

Lexington Soccer Association COVID-19 - Return to Play

The following best practices are intended to offer guidance to our Lexington Soccer Association community. Adherence to these guidelines and recommendations does not ensure immunity from exposure. No single set of guidelines should serve as a substitute for good judgment and common sense. If anyone does not feel safe or comfortable with the social interaction you or your child will receive by participating in group sports, you can make the decision to stay home. These guidelines may be adapted and modified as needed.

General Guidelines

1. Be smart: if you are sick or feel ill, stay home. This applies to everyone: players, coaches, and parents or any spectator. Daily symptom self-checks are to be conducted by everyone.
2. Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
3. No players may handle equipment. Coaches should set up cones, goals, etc and then take them down themselves.
4. No high-fives, handshakes, or hugs.
5. Masks – It is recommended that coaches and spectators wear a mask before, during, and after practice, games or scrimmages. Players are not recommended to wear a mask while participating in practice or games, but should consider wearing a mask while walking to/from the field.
6. All spectators not within the same family unit are required to social distance and to remain 6 feet apart.
7. No congregating before or after practices or games is permitted.
8. Coaches and players who have tested positive for COVID-19 must provide written clearance from a physician to return to soccer activities and interact with their team.
9. If you travel to and return from a state reporting positive testing rates of 15% or higher for COVID-19, you are asked to not participate in team activities for 14 days. This is consistent with the Ohio Department of Health's COVID-19 travel advisory.

None of the guidelines listed above should be new to anyone. Most of these have been common health recommendations for the past several months as this country has been dealing with the current COVID-19 situation.

Parent, Player & Coach Responsibilities

Parent Responsibilities

- Ensure your child is healthy and check your child's temperature before activities with others. If your child exhibits a temperature of 100F or higher or has experienced any feelings of being ill, or any COVID-19 symptoms, **do not send your child to practice or games.**
- Consider not carpooling or very limited carpooling.
- At practices, stay in your car or adhere to social distance requirements, based on current state and local health requirements

- Social distance from other players and spectators at games (at Lexington fields or elsewhere).
- If local or state health guidelines should dictate -- Wear a mask if outside your car and unable (or unwilling) to social distance.
 - This should be a best practice anyway, even if not required by local or state guidelines.
 - Please note that we will not tolerate vocal (or social media) criticism or bullying of those choosing to wear a mask OR those choosing not to. We all have different opinions and beliefs. Respect each other.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after games or practices.
- Do not linger or congregate at the conclusion of games or practices.

Player Responsibilities

- Tell your parents, guardians or coaches right away if you are not feeling well.
- Wash hands thoroughly before and after practices and games.
- Bring, and use, hand sanitizer with you at every practice and game.
- We recommend the wearing of a face mask before and after all practices, games or scrimmages. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.

Follow all CDC guidelines as well those of your local health authorities.

Coach Responsibilities

- Ensure you are healthy, and check your temperature before activities with others. If you exhibit a temperature of 100F or higher or have experienced any feelings of being ill, or any COVID-19 symptoms, **do not attend that day's practice or game.**
- Ensure the health and safety of the participants.
- Before each practice and game, inquire if the athletes have experienced any ill feelings or COVID-19 symptoms. Send home anyone you believe acts or looks ill, and advise them to contact their healthcare provider as soon as possible.
- Follow all state and local health protocols and guidelines.
- We recommend the wearing of a face mask before and after all practices, games or scrimmages. This protects others in the event that you are unknowingly carrying the virus.

- Ensure all athletes have their own individual equipment (ball, water, etc.).
- Ensure you are the only person to handle equipment (e.g. cones); do not enlist parent or player assistance.
- Ensure player compliance with social distancing per state or local health guidelines.
- Have fun, stay positive – players and parents are looking to you for leadership.

Responsibility of all parents, players and coaches:

If you or a close family member who you have recently interacted with is diagnosed with coronavirus, or COVID-19, please report this to the Board of Directors of Lexington Soccer Association immediately so we can determine if we need to take steps to notify parents and players on your team of potential exposure. Unless you expressly authorize us otherwise, the identity of infected individuals will be kept confidential.

WHAT IF A PLAYER, COACH OR RELATIVE TESTS POSITIVE FOR COVID-19?

Individuals who share a household with someone who is infected should self-quarantine and not return to practice or games for 14 days per guidance from the Centers for Disease Control and Prevention (CDC).

Quarantine / Removal From LSA Activities:

Coaches and players who have tested positive for COVID-19 must provide written clearance from a physician to return to soccer activities and interact with their team.

For individuals who have experienced known COVID-19 exposure, the following is recommended:

- a. Players and coaches, and others potentially exposed (within six feet for 15 minutes or more) must self-quarantine for 14 days. After 14 days, they may return if they show no symptoms or after written release from a physician.
- b. If symptoms develop, you should contact your physician immediately. Return to soccer activities will be permitted only after confirmation of a negative test and/or written release from a physician.

If a player, coach, or staff member suspects they could have COVID-19 symptoms and/or tests positive for COVID-19, they should notify LSA at lexsoccerinfo@gmail.com immediately so proper protocols may be followed