

Rheems AA/Elizabethtown United COVID Action Plan

Following CDC, US Youth, State and PA Youth Soccer guidelines and recommendations, this action plan was implemented to keep Rheems AA/Elizabethtown United focused on keeping the players, coaches, and members as safe as possible during the COVID Pandemic. We must rely on each other to report honestly and completely to be able to continue to play the game in a safe manner. The best chance we have at continuing play is to follow the rules and guidelines set forth by our governing agencies.

All COVID-19 related questions or issues should be directed to Brian Bell at Etownpresident@gmail.com.

Player / Parent Responsibilities

General

- Players and families should check for any symptoms suggestive of illness, including but not limited to a body temperature of 100.4 degrees or higher, prior to departing for training.
- Players exhibiting ANY symptoms of illness should stay home from training.
- Players who are missing training due to the possibility of illness must contact their coach as soon as possible to inform them that they will be missing training due to illness.
- Players must bring their own water and equipment to training. This includes their own ball and any other equipment provided by their coach.
- Players should not touch any training gear before, during and after practice, other than their own.
- Parents of players must inform the Club COVID contact immediately if they, their player, or household member receives a positive test or is identified as a confirmed contact of a positive test for infection by COVID-19.

Drop Off / Pickup Procedures

- When arriving at the field, please park as close possible to the training area.
- Players should walk directly to the field from their cars, maintaining 6 feet of space between themselves and others.
- Parents and siblings of players should avoid congregating in the parking lot area. Parents and siblings of players are not permitted on the field or in the surrounding designated water-break locations.
- Parents of IM (U6/U8) players are allowed to be on the side of the field, away from coaches/players. 6 feet between families must be maintained at all times. Parents and immediate family members must bring a mask in case 6 feet cannot be maintained when arriving and leaving the practice field.

Training Procedures

- Only the players and coaches are allowed on the field and sidelines (break areas) during training sessions.
- There will be designated sideline areas where players can place their water and personal equipment during the training session. This space will be marked to facilitate maintaining a physical distance of 6 feet between players.
- Players are not to congregate in the sideline areas before, during or after training.
- Players should depart the field immediately after completion of training.
- Players should maintain a physical distance of at least 6 feet between themselves and others while returning to their cars.
- Coaches must wear masks if checking in players (note we are not requiring check-in at this time). Coaches must wear masks during training if 6 feet cannot be maintained.

When there is a confirmed or presumed case of COVID-19 Parents/Players/Coaches must notify Brian Bell, 717-519-9744 or etownpresident@gmail.com immediately if a person tests positive or has come in contact with someone who did. They must then quarantine from the organization (team/players) for 14 days and consult a doctor regarding testing.

If confirmed:

All members of household must be symptom free for 14 days. If anyone in household is diagnosed, the 14 day period must start over until all members of the household are symptom free for 14 days. Per CDC guidelines, individuals can return to team/club activities (trainings, games, meetings, etc) when they have no fever, no symptoms, and receive two (2) negative tests in a row at least 24 hours apart.

The current list of states included on the recommended quarantine list may be found at <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

If a player or coach has been out of the country or visited a state on the list, they are required to quarantine from the team/club for 14 days upon return and report details to Brian Bell, etownpresident@gmail.com.

If a team was exposed, that team will not engage in soccer activities for 14 days. Anyone exhibiting symptoms will follow protocols described above and by the governing agencies. After 14 days, those team members who have not exhibited any symptoms may resume soccer activities.

Recognizing Symptoms

Anyone suspected of being infected with COVID-19 will be requested to seek medical attention immediately if they are exhibiting the following warning signs:

- Fever (associated with one or more of below)
- Trouble breathing, cough, and/or sore throat
- Persistent pain or pressure in chest
- Chills

- Muscle pain

- The full list of associated symptoms can be found at:

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

Additional up-to-date information on COVID-19 is available from the CDC, PA Department of Health and Penn State Health through the links below:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.health.pa.gov/Pages/default.aspx>

<https://yourcare.pennstatehealth.org/acton/fs/blocks/showLandingPage/a/34718/p/p002c/t/page/fm/0>