



UPPER DARBY FC

UDFC COVID-19 Safety and Action Plan

In accordance with guidelines set by the Centers for Disease Control, PA Department of Health and Eastern Pennsylvania Youth Soccer, Upper Darby Futbol Club (UDFC) will return to play with the follow safety and action plan.

A. Communication & Education

- 1) All families will receive our COVID safety and action plan before return to play begins.
- 2) Appropriate educational resources will be shared with all participants (coaches, players, and parents) on behaviors that reduce the spread of COVID-19 including, but not limited to: hand hygiene, sanitizing equipment, properly covering coughs and sneezes, and staying home when appropriate.

B. Steps to Reduce the Spread

- 1) PA Department of Health, CDC and EPYSA guidelines will be used for determining appropriate hygiene and safety practices at all UDFC activities
- 2) Yellow Phase Activity
 - If Delaware County is designated to be in Yellow Phase there will be no soccer activities.
- 3) Green Phase Activity
 - Any UDFC-sanctioned soccer activity requires there be current field permits issued by the Township.
 - Soccer activities will follow an incremental reopening plan, starting from when Delaware County entered Green Phase on June 26th. Current stage will be determined by the UDFC board of directors.
 1. Stage 1 (2-3 week minimum)
 - County has gone from Yellow to Green
 - Training permitted within organization only
 - No body contact; social distance required during training
 - No games, scrimmages or league participation permitted
 - Reduced numbers of participants in practice groups
 - No shared equipment
 - Spectators not permitted, parents should stay in vehicle
 2. Stage 2 (2-3 week minimum)
 - County remains Green
 - Body contact is permitted
 - Scrimmages and friendly games with other clubs in same Green county permitted
 - No league participation permitted
 3. Stage 3 (2-3 week minimum)
 - County remains Green
 - Scrimmages and friendly games with other clubs in all Green counties permitted
 - No league participation permitted
 4. Stage 4
 - County continues positive progress in Green with most government restrictions lifted
 - League participation is permitted



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5. Reversion to an earlier stage

- Individual teams, programs or the club may move to an earlier stage or potentially shut down operations, if there is/are:
 - A cluster of infections
 - An inability to maintain COVID-19 prevention and response protocols
 - An inability to track and/or isolate participants identified to have been exposed
 - Other external factors that create a heightened COVID -19 risk
 - Changes to public health guidelines regarding group gatherings

C. Identification of COVID exposure

- 1) Participants or parents of participants will notify the UDFC COVID-19 point of contact if a they or someone in the participant's home is presumed positive or tests positive for COVID-19, or has been advised to self-isolate because of a known exposure to someone who is presumed positive or tests positive for COVID-19.
- 2) When appropriate, UDFC will notify participants of potential exposure, following CDC guidelines.

D. COVID Point of Contact

For all UDFC COVID related policy questions and concerns, the individual name below will serve as the point of contact:

Edward Farmer
Club Admin
admin@udfcsoccer.org
484.254.6257

UDFC COVID-19 RETURN TO PLAY GUIDANCE

General Guidance for all participants at UDFC activities

- Masks
 - Face coverings must be worn by all participants and spectators while at UDFC activities.
 - Face coverings must be worn by players on sidelines and at any other times when not actively engaged in practice or games that prevent the wearing of face coverings.
- Social Distancing practices
 - Spectators should limit themselves to a player's immediate family/household members.
 - Practice social distancing whenever possible, meaning keeping a minimum six (6) feet apart
 - No sharing of water, snacks or equipment
 - Only coaches are to touch or move their equipment.
 - Minimize contact with other teams before, during and after each session.
 - No shaking hands, high fives, fist bump, hugs, etc.
- Cleaning & Hygiene
 - Wash hands and/or use hand sanitizer frequently
 - Disinfect equipment before and after practices or games, as appropriate.
 - Scrimmage pinnies should not be shared by players and must be washed after use.
 - No spitting
- Illness or COVID exposure
 - Participants and spectators are not to attend UDFC activities if they are feeling ill.



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- A participant who is ill or has an exposure to COVID-19 must quarantine as required by CDC/PA Dept. of Health guidelines before returning to club activities.
- Anyone who has attended a UDFC activity and has a possible exposure to or contracts COVID-19 should immediately contact the UDFC COVID-19 point of contact.
- Exposure to COVID-19 is defined as having had close contact (less than 6 ft, for more than 15 minutes) to someone infected with COVID-19, within the last 14 days.

Parent/Guardian Responsibilities

- Child Health Check
 - Ensure your child is healthy, and check your child's temperature before club activities.
 - Do not allow your child to attend club activities if they have a temperature (100.4 and above), appear or feel ill, or have had a possible exposure to COVID-19 within the past 14 days.
- COVID exposure
 - Notify the club COVID-19 point of contact immediately if you your child becomes ill or has a possible exposure to COVID-19.
 - Exposure to COVID-19 is defined as having had close contact (less than 6 ft, for more than 15 minutes) to someone infected with COVID-19, within the last 14 days.
- Parent Social Distancing & Masks
 - Limit or consider not carpooling.
 - Limit parent attendance at training.
 - Remain in your car or adhere to social distance requirements.
 - When at training or games, wear a mask.
 - Do not assist with equipment before or after training.
- Sanitizing & Cleaning
 - Be sure your child has necessary sanitizing products with them for soccer activities.
 - Ensure child's clothing is washed after training.
 - Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after training.

Player Responsibilities

- Player Illness
 - Alert a coach and/or parent if you are feeling sick.
- Player Social Distancing & Masks
 - Practice social distancing where possible, place bags and equipment at least 6 feet apart.
 - No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
 - Wear mask before and immediately after all training.
 - Do not touch or share anyone else's equipment, water, food or bags.
- Sanitizing & Cleaning
 - Bring, and use, hand sanitizer with you at every training.
 - Wash hands thoroughly before and after training.
 - Wash and sanitize all personal equipment before and after every training.

Coach/Manager Responsibilities

- Player Health Check-in
 - Ask how players are feeling when they arrive at the field.
 - Confirm with players and/or their parent that they have checked and have a normal temperature.
 - Send home anyone you believe acts or looks ill.
- Equipment
 - Ensure all players have use of their own individual equipment (ball, water, bag etc.).



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- Ensure coaches are the only ones to handle team equipment (e.g. cones, disk etc.).
- Coach Social Distancing & Masks
 - Always wear a face mask, even when not actively coaching.
 - Coaches should maintain social distancing from players during practices and games.
 - Practice sessions should be conducted to maximize social distancing between player when not actively training.
 - Attend injured players with as few people as necessary. Masks are to be worn during treatment. Gloves should be used if significant treatment is needed.
- Overall Management
 - The health and safety of all participants should be of primary concern in coaching decisions.
 - Follow the health protocols and guidelines provided by the club and encourage other participants to follow them as well.
 - Have fun, stay positive – players and parents are looking to you for leadership.

Club Responsibilities

- Education
 - Develop and distribute appropriate COVID-19 information for participants with requirements and responsibilities prior to the start of the season or program.
 - Educate all volunteers on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
 - Provide updated COVID-19 information on the club website and with email updates to participants, as needed.
- Social Distancing & Sanitizing
 - Provide adequate field space for social distancing.
 - Provide hand sanitizer and waste receptacles at fields.
 - Develop plans for disinfection of equipment at fields, if necessary.
- COVID Action Plan
 - Have an action plan, in case the club is notified of a positive test result by a participant.
 - Notify club leadership, and participants, if the club becomes aware of a person who has developed COVID-19 and may have been infectious to others while at a club activity.
 - Maintain participant confidentiality regarding health status.
 - Be prepared to shut down a program or season if the safety and health of participants cannot be maintained.
- Consult PA Department of Health and CDC hygiene and safety protocols for changes to recommended best practices.