

As COVID-19 has begun subsiding, Montgomery County and Colonial Soccer Club's region has entered the green phase in the reopening of Pennsylvania. As of Governor Wolf's release on June 10, recreational and amateur sports are permitted once a county enters the Green phase which occurred on June 26 in Montgomery County. EPYSA will not sanction soccer in the Yellow Phase and only sanctioned activity will be covered by EPYSA insurance. Returning to soccer should be a gradual approach and may look different for each community and club. As the circumstances surrounding COVID-19 are ever changing, these recommendations will likely need to be modified and the 2020 soccer season will likely look different compared to previous seasons. Remember the goal is to create a safe fun environment for our youth. Please be respectful of individuals wishes if they choose not to participate this season or choose to wait until participating. Each family's situation is unique.

There are 4 Phases to Return to Play as recommended by EPYSA once a county enters PA Green Phase. As our club progresses from stage to stage, we will gradually increase the number of participants, the amount of contact, and type of activities allowed. Please keep in mind that even once we are cleared to resume normal soccer activities, many players will not be fully acclimated to playing a full game or practice as they would during a normal year. Gradually progressing activity is vital to reduce the chance of injuries and heat related illnesses.

- All players, coaches, referees, and volunteers are expected to take their temperature and monitor possible COVID-19 symptoms prior to practice, game, or other event. If Temperatures are greater than 100.2 or they have any COVID-19 symptoms, they should notify their teams COVID-19 manager, (or covid19@colonialsoccerclub.org if non-player) and NOT return to the team until cleared by a physician.
- If individual tests (+) for COVID-19, they will return to play once they receive a note from their physician and following an Isolation period of 10 days after their (+) COVID-19 test if also asymptomatic for 24 hours. Physician note will be supplied to COVID-19 Manager 24 hours prior to practice or game. COVID-19 manager will forward note to covid19@colonialsoccerclub.org for official clearance.
- If anyone in a household is confirmed (+) for COVID-19; all household members will be considered positive for purposes of Colonial Soccer Club activity; however they will have a 14 day quarantine from last contact with COVID-19 positive individual. If they have a negative test, their 14 day quarantine begins following their last contact w/ COVID positive individual up to 10 days following first symptom (if no symptoms, 10 days following the date of (+) test. If (+), see above. All tests will be sent to COVID-19 manager 24 hours prior to game or practice and will be forwarded to covid19@colonialsoccerclub.org for official clearance.
- If anyone in a household is suspected of having COVID-19; all players and household members will self quarantine until test results or for 14 days as per CDC guidelines.

- Colonial Soccer Club will quarantine all teams if COVID-19 positive individual interacted with team within 48 hours of first symptom. As siblings/ parents will also be considered positive, any teams they interacted with w/in 48 hours will also be quarantined.
- If a player is removed from school due to suspected COVID-19 exposure, that must be forwarded to the COVID-19 Manager and COVID-19 Committee and above protocol followed.
covid19@colonialsoccerclub.org
- If players or coaches have traveled to any states on the PA restricted list (they must be quarantined for 14 days) and can rejoin the team at that time.
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>
- Masks MUST be worn at all times by Coaches
- Masks MUST be worn at all times by Players except when they are actively participating in practice or games, including while on the bench
 - If player leaves car without a mask, they MUST be immediately sent back to car to obtain mask or return home, no exceptions
- Masks MUST be worn at all times by referees except when actively participating in games, including pre game and post game.
- Masks MUST be worn by Spectators at all times
- If a parent is a healthcare provider, the player may still play unless it is suspected that the parent has contracted COVID-19.
- Before each game, Colonial Soccer Club will check positivity rates as per
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Monitoring-Dashboard.aspx>
 - If Montgomery County's positivity rate is greater than 5%, all Colonial Soccer Club games and practices will be held as per Montgomery County Department of Health recommendations until rates drop below 5%.
 - If a travel team is scheduled to play in an ICSL league game in another county, the COVID-19 Manager for that team will check positivity rates 48 hours before the game or between Wednesday and Friday if the game is on the weekend. If the county the team is travelling to for a game has a positivity rate greater than 5%, the game will be rescheduled until that county has a lower rate.
 - A travel team will not be permitted to play at Colonial Soccer Club fields if they have a positivity rate greater than 5%. That game would be rescheduled to a time that the positivity rate is reduced to below 5% by both teams.

Hand Sanitizer should be used pre-game, during water breaks, substitution, half time and after games. Players should have their own hand sanitizer. Coaches will also have Hand Sanitizer available.

Players must have a water bottle with their name on it, no sharing. If using bottled water, it must be marked to prevent others from drinking from it as many bottles are the same.

Players equipment and clothing will remain separated by 6 feet when they arrive for practice or games and throughout activity.

No Hand shakes, Fist bumps, hugging

No pre game or post game cheer with contact

Stage 1 - Begins immediately once we enter Green Phase (2 -3 weeks)

June 26 to July 10 or 17

Club Members Only. Strictly Local, community based. Acclimate and reintegrate. Small numbers

- During this phase, a practice may include 5 to 10 players, performing soccer and conditioning drills.
 - Keeping players in a smaller Pod during this phase limits exposure.
 - Stay in Pod for remainder of this stage
- No Contact, no hands, no head balls, no Short Sided Games
- Masks required for Coaches, encouraged but not required for players during practice, players are required to wear masks if they are taking a break on sideline, listening to coaches talk, etc
- Players/ Coaches remain 6 feet or greater from each other AT ALL TIMES
- Players will have a designated area for their equipment (6 ft minimum distance)
- Players share a "Team Ball" for passing only
- Players use their own ball for individual drills
- Coaches clean balls, cones, other equipment following practice
- No Goal Keeping (unless private/ separate Pod with goalie's own balls or disinfected team balls)
- No Spectators, if parents must watch due to age or safety of child, they must remain at least 15 feet back from the playing area and at least 6 feet apart and must wear masks at all times. All siblings must also wear masks
- Coaches other children/ siblings of players, may NOT participate in practice unless on the team.
- All players and coaches will use hand sanitizer to start practice, at each water break, at the end of practice, and after sneezing or touching their face.
- No sharing Pinnies
- No more than 25 players per field at a time (in 3 or 4 distinct areas)
 - The different PODS do not Interact with each other before, during, or after practice
 - Stagger start and end times by 15 min so only 1 group arrives/ leaves at a time.
 - Make sure parents have an exact location of where to meet
 - Coach will meet at parking lot and walk team over w/o parents
 - Coach will walk the team back to the parent's car at the end of practice.
- Need time between practices so one team can clear the field before the next team arrives
 - No lingering after practice
- Limit large teaching or instruction time
 - Consider doing instruction on Zoom call for older players if needed for strategy and teaching

Stage 2 - Full teams integrated - (Lasts from week 2 or 3 to 4 or 5)

July 10/17 to July 24/Aug 7

- Practice includes full team, but do not mix Teams (10-15 players) per side of field
 - Limit mixing team teams (A and B) during early portion of phase even if same age group
- Contact allowed, but limited
 - Short Sided games allowed, but consider keeping PODS together when possible
- Limit Throw-ins and head balls
- Scrimmages allowed with-in club only (should wait till end of Stage)
- Coaches continue to wear masks, players' masks are optional, required when on bench or being instructed while off of the field.
- Players will remain 6 feet apart when possible
 - Limit lines
- Players will have a designated area for their equipment and water breaks (6 ft minimum distance)
- Players share a "Team Ball" for drills requiring multiple players.
- Players use their own ball for individual drills
- Coaches collect equipment and clean Team balls, cones, etc following practice.
 - Do not allow players to touch or collect cones
 - Goal is to limit who is touching equipment
- Goalkeeping allowed (No sharing gloves)
- No sharing Pinnies
 - assign pinnie for the day (collect at end of day and wash prior to next practice)
 - Can also ask players to wear specific color shirts
- Limit Spectators/ Parents
 - Parents should continue to wait in the car or away from the field when possible.
 - If Spectators do come out to practice, they must wear masks
- All players and coaches should use hand sanitizer to start practice, at each water break, at the end of practice, and after sneezing or touching their face.
- No Hand shakes, Fist bumps, hugging
- No pre game or post game cheer with contact

Stage 3 - Friendlies and Scrimmages - Week 4 until regular season games begin

Starts between July 24 and August 7

- **All Travel and Intramural Teams will practice alone and will not mix with other travel or Intramural teams, including those of same age group. This includes not scrimmaging together.**
- Intramural Soccer can begin practicing
- Normal pre-season activity
- Friendlies/ Scrimmages can only be played in state, with other counties in Green phase
- Limit number of games played

- Pre-Season tournaments must be approved by COVID 19 Committee
 - Permission may be revoked at any time prior to tournament if travel deemed to risky
 - No inter state travel will be permitted
- Spectators MUST wear masks at all time and will be expected to remain 10-15 feet from field of play (to allow players to run past sideline without being within 6 ft)
 - Lines will be placed on field to direct spectators where they can stand and where players will remain for games
- Balls that go out of play should only be retrieved by a player.
- All players and coaches should use hand sanitizer to start practice, at each water break, at the end of practice, and after sneezing or touching their face.
- During Games, players will use hand sanitizer any time they leave the playing field and before re-entering the game.
- Players will sit 6 feet away from each other on the sideline while wearing masks.
- Do not use common or shared benches
- Coaches will wear masks at All times,

Stage 4 - All counties are Green

- **All Travel and Intramural Teams will practice alone and will not mix with other travel or Intramural teams, including those of same age group. This includes not scrimmaging together.**
- Return to normal play, follow guidelines in Stage 3
- Can play inter state if team is following their states criteria to travel and not on PA restricted travel list
- Tournaments are allowed out of state, but limited travel is recommended
 - Must be approved by COVID 19 Committee covid19@colonialsoccerclub.org
 - Permission may be revoked at any time prior to tournament if travel deemed to risky

MEDICAL REPORTING, TRACKING, AND EVALUATION

All members (players, coaches, staff) showing symptoms of COVID-19 are required to complete the Colonial Soccer Club Health Report / Tracking form

By completing the form you are assisting the club in maintaining a safe environment for our members. Once a submission is made you will not be able to participate in any Colonial Soccer Club events until a physician has cleared you for activity / contact. Submission will be confidential to our COVID- 19 Committee.

If any club member tests positive for COVID-19, they will not be permitted to attend any club event until a period of self quarantine (14 days) has taken place and a physician approves a return to activity. Additionally the COVID-19 Committee must also approve return to play.

COVID-19 Symptoms:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*source: www.cdc.gov

COVID-19 Committee:

covid19@colonialsoccerclub.org

Player Checklist

- Players/families have completed the club waiver form prior to starting training.
- Players follow the general health recommendations on a daily basis.
- Players have had their temperature taken at home and do not have COVID symptoms and are deemed safe to train.
- Players must bring their own properly inflated soccer ball to all events.
- Players must bring their own water marked with their name to all events.
- Players must bring their own sunscreen to all events.
- Players must bring their own hand sanitizer to all events.
- Upon arrival, players will be assigned an area to place equipment, must keep equipment in that area and players will remain there when not practicing.
- Players must only interact with their specific training group.
- Players must adhere to all social distancing protocols for each phase.
- Players must wear masks when they arrive to practice. If they arrive without a mask, they will be asked to return to their parents car to obtain a mask. If they do not have a Mask they will NOT be permitted to practice or play in games, no exceptions. They must wear a mask at all times when not actively participating in games or practice, including when on the sideline.

Parent/ Spectator Checklist

- Parents/Spectators are not to be permitted on the sidelines, unless deemed necessary , during club events in Phase 1 and Phase 2.
- Parents are encouraged to stay in their cars or away from the field whenever possible.
- 1 Spectator per player is allowed at the field at a time. Parents are asked to enforce this rule within their families.
- Parents will take child's temperature before every event and responsibly keep the child away if the temperature is greater than 100.2 or if they have COVID-19 Symptoms.
- Report Suspected COVID-19 by player or family member to COVID-19 Manager and COVID-19 Committee covid19@colonialsoccerclub.org and seek physician care.
- Parents are expected to follow all Club rules on COVID-19
- Spectators must wear masks when at field AND social Distance when at field.
- Must stay away from all players at all times except your child (your child must be away from the team if you are talking to them).
- Must Agree to all rules or accept that they must leave the field
- Parents may remove player at any time if they feel situation is too risky for their family
- Parents must review, sign, and return the club waiver form/return to play agreement prior to your child returning to club events.
- Parents should report concerns to COVID-19 Committee at covid19@colonialsoccerclub.org COVID-19 Manager and/or Head Coach

Referee Checklist

- Will follow all rules by EPYSA and US Soccer.
- Recommendations include
 - Will use electronic whistles provided by Colonial Soccer Club for IM.
 - No Flags for Parents helping on sideline (Parents can raise arm in proper direction)
 - Assistant referees may use flags as they will be their own or will be only person using
- Coin Flip will occur without players on field or with only 1 player standing > 6 feet from ref and other team
- Pre-game discussions between refs, coaches, players will be limited; however when occurring all participants will have masks
- If referee is talking to player, they should be wearing a mask
- Referees will wear Masks at all times when not actively participating in games.

COVID-19 Manager

Covid 19 Manager Description

Each team will have 1 parent on their team volunteer as COVID-19 Manager. This Manager will assist Colonial Soccer Club and the COVID-19 Committee in determining what if any contact occurred and communicate directly with COVID-19 committee, Coaching Staff, parents, and Covid-19 manager of other teams. The Covid-19 manager will not need to make independent decisions re: Covid-19 quarantine or isolation (although they will be asked to follow Colonial Soccer Club Policy). The Colonial Soccer Club COVID-19 Committee will make all decisions, but at times the COVID-19 manager will need to cancel or suspend activity due to exposure before COVID-19 Committee has a chance to review the incident.

COVID-19 manager

- for Intramural Soccer will communicate with Dan Pavlik and covid19@colonialsoccerclub.org
- For Travel Soccer will communicate with Brian Cammarota at safety@colonialsoccerclub.org and covid19@colonialsoccerclub.org

Duties for this individual will be as follows:

- 1) Understand Colonial Soccer Clubs COVID-19
- 2) If a possible Covid exposure is reported, COVID-19 Manager will contact all parties and determine and document what if any exposure occurred.
- 3) Manager will complete Colonial Soccer Club's COVID-19 form documenting that an exposure occurred and contact COVID-19 committee at covid19@colonialsoccerclub.org.
- 4) Manager will determine when exposure occurred or if there was a confirmed positive case
- 5) In case of confirmed COVID-19 (+) case or suspected case, manager will track
 - a) 1st symptom date
 - b) Test date
 - c) Last exposure to players team
 - d) Possible exposure to other teams
 - e) Siblings and parents in family
 - f) Siblings and parents symptoms
 - g) Siblings and parents last exposure to their team
 - h) Tests for siblings and parents
 - i) Isolation period for (+) player
 - j) Quarantine period for player or team (If Colonial COVID-19 committee determines that quarantine is required)
 - k) Communication with coaches and parents of positive test
 - l) Communication with other parents on team
 - m) Communication with previous and future team as needed
- 6) Manager will forward club email to coaches and parents from Colonial Soccer Club alerting them of COVID-19 restrictions if any

- 7) Manager will communicate with coaches as to what/if any players need to quarantine or isolate
- 8) Manager will communicate with parents of isolated or quarantined players and alert them when they are allowed to play.
- 9) Manager will communicate with opposing teams coach/club or covid contact to communicate regarding isolated or quarantine players or coaches for Colonial Soccer or the opposing team.
- 10) If at any time, COVID-19 manager is unsure if it is safe to play, they will contact the head coach and covid committee and all soccer activities will be cancelled. Every attempt will be made to make up the practice or game.
- 11) Assist coaching staff (when possible) with assuring players are following COVID-19 guidelines (i.e. hand sanitizer, masks, social distancing on bench)
- 12) Manager will check positivity Rates for Montgomery County each week. If a travel team is playing outside of Montgomery County in ICSL or travel league, the Covid Manger will check the positivity rate of the county traveling too as well the team playing. If either has a positivity rate greater than 5%, they will send an email to Phil Marcella at travel@colonialsoccerclub.org and Brian Cammarota at safety@colonialsoccerclub.org and the game will be rescheduled
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Monitoring-Dashboard.aspx>
[https://go.boarddocs.com/pa/colonial/Board.nsf/files/BSVLWB571ACB/\\$file/Sports-Guidance.pdf](https://go.boarddocs.com/pa/colonial/Board.nsf/files/BSVLWB571ACB/$file/Sports-Guidance.pdf)

Field Considerations

- Colonial Soccer Club Zone (CSC Zone) will be set up around the perimeter of the field.
- All CSC rules will be enforced within CSC Zone
- Lines will be placed on field to indicate players area and spectators area
- Lines will place spectators about 10 feet away from field and may vary from field to field
- Signage will be placed on fields indicating various field numbers to reduce mixing of teams
- Signage will also be placed on field with important COVID-19 Information
- Practices will be scheduled on portion of fields to reduce mixing of fields
- Game times will be staggered throughout season and will increase time between games to reduce mixing of teams
- Home Teams and Visiting Teams will remain on their own sidelines and will not mix players or spectators (travel and intramural)

Scheduling/ Rescheduling Practices

- Practice times will be more challenging to change as we are limited to the number of participants that can be on the field at one time.
- All practice times will need to be rescheduled through Division Coordinator for IM or Travel Coordinator for travel. Do not discuss sharing a field with another coach.

Other Considerations

In case of Injury on Field

- 1 coach assesses player, coach should wear gloves and a mask
- If Medical Emergency, please treat as Medical Emergency independent of COVID-19 Risk, but use precautions when possible
- If players, Coaches, Parents, are unable to follow recommendations and Colonial Soccer feels risk is too high, we may suspend activity at any time
- Coaches are asked to remind parents about wearing masks and report to COVID-19 Committee if rules are not being followed
- Coaches will follow Colonial Soccer Club rules, will remind players of rules and limit exposure and promote social distancing whenever possible
- COVID-19 Committee will make all decisions re: suspending play for individual, family, school, team and all decisions are final
- COVID-19 Committee will meet regularly to update guidelines and provide additional guidance to club

ASSUMPTION OF RISK/ WAIVER STATEMENT

Below is a copy of the Player/ Parent Return to Play Consent Form. This is built into each family's online registration.

By Clicking below, I agree to the terms and conditions of below listed Colonial Soccer Waiver Form

ASSUMPTION OF RISK, RELEASE OF LIABILITY, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT In consideration for my child being allowed to participate in soccer programs offered by Colonial Soccer Club and its affiliated organizations, including but not limited to participation in soccer games, friendlies, training, practices, camps, leagues, tournaments, rentals, transportation/travel to or from same, and all related aspects of travel soccer, recreation soccer and/or adult soccer (the "Programs"), I hereby agree that: (a) I will abide by the rules of Colonial Soccer Club; (b) I understand that the risk of serious injury, illness and disability from participation in the Programs is substantial; participants may also be exposed, or expose others, to contagious and potentially harmful or deadly diseases such as influenza, common cold, chicken pox, meningitis, measles, COVID-19 and other infectious diseases; (c) on behalf of my child I KNOWINGLY AND FREELY ASSUME ALL RISKS OF INJURY, ILLNESS AND DISABILITY from, and all responsibility for, participation in the Programs, even if arising from the acts or negligence of Colonial Soccer Club; (d) I hereby RELEASE, DISCHARGE AND/OR OTHERWISE AGREE TO INDEMNIFY AND HOLD HARMLESS Colonial Soccer Club, its officials, directors, employees, coaches, trainers, referees, representatives, agents, sponsors and associated personnel, including the owners of the fields and facilities utilized by Colonial Soccer Club for the Programs, and including Colonial Soccer Club governing bodies such as the Eastern Pennsylvania Youth Soccer Association, U.S. Youth Soccer, U.S. Club Soccer, and the U.S. Soccer Federation, from and against any claim of any kind by or on behalf of the registrant and registrant's family, guardians, heirs and assigns, including claims for serious injury and disability, as a result of the registrant's participation in the Programs, and/or being transported to or from the same, to the fullest extent permitted by law. I further represent and warrant that my son/daughter has received a physical examination by a physician and has been found physically capable of participating in the Programs. I hereby give my consent to have an athletic trainer and/or doctor of medicine or dentistry provide my son/daughter with medical assistance and/or treatment and agree to be responsible financially for the cost of each assistance and/or treatment. *

Colonial Consent Waiver

I declare that I have read, fully understand, and agree to comply with the Colonial Soccer Return to Play document which includes: the phased return to play stages, player training guidelines, parent guidelines, general health guidelines, protocols for reporting, and protocols for parents/ spectators.

I agree to have my child complete the pre-training/camp/clinic screening honestly before every training session.

I agree to inform my Coach and Lead COVID-19 contact if my child is diagnosed with, or is suspected of having COVID-19.

I agree to complete the Colonial Soccer Health Report if my child is diagnosed with, or is suspected of having COVID-19.

I agree to indemnify and hold Colonial Soccer, its officers, directors and volunteers, and the coaches and assistant coaches harmless against any claims, damages, and assessments brought by my child, my child's guardian or in my child's name relating to COVID-19 exposure as a result of returning to play.

COVID-19 Committee:

Email : Covid19@colonialsoccerclub.org

Player Name:

Printed Name of Parent/ Legal Guardian:

Signature of Parent/ Legal Guardian:
