Commonwealth’s regulations regarding openings. Organizations in Yellow Phase can not integrate with those in Green. Individuals residing in Red/Yellow counties must adhere to those established protocols and rules. Travel is for essential purposes- soccer is not essential.

Basic Guidelines for Restarting Soccer

RED PHASE	YELLOW PHASE	GREEN PHASE #	PHASE OUT
<ul style="list-style-type: none"> • No Organized Sports • Stay at Home Order in effect • Travel only for life sustaining purposes 	<ul style="list-style-type: none"> • No Organized Sports • Stay at Home lifted • Aggressive Mitigation in place 	<ul style="list-style-type: none"> • Mitigation strategies still implemented • Open for local, controlled, non-contact practices. • Limit of 25 (including players, coaches, spectators) per field. • Social distancing required. 	<ul style="list-style-type: none"> • Restrictions lifted

More detail on the Green Phase forthcoming. Commonwealth of Pennsylvania to determine criteria for moving forward within Green Phase and when a “phase out” and lifting of restrictions is appropriate.



General Hygiene and Safety Protocols

To be followed regardless of which phase, and until further notice from PA Department of Health and the CDC.

- Wash your hands frequently
- Have hand sanitizer available for all at times.
- No sharing of water, snacks or equipment
- No shaking hands, high fives, fist bump, hugs, etc.
- Social distancing = 6 feet apart
- No player or coach can attend if they are feeling sick.
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health. Can only return with a Doctor's approval. Must show notice to the club.
- Disinfect all training equipment- cones, goals, flags etc. Only coaches can touch or move equipment
- 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. Player may wear mask during activity at parents or players discretion.
- Scrimmage vests washed after every session. Should consider it personal equipment, and provide each player with their own.
- Each ball sanitized before/after every practice or game.
- Only one coach may attend to an injured player. Must wear mask and gloves.
- Minimize contact with other teams before, during and after each session

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

PARENTS/GUARDIANS

❖ **Yellow Phase**

- No organized training. No organized playing.
- Virtual training allowed. See recommended guidelines.

❖ **Green Phase**

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements. Share information with your son or daughter.
- No signs of COVID-19 for the player the past 14 days and no known exposure before sending him or her to training. Sick players and coaches must stay at home and follow appropriate health guidelines.
- Determine if you want your child to wear a face mask during training.
- Sanitize and wash all equipment and uniforms after training
- Pack hand sanitizer and a face mask in his or her bag.
- Spectators are not essential to training and not recommended to attend, however, it be necessary for younger players.
- Comply with social distancing and mask directives. Adhere to rules of the club regarding attending training session
- Direct your child to never share water, snacks or equipment.
- Notify club and coach should your child becomes ill.
- Do not assist coach or coaches with equipment at the beginning or end of practice.
- Ball goes off touchline or end line allow players or coach to retrieve the ball.
- Parents make the ultimate decision on their child's attendance participation

❖ **Phase Out**

- TBD

COACHES

❖ **Yellow Phase**

- No organized training. No organized playing.
- Virtual training allowed. See recommended guidelines.

❖ **Green Phase**

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements.
- Reinforce directives, policies and protocols as necessary with parents and children.
- As players arrive, inquire how they're feeling. If they are ill or appear to be ill, send them home
- Supply your medical kit or bag with gloves, extra masks, sanitizer, and facial tissues.
- Implement social distancing at all times. Each player and their equipment at least six feet from the next player.
- Coaches wear masks at all times.
- Players may wear masks during training at their discretion. Must wear when not engaged in soccer activity.
- Only coaches may touch or move equipment. Players do not touch or move equipment.
- No bodily contact in training.
- Avoid activities involving lines, maintain social distancing in training. (see US Soccer "Play On" in Appendix B)
- Sanitize all equipment after training.
- Scrimmage vests are not recommended
- Minimize interaction with other teams that train before or after you. Emphasize player should go straight to cars
- Be positive, fun and engaging. Help the children acclimate and reintegrate.

❖ **Phase Out**

- TBD

CLUB

❖ **Yellow Phase**

- No organized training. No organized playing.
- Virtual training allowed. See recommended guidelines.

❖ **Green Phase**

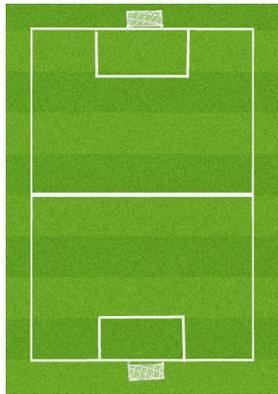
- **Activity may begin within your club only. Activity must be kept local, within your community.**
- **No contact training. No games. No interaction with other organizations.**
- **Individuals must comply with restrictions of their home county.**
- Engage with management of your practice facilities to learn and comply with their policies and procedures.
- Fields must be legally open. No training on a space/field without insurance certificate issued (standard regardless COVID-19) or permission from the facility.
- Create Action Plan –
 - Communicate plan and distribute to families, coaches, admins
 - Actions upon notification of a positive test result for a club member.
 - Be prepared to shut down and stop operations in necessary
- Develop a plan for social distancing and adequate field space. (see appendix A)
 - Minimize interactions among teams.
 - Consider field/training area lay out, entrance and exit from fields, managing training schedules.
 - Social distancing required in all areas, but not limited to sidelines, bench areas, clubhouse, parking lot
 - Consider posting signs regarding such rules at all fields.
- The parent determines participation.
- Spectators are not essential to training and not recommended to attend, however, it be necessary for younger players..
- Green Phase will be further determined with additional guidelines from the Commonwealth of Pennsylvania.

❖ **Phase Out**

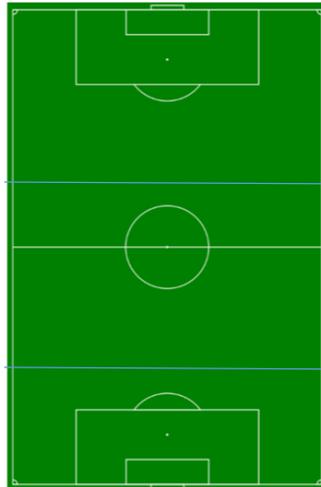
- TBD

APPENDIX A - PARTICIPATION LIMITS

The opening of the Green Phase limits the number of participants on a field. Best practices and other professional recommendations are no more than 25 participants per field (both halves) and training in small groups with a ratio of 1 coach per 9 players. Spectators are not recommended as players and coaches come first, but may be required for younger players.



4v4 = 10 people
8 players and
2 coaches per field



7v7 = 16 people
14 players and
2 coaches per field



9v9 = 20 people
18 players and
2 coaches per field



11v11 = 25 people
22 players and
3 coaches per field

APPENDIX B - 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>

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 Soccer

- ❑ <https://www.ussoccer.com/playon/guides/phase-1-grassroots>

US Youth Soccer

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

Pennsylvanian Recreation and Park Society

- ❑ <https://prps.org/common/Uploaded%20files/Resources/PRPS%20Park%20and%20Rec%20Facility%20Reopening%20Guidelines%20%2020200512.pdf>



RESTART 2020

**Stages within the Green Phase
For a Safe and Gradual Return to Play**

STAGES OF RESTART

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. Travel is now permissible throughout all counties, but you still must personally assess the risks. Not all counties will turn Green at the same time. Remember, as we move into additional stages, be respectful of those clubs or teams that are not at the same pace of integration and not yet ready for travel or play an outside team. Please note the CDC scale on risk is included in each stage.

STAGE 1

Increasing Risk.

Club members only. Strictly local, community based. Acclimate and reintegrate. Smaller numbers.

STAGE 2

More Risk.

Full teams may be integrated for training. Contact may be allowed. Scrimmages may be played internally with other teams within your club. Higher numbers.

STAGE 3

Higher Risk.

Friendlies/Scrimmages in any Green counties. Typical pre-season type activity. Out of state travel not permitted. Increasing numbers and geography.

STAGE 4

Highest Risk.

All counties are green. Most government restrictions are lifted. Full and regular competitions may occur. Limited inter-state and regional travel recommended.

RESTART 2020



Governor Tom Wolf

Guidance For All Sports Permitted to Operate During the Covid-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public

issued June 10, 2020

Recreational and Amateur Sports

*Recreational and amateur sports organizations and teams (not affiliated with a public or private PK-12 school), including, but not limited to, basketball, hockey, field hockey, football, **soccer**, swimming, baseball, softball, lacrosse, gymnastics, and kickball, are permitted to conduct in-person activities, including games and practices, in counties designated as **being in the Green phase only if they strictly adhere to the requirements of this guidance**, including the limits on total occupancy outlined below. For youth sports, refer to the CDC guidance on youth sports as well.*

Organizational Action Plan

As described previously, each organization must have a plan for their local reopening. The plan should contain procedures including but not limited to general hygiene, team training, access points to fields, parking lot procedures, equipment handling, reporting/tracking Covid contact and illnesses. In the event of a reported exposure, parents and guardians only communicate with the organization (not the minor players).

It's imperative to educate your members and it may be an additional requirement within your community. Townships, school districts and other agencies that may provide you with funding, fields and other forms of community support may very well require your plan before providing you their usual access and support.

We have provided a template for such a plan as well as the many resources we engaged. Please go to our website, www.EPYSA.Org under the Covid-19 tab for copy of this template. US Soccer, in its "Play On" document, provides a highly detailed outline you may wish to supplement your plan with, in addition to the PA Department of Health and the CDC.

Please take every opportunity to inform and educate your families and potential guests to your fields regarding local procedures as well as reinforcing federal and state protocols on hygiene.

As stated previously, you must be prepared for the potential shut down of operations or reverting back to a prior stage. Regardless of proceeding with all recommended precautions, it is still possible for someone to be exposed to COVID-19 and further transmit the virus.

Return To Play

Stage I

All Hygiene protocols are in effect unless otherwise noted.

- County must be designated as “Green”
- Facility/fields must be legally open.
- Club only activity only may begin.** Play is limited to your currently registered players and coaches. This includes the 19-20 season *and* players who have registered with your club for 20-21.
- Small group training- no more than 25 per field. Ratio of 1:9 coach to player recommended.**
- No competitions, i.e. league play or tournaments
- Players and coaches may travel to train from Yellow counties. Individual must assess the risks.
- Carpooling not recommended. If carpooling is necessary, same group should always travel together.
- Social distancing required
- No activities with body contact
- Consider injury risk strategies as endurance, strength and soccer skills come back into focus.
- Spectators not recommended at the field.
- Coaches must wear masks/face covering. Players must wear when not engaged in activity.

Allow 2-3 weeks in this stage for acclimating to training and developing new habits, as well as for viewing any symptoms and the possible need for tracing and tracking.

RESTART 2020



Return To Play

STAGE II

All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.

- Full teams may be integrated for training.
- body contact is allowed in training
- Scrimmages, friendlies etc... may be played within your club.
- Acclimate players to build up towards competitive play. Train appropriately to reduce the risk of injury.
- No competitions, i.e. league play or tournaments
- No goal celebrations involving physical contact with others
- No pregame/post game line-ups handshakes or fist bumps
- Spectators allowed at the fields and must comply with social distancing to each other. Same applies to the sideline- maintain six foot distance from Assistant Referee and players.

Allow 2-3 weeks in this stage for players' acclimating and physical preparedness, as well as continued tracing and tracking purposes as may be necessary.

Return To Play

Stage III

All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.

- Typical pre-season activity may occur
- Scrimmages, friendlies etc., may be played with clubs from any Green county.
- Local protocols and procedures should be shared with any visiting team.
- Play Days with multiple teams/clubs not recommend, but if held responsibly, must be within the limits of public gathering size.
- Strongly recommended to stay local.
- Limiting travel still recommended
- No inter-state travel permitted. Must stay within Pennsylvania

Return To Play

STAGE IV

All Hygiene protocols are in effect unless otherwise noted. This stage of Restart to be addressed by Eastern Pennsylvania Youth Soccer and its Board of Director

- Most Government restrictions have been lifted.
- Eastern Pennsylvania member leagues may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel
- Eastern Pennsylvania sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel. Also subject to restrictions on public gathering size.
- Teams will be permitted to participate in out of state or regional leagues, provided the game will be played in an open state.
- Teams will be permitted to participate in out of state tournaments provided the tournament will be played in an open state.
- Be advised travel outside of your area is still comes with caution. Limited travel still recommended.

Return To Play

Reverting to an Earlier Stage

Be advised that you should be prepared at any time to take a step back and revert to an earlier stage, or potentially shut down operations, if:

- 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**

Final Stage

COVID-19 is no longer considered a public health risk and there are no more federal state or local restrictions.

**SOCIAL DISTANCING REQUIRED IN ALL RESTART STAGES
AND UNTIL FURTHER NOTICE FROM THE CDC and
PENNSYLVANIA DEPARTMENT OF HEALTH**



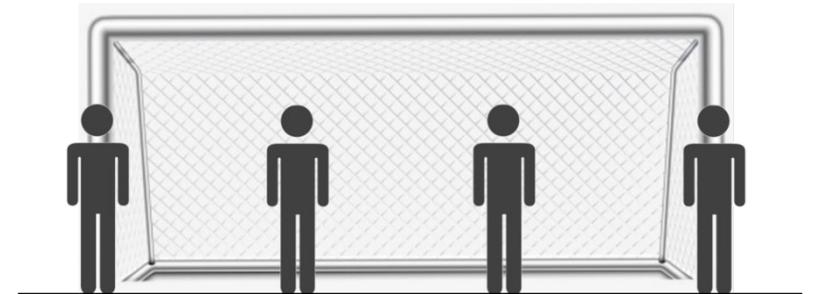
Social distancing during team talks
and with individuals equipment



Social distancing on team bench



NO SHARING DRINKS, SNACKS or EQUIPMENT



Social Distancing = 6 feet apart
Full Size Goal = 24 feet

RESOURCES

Commonwealth of Pennsylvania

- <https://www.governor.pa.gov/covid-19/sports-guidance/>
- <https://www.governor.pa.gov/plan-for-pennsylvania/>

Pennsylvania Department of Health

- <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

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 Soccer

- <https://www.ussoccer.com/playon/guides/phase-1-grassroots>

US Youth Soccer

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