

COVID PLAY POLICIES SPRING 2021 SEASON

North Allegheny Soccer Club Players, Coaches, and Parents,

We are extremely excited to be back on the soccer field for the fall season beginning this spring for in-house. Considering the ever-changing landscape during COVID-19 pandemic, we have outlined below the procedures for all soccer related activities during the 2021 Spring season.

Before you return to play:

- 1.) The PAWest Participation Waiver and the North Allegheny Soccer Club Participation Waiver must be signed and submitted via DocuSign prior to participating in any event. **Players whose parents have not signed and submitted both waivers will NOT be permitted to practice or play with their teams. Coaches who have not signed and submitted both waivers will NOT be permitted to coach their teams.**
- 2.) Please read this document carefully. Be sure you and your player are abiding by the policies described here so the focus can be on the enjoyment of soccer. **This document may change during the course of the season. Please revisit this link throughout the season for updates, as the circumstances are constantly evolving.**
- 3.) Please stay home from soccer activities if suffering from illness with fever >100.4 degrees, cough, shortness of breath, sudden loss of taste or smell, or any other respiratory illness. Please take your player's temperature to make sure he/she does not have a fever (>100.4) before leaving the house. Please wash your hands with soap and water before leaving your house.
- 4.) Players and coaches should adhere to the COVID Travel Recommendations listed here <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>.
- 5.) Please enter onto the field no sooner than 15 minutes prior to the scheduled start time for your practice. If you arrive earlier, please wait in your car until it is 15 minutes before the start time for your practice. Coaches and their children may arrive earlier than 15 minutes before the start time of a practice to set up. Nobody may enter the field until a team using it prior to them has cleared the area.

6.) Please enter onto the field no sooner than 30 minutes prior to the scheduled start time for your game. If you arrive earlier, please wait in your car until it is 30 minutes before the start time for your game. Coaches and their children may arrive earlier than 30 minutes before the start time of a game to set up. Nobody may enter the field until a team using it prior to them has cleared the area.

7.) Each coach is required to have hand sanitizer with him/her at each team event. The club will provide coaches with hand sanitizer at each coaches' meeting and further bottles as supply permits.

When you arrive at the field:

1.) Coaches will set up a designated area of socially-distanced cones at each soccer activity. Players will leave their bags, water, and equipment next to one of the cones in this area. Benches should **NOT** be used as they have traditionally been used in the past.

2.) Coaches will set up a line of cones on the sideline opposite the technical area at each game. This line of cones will be 10 feet from the sideline and 6 feet from consecutive cones. This line will separate spectators from the playing area.

3.) Players will leave their cars and walk directly to the designated area of socially-distanced cones. Players will remain at these socially-distanced cones until the coach announces that soccer activity has begun.

4.) Players and coaches should sanitize hands at the beginning of practice/games. The club will provide hand sanitizer as supply permits. Coaches, players and parents are also welcome to bring their own supplies.

5.) Parents, players, and siblings should not play any soccer prior to the head coach's signal that it is okay to begin soccer activity. Please remind players to respect social distancing guidelines prior to the start of each soccer activity.

During the play:

1.) Players, coaches, and referees will wear masks at all times while involved in club activities.

2.) **Parents and other spectators will wear masks at all times while involved in club activities.** There is no limit to the number of spectators each player can invite to a club activity. Parents and spectators may watch from the designated sideline at each field provided they remain behind the line of cones. Parents and spectators may also watch from their car if preferred. Parents and spectators should not view activities from any other location. **Parents and other spectators are expected to social distance at all times.**

3.) The player should use only his/her equipment during any soccer activity. The player should use only his/her water bottle during soccer activities. The player should find a space for his/her bag, water bottle, and other equipment that respects social distancing from other players while off the playing field. There should be **NO** sharing of equipment.

4.) Players should avoid touching their eyes and faces during the practice. Players should avoid unnecessary physical contact. For example, do not high-five, fist bump, or shake hands with another player, coach, or parent.

5.) Players, coaches, and referees should utilize hand sanitizer during breaks. The club will provide some hand sanitizer to each head coach. Players, coaches, and referees are also welcome to bring their own supplies.

6.) Coaches may provide scrimmage vests to players at soccer activities. However, each player may wear only one vest for the duration of the time together. Avoid sharing scrimmage vests during practice. Coaches should also wash the vests before the team's next soccer activity.

7.) Coaching staff will provide players with reminders of safety guidelines throughout each soccer activity.

After play ends:

1.) Please sanitize your hands after completing any soccer event. Please also place a mask on your face.

2.) Please leave the field immediately after each soccer event. Parents and players should not play any soccer or gather after the head coach's signal that soccer activity has ended.

3.) Upon returning home from a soccer event, please be sure to sanitize your player's equipment before the next event. Players are also encouraged to shower after soccer activity.

What if my child is sick or is in quarantine or respiratory isolation?

1. If the player has a fever > 100.4, cough, difficulty breathing (for players with chronic cough or difficulty breathing due to allergies or asthma, a change from their baseline), sore throat, diarrhea or vomiting, or new onset of severe headache especially with fever, the player will not be permitted to play.
2. If a player is in isolation/quarantine per request from school, county, or other entity due to an exposure, then we would ask the player to return to play once he/she is cleared to return to school, county, or other entity.
3. If the player tests positive for COVID-19 and remains asymptomatic then he/she can return to play after 10 days of quarantine. If the player tests positive for COVID-19 and is symptomatic, then he/she can return to play after 10 days of quarantine and 72 hours symptom-free.
4. If anyone in the household is positive for COVID or has been within 6 feet of someone who is positive for more than 15 minutes, then the player should remain quarantined for 14 days from when the household person tested positive for COVID.
5. North Allegheny Soccer Club will email you if we become aware of anyone who has contracted COVID during your child's session. **If you become aware that you or your child has contracted COVID, you must inform the club president at otto@nasoccerclub.org to support traceability of the virus. All information is confidential and the identity of the individual will not be disclosed.**
6. Soccer events may be cancelled for an entire team for 14 days should a player on that team test positive for COVID and they have exposed all players during a practice and/or game. Others within the club may also be required to avoid North Allegheny Soccer Club events for 14 days if it is found that they were exposed to the player with a positive test.

Travel-Specific Guidelines:

- 1.) These are North Allegheny Soccer Club's Return to Play Policies. When NASC travel teams attend road games, our parents will be required to follow these policies. However, if an opposing club has stricter policies for their facilities/club, we are required to abide by the policies being enforced at their fields.
- 2.) North Allegheny Soccer Club Travel Coaches are required to send these policies to the opposing coaches when they email them game times and field locations each week. Please also ask opposing coaches to relay these policies to their fans so they can also abide by our policies.

We are so happy that we get to step back onto a soccer field with you all. Please adhere to all safety policies provided in this document to make the experience safe and comfortable for all involved. **We may need to delay or cancel all or parts of the season if club members do not adhere to the safety policies outlined in this document. We reserve the right to take the necessary actions to the extent the policies are not followed.** We want the kids on the field and enjoying the game of soccer as much as you do. Please help us make that happen. If you have any questions in advance of the fall season, please feel free to email me at otto@nasoccerclub.org.

Sincerely,

Otto Tancraitor
North Allegheny Soccer Club
President

Reference Chart

Contact	Recommendation
Fever >100.4	Stay Home
Cough or respiratory illness	Stay Home
Contact within 6 feet for more than 15 minutes or household contact tests positive	Quarantine for 14 days
Player tests positive and symptomatic	Quarantine for 10 days from date of positive test and symptom free for 72 hours
Player tests positive and asymptomatic	Quarantine for 10 days from date of positive test

Reference:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>