



Lampeter-Strasburg Youth Soccer Club – COVID 19 Safety Plan

Who:

This plan covers all Lampeter-Strasburg Youth Soccer Club (LSYS) travel, recreational and intramural, coaches, players and spectators while in the Green Phase of the Commonwealth of Pennsylvania reopening plan. This plan remains in effect until applicable restrictions are lifted or we revert to an earlier stage (yellow, red).

Need to Know:

LSYS has and will continue to follow the Centers for Disease Control and Prevention (“CDC”) and Eastern Pennsylvania Youth Soccer Association (“EPYSA”) recommended guidelines to help protect players, coaches and spectators from the spread of COVID-19. We are and will continue to require all LSYS affiliated participants and spectators to comply with EPYSA and the CDC’s updated guidelines, along with applicable government requirements and executive orders. LSYS will also abide by any additional rules set for by our local governing bodies, Lancaster/YorkUSA Youth Soccer Travel League “Lanco” and Lancaster Area Recreational Soccer “LARS”.

Parents to Provide: Parents must send the following items with their player to practices and games. Players should bring their own equipment bags, ie. Backpacks, sling bags, etc

- **2 FACE MASK/COVERS – Must have available for practice and games.** Players will not be permitted to participate if they do not have a face cover.
- **Hand Sanitizer/or Wipes** – for player use before, during and after practices/games recommended.
- **Players own soccer ball labeled with name**
- **Clearly Labeled Water bottle/drinks (they are prohibited to share drinks and food)**

How COVID-19 Spreads:

According to the CDC, the virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way COVID-19 spreads, but health officials are still learning more about COVID-19.



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How to Remain Healthy: The following are best practices and must be understood by all LSYS coaches, players and spectators. Parents are encouraged to cover these items with their players.

- Wash your hands often with soap and water for 20+ seconds especially after you have been in a public shared space, or after blowing your nose, coughing or sneezing.
 - All players and coaches should wash their hands both prior to practice and when they return home from practice.
- If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
 - Parents/guardians shall provide their players with hand sanitizer or wipes to be kept with the player for use if needed during practices and games settings.
- Avoid contact with people who are known to be sick.
- Avoid touching your eyes, nose, and mouth at all times during practices and games.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands with soap and water for 20+ seconds (if soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol).
- Clean and disinfect frequently touched objects and surfaces.
 - Coaches shall be responsible for maintaining equipment and wiping down/washing equipment after each practice/game if used.
 - Balls (players should refrain from picking up balls during practices except their own)
 - Pinnies (recommended avoiding use until restrictions are lifted. If used, must be washed after every practice)
 - Coaches will be responsible for spacing and cleaning up of equipment.

When to REPORT:

- Players/Coaches must promptly notify their respective coach and copy LSYS President if any of the following are true within 24hours:
 - Player/Coach has been tested and confirmed to have contracted COVID-19.
 - Player/Coach is symptomatic and recommended to isolate (by healthcare provider or public health official).
 - Player/Coach has had significant exposure to person or persons confirmed to have contracted COVID-19.
 - Player/Coach has recently traveled to or through any other country or state on PA watch list.



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- Player/Coach lives in the same household with a person or persons who have been ordered to quarantine by a healthcare provider.
- If a player/coach feels ill
- If a player or coach records a temperature of 100.4 degrees or higher
- Outside of season
 - If a player/coach has contact with a Covid-19 positive person within the first two weeks before practice starts, they must quarantine until two weeks have elapsed. Return to the team will be up to the club's discretion.
 - If a player/coach falls ill within a week of the season ending, parents should contact the club Covid-19 contact., ie. Coach and Club President

- Lampeter-Strasbourg Soccer Club must ensure:
 - A temporary suspension of general soccer activity associated with the team where exposure or positive results occurred until deemed safe to return to play.
 - Conduct deep cleaning of equipment associated with the team in question.
 - Player/Coaches who are ill with a fever or acute respiratory symptoms do not return to the field of play until the following occurs:
 - Must be cleared by a medical professional to return to play. Return to play note is required and must be signed by a medical professional.

- LSYS will notify all individuals to the best of our ability who had contact or were potentially exposed to the individual who tested positive with COVID-19. This includes, players, parents, coaches and opposing teams. **Individual privacy WILL be maintained** for all.

Pre-Work Out Screening – (Parent Responsibility): Parents/guardians **MUST** ask their child the following questions before attending a **½ hour** before **EACH** practice or a game. **If the answer is yes** to any of the following the player must remain home.

- **Fever or chills.** (Parents take temp. prior to practice/game and stay home if **100.4 or greater**)
- Cough
- Sore Throat
- Shortness of Breath
- Loss of taste or smell
- Vomiting/Diarrhea
- Close contact with someone who is sick, or has been exposed to COVID-19



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The player **may not** return to the team until:

- A medical provider/test determines otherwise and approves return to play is safe. Appropriate signed medical return note/documentation must be shared with the coach to approve return to play.

Cloth Face Mask/Appropriate Face Coverings:

- Per EPYSA, coaches are required to cover their nose and mouth with a face mask or other appropriate face-covering **AT ALL TIMES**.
- Players will be required to wear face mask/coverings to and from the field, during stretching activities, or when they are not actively participating in drills, and when seated on the sidelines during games and during team meetings.
- It is up to the parent or guardian if they wish that their player wears a cloth face covering while practicing or playing in a game. If a parent/guardian requires this of their player, please alert the coach.
- Spectators **MUST** wear cloth face coverings or face shields upon leaving their cars when attending events, or practices and social distance. (Spectators may be asked to leave if they are not following these guidelines)

Social Distancing: The CDC defines social distancing as "remaining out of congregate settings, avoiding mass gatherings and maintaining distance (approximately 6 feet) from others when possible." The following requirements will be implemented to help enforce social distancing practices in both the practice and game settings.

- **Coaches** will be required to social distance from players at all times. This includes:
 - During practice and drill demonstrations
 - During games while on the sidelines.
 - An injured player may be attended to by one coach if attention is needed. If the player's parent is available, and if requested by the coach, the parent may attend to the player. A face mask **MUST** be worn if the coach is to attend to the player.
- **Players**
 - Players should wait in cars until a Coach arrives for practices and/or games.
 - Players will be required to maintain social distance at all times outside of drills or games where contact is not required.
 - Players will maintain social distance on sidelines or when seated on a bench. This may require players to be seated on the ground in game settings.
 - Players must social distance during team meetings.



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- No player contact, such as high-fives, fist bumps or celebrations involving physical contact at practices or games.

Hydration:

- Players **MUST** bring their own clearly marked water bottle. Water bottles **MUST** not be shared. No shared food or snacks.

Equipment:

- Players are required to bring their own balls to practice.
- Soccer balls may be used for specific drills, but players should use their own equipment for individual drills like foot skills. All players should not touch any balls with hands during practices.

Team Snacks:

- Team snacks are not permitted at this time.

Returning to the Field:

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. LSYs will not participate in soccer activities in the yellow phase or red phase. As Lancaster County enters the Green phase, we will consider returning our programs in the following Four Stage layout as provided by EPYSA. At any-time Lancaster County reverts to an early PHASE, all soccer activity will be immediately suspended and only resume when the GREEN PHASE is reached again. Intention of stages 1-3 progressing over a two to three-week period following Lancaster County entering the green phase.

- **STAGE 1 Club members only.** Strictly local, community based. Acclimate and reintegrate. Increasing Risk. Smaller numbers. (single team practices, no contact, acclimation stage)
 - Fields must be legally open
 - Play is limited to our LSYs Registered players for the 2020/2021 seasons.
 - Small group training permitted, no more than 25 per field, 1:9 ratio coach to player recommended.
 - Car-pooling not recommended
 - Social distancing required
 - No activities with Body Contact
 - Spectators/parents will not be on fields during practices (remain in parking lots).
 - Coaches/Players must wear masks when not engaged in activity.



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- **STAGE 2 Full teams may be integrated for training.** Contact may be allowed. More Risk. Scrimmages may be played internally with other teams within your club. Higher numbers. (normal single team practices, inner club scrimmages).
 - Full teams may be integrated for training.
 - body contact is allowed in training.
 - Scrimmages, friendlies etc. may be played within our 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 for games and must comply with social distancing to each other. Same applies to the sideline- maintain six-foot distance from Assistant Referee and players.

- **STAGE 3 Friendlies/Scrimmages in any Green counties.** Typical pre-season type activity. Higher Risk. Out of state travel not permitted. Increasing numbers and geography. (Teams will return to playing in LARS, or Lanco sanctioned events, normal game schedules)
 - 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

- **STAGE 4 All counties are green.** Most government restrictions are lifted. Full and regular Highest Risk. competitions may occur. Limited inter-state and regional travel recommended. (ex. tournament play may resume)
 - 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.

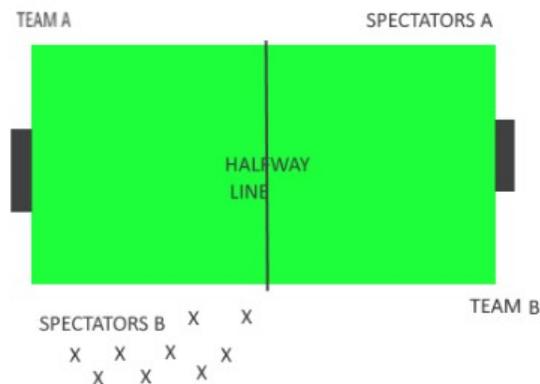


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- Eastern Pennsylvania sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state’s criteria to travel. Also subject to restrictions on public gathering size.
- Teams will be 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 when other states are on the PA watch list.
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Sidelines: When Play resumes, LSYS requests that at all home games, parents sit on the sideline of their team where possible. (see field layout below)

- Spectators **MUST** wear face masks/face coverings and social distance while observing a game or practice from the sidelines no matter where they are located once they leave their cars.
- Only 2 adult spectators per child are allowed to be positioned on the sidelines. All other spectators must social distance behind the first row of spectators if space is needed with masks.
- We ask that opposing teams avoid sitting on the home teams’ sideline and remain socially distanced from the home teams’ spectators at all time. Many venues will require players and spectators on the same side of the field and divided by the halfway line. Example below.





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Field Parking: LSYS has an appropriate amount of parking at our field locations. LSYS Club will request that game start times are staggered appropriately by league schedulers, where possible to limit the amount of between game intermixing in the parking lot areas between groups of people.

- LSYS asks that you respect others individual space in parking lot settings.
 - Wait for others to enter or exit their vehicles.
 - Maintain social distancing while walking to and from the fields of play.
 - Do not gather and converse in parking areas.
 - Do not mingle following games. Please leave the game fields promptly following the end of the game. This will limit the total number of people intermixing between game times and allow for more parking per event.

Lampeter-Strasburg Youth Soccer (LSYS) believes this plan meets the requirements for a safe return to play for the players and families of LSYS. **Allowing a player to participate in youth soccer during this time is the sole discretion of the parent/guardian and the parent/guardian is both understanding and assuming the potential risk involved with returning and participating in a youth sports during the COVID-19 Pandemic.**

The parent/guardian has the discretion and right to keep their player from soccer activities as they see fit. It is also the responsibility of the parents/guardians to help protect others and keep their player(s) home and reporting to the club, if they believe they are sick or have been exposed to someone who is sick. By following these guidelines and accepting responsibility where it is needed, we as a soccer community are believe we are able to provide a safe environment for our players to safely return to play.

LSYS reserves the right to adjust or amend this Covid-19 Safety Plan at any time in accordance with federal, state and local recommendations. If you cannot wear a mask for health concerns or other reasons, we recommend you do not attend LSYS events at any venue. It is advisable to limit spectators to direct family this season- parents and siblings of the player. LSYS recommends if you come across anyone that disregards the information in this plan to not correct the person directly but bring the infraction to the attention of LSYS President or another board member. Let the kids have a safe season on the pitch!

