

FCAYS TRAINING/GAME DAY PLAN AND RETURN TO PLAY GUIDELINES

Everyone must take additional steps to help ensure members have a safe training and playing environment. These additional steps are outlined here and incorporate recommendations from the CDC, USOPC, US Youth Soccer, and US Soccer.

CDC Guidelines offer four areas for action in youth sports: Promote Behaviors To Reduce Spread, Creating a Healthy Environment, Utilizing Healthy Operations, and Preparing For Illness.

FCAYS will do/provide the following in preparing for the return of play in the Fall 2020 season:

- Distribute these Guidelines to all coaches, players and families
- Provide adequate field space for social distancing
- Provide hand sanitizing stations and waste receptacles at all FCAYS fields
- Be sensitive and accommodating to any players and parents uncomfortable with returning to play at this time.

BEHAVIORS TO REDUCE THE SPREAD OF COVID-19

- **Club/Coach Responsibilities:**
 - Provide hand sanitizer stations at all fields
 - Message club members with reminders about good hygiene.
 - Coaches must wear masks at all times on the field, both in training sessions and games.
 - Coaches shall require players to wear masks as set forth below.
- **Player/Family Responsibilities**
 - Do not participate if anyone in your family is experiencing symptoms or is ill.
 - Wash hands with soap and water before and after practice and games.
 - Have personal hand sanitizer at all times and use during breaks and immediately after play/practice.
 - Players must wear masks at all times except when actively participating on the training field or in a game. Players must wear masks to and from the field, while sitting on the sidelines, at halftimes and at any other time not actively participating.
 - Parents must wear masks to and from game fields and at all times while attending games unless they are able to socially distance from fans not of their immediate family.
 - Attendance at games is limited to immediate family only at home games to meet current requirements of Allegheny County. This limitation may change if Allegheny County eases restrictions.
 - Fans of the same immediate family may sit together to watch games but must socially distance from non-family fans.
 - Promptly leave after matches.

- Bring your own water bottle – do not share.
- Avoid carpooling.
- Shower immediately upon returning home

CREATING A HEALTHY ENVIRONMENT

- **Club/Coach responsibilities**
 - Provide hand sanitizer stations at all fields
 - Hand sanitizer station at every bench (or removal of all benches)
 - Strict adherence to schedule of games and practices
 - Cleaning of restrooms regularly
 - Organize stations at practice and games for each player to have his or her gear that is 6 feet from others' gear.
 - Eliminate post-game handshakes.
 - Pre-game and half-time huddles shall observe social distancing.
 - Eliminate post-game snacks.
- **Player/Family Responsibilities**
 - Strict adherence to schedule of start and end of practices and games
 - Do not arrive earlier than 15 minutes before start of game or practice
 - Pre-game and half-time huddles shall observe social distancing and masks worn at all times.
 - Eliminate post-game snacks.
 - Avoid carpooling.
 - Maintain social distancing while attending games (see requirements set forth above).

UTILIZING HEALTHY OPERATIONS

- **Club/Coach Responsibilities**
 - Follow all state and local health guidelines.
 - Use staggered times for use of training fields and for games.
 - Publish to all families copies of these Guidelines and obtain an acknowledgement/waiver for each player.
 - Make accommodations for any player/family who chooses not to participate at this time.
 - Prior to any game or practice coach shall assess all assistant coaches and players by screening as follows:
 - “Has player been in contact with a person with COVID-19”
 - “Has player had a cough, fever or loss of taste or smell”
 - All coaches, representatives and referees shall wear masks while inside of any club facility, at all times for practices and games.
 - Coaches shall be prepared to report attendance at practices and games to assist with tracking by public health personnel if needed.

- Coaches only shall handle equipment – cones, etc. without enlisting the assistance of players. Coach shall sanitize all equipment after each practice/game.
- Refrain from using community pennies until further notice.
- **Player/Family Responsibilities**
 - Follow all state and local health guidelines as well as all requirements set forth herein.

PREPARE FOR ILLNESS

- **Club/Coach Responsibilities**
 - Have a communication plan in place to notify families if FCAYS becomes aware of a player, representative, family member or referee develops COVID-19 while at the same time maintaining confidentiality regarding health status.
 - Implicate FCAYS's plan in the event a player does test positive for COVID-19 including the temporary closure of fields if necessary.
 - Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
 - Be prepared to shut down operations.

Player/Family Responsibilities

- Players who test positive for COVID-19 or had symptoms of COVID-19 may not attend any FCAYS event until at least 10 days since symptoms first appeared **AND** 24 hours with no fever **AND** COVID-19 symptoms have improved.
- Players who tested positive but show no symptoms of COVID-19 you may not attend any FCAYS event until at least 10 days since testing positive.
- Players who been in close contact with someone who has tested positive or shown symptoms of COVID-19 may not attend any FCAYS event until 14 days after exposure to that person.
- Teammates of a player who tests positive for COVID-19 or develops symptoms of COVID-19 will be notified and should monitor their own symptoms. FCAYS will advise the team regarding any necessary quarantine requirements.