



Return To Play Guidelines

The COVID-19 pandemic presents youth soccer organizations across the nation with many challenges. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, Colonie Soccer Club intends to pursue playing its 2020-2021 season and has received the necessary approvals approval to proceed. We will be following local and state guidelines along with CDC considerations to protect players, families, and our community.

The health and safety of our athletes, staff, volunteers and spectators remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible, while also allowing our athletes to play. Any return to competition and implementation of this guidance should be established in conjunction with the relevant local authorities.

Safety Plan for Colonie Soccer Club at LishaKill Sports Complex

(This document is subject to change and Colonie Soccer Club reserves the right to modify, change this document as required to ensure the safety and health of our community)

In accordance with guidance from Eastern New York Youth Soccer Association, as of Monday, July 27, 2020, sanctioned activities such as full team training and full team full team competitions may resume in accordance with state and local regulations. Teams must have all hygiene and protection protocols in place, and players must have enough training time to achieve enough fitness to safely return to match play.

This change in sanctioning includes an expectation that Colonie Soccer Club will move forward cautiously and responsibly so we can continue moving forward with soccer activities and not have to revert back.

Current guidance for our teams includes the following:

- Not traveling to tournaments out of your region or out of state, even if not using ENYYSA passes to play
- Excluding members from participating in activities that have symptoms;
- Excluding members that have been exposed to the coronavirus and have been directed to health officials to self-isolate or self-quarantine from participating in club activities;
- Cooperating with local health officials and contact tracers if a member of your organization tests positive for the coronavirus. This includes providing information to the contact tracers to indicate who they may have been in contact including team members, other club members, coaches and any opposing teams

Return To Play Criteria:

- ✓ Participants should have no signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- ✓ Common Symptoms:
 - Trouble breathing
 - Pain or pressure in the chest that persists
 - Experience confusion or trouble waking up
 - Bluish lips or face
- ✓ Live in a general location for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from different region.
- ✓ Players must fill out self-screening questionnaire to provide soccer club coaches or staff prior to entering field.
- ✓ Take temperature at home before going to training.
- ✓ Upon arriving to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19 they should be sent home and instructed to contact their health provider. Players will not be allowed to return to training until a healthcare provider clears them. A doctor's note must be provided to return to training.
- ✓ If a player has any illness and is directed to be tested for COVID-19, they should no longer attend club activities until after they are tested and cleared by a health provider. A doctor's note must be provided to return to training.
- ✓ Participants, organizers, spectators, volunteers and facility employees in high-risk categories should not participate or attend organized sport activities. List of high-risk categories can be found on the CDC website.
- ✓ Small group training should take place in an area where physical distancing (6 ft. apart) can be maintained. Training must adhere to the rules within the current phase.
- ✓ Spectators, nonessential visitors, staff, volunteers and activities involving external groups or organizations will be limited as much as possible. There will be clearly designated and marked spectator viewing sites to allow for social distancing. All must practice social distancing including wearing face coverings.
- ✓ Appropriate infection prevention supplies (i.e. hand sanitizer, facial tissues, facial coverings) are present in multiple targeted areas.
- ✓ Each participant will be required to have their own water bottle, towel, and personal hygiene products:
 - Hand sanitizer should be readily available and must contain at least 60% alcohol
 - Face coverings can include masks, scarfs, and bandanas over nose and mouth
- ✓ Players are not required to wear face coverings during physical activities but must wear them when arriving and leaving training.
- ✓ No sharing personal items. Participants should use their own equipment and instructed to sanitize their equipment after each training session.
- ✓ Coaches and spectators will be required to wear face coverings when within 6 feet of others.
- ✓ Practice respiratory etiquette by covering coughs and sneezes with tissue or inside elbow.
- ✓ Tissues, wipes or disposable gloves must be properly disposed in the appropriate receptacles.
- ✓ Follow cleaning schedule protocol of equipment (cones, goals, etc.) with disinfectant before, during and after use.

Club Responsibilities:

- ✓ Create and distribute protocols to its members.
- ✓ Contact any additional insurers if your club holds any policies outside of what is included in your Eastern New York Youth Soccer Association's membership to ensure all coverages.
- ✓ Post signs in highly visible locations (i.e., at entrances and exits, and in restrooms) that promote everyday protective measures and describe how to stop the spread of germs such as by properly washing hands and properly wearing a cloth face covering.
- ✓ Maintain a complete list of coaches, youth athletes, and league officials present at each event to include the date, beginning and ending time of the event, name, address and phone contact to be made available upon the request from the local health department.
- ✓ Clean and disinfect frequently touched surfaces on the field surface at least daily, or between uses as much as possible. Use of shared objects and equipment should be limited or cleaned between uses by each individual if possible.
- ✓ Have an effective communication plan in place, identify strategies for working with public health to notify adult leaders, youth and their families if the organization learns a player or coach has contracted COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- ✓ Be sensitive and accommodating to parents that may be uncomfortable with returning to play too quickly.
- ✓ Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.
- ✓ Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.
- ✓ Provide adequate field space for social distancing.
- ✓ Provide hand sanitizing stations and waste receptacles at fields.
- ✓ Develop a relationship and a dialog with local health officials. (identify Risk Tolerance)

Coach Responsibilities:

- ✓ Ensure the health and safety of all players.
- ✓ Inquire how the athletes are feeling, send them home should you believe they act or look ill.
- ✓ Follow all state and local health protocols.
- ✓ Will take attendance at all training sessions and submit to the club for contact tracing purposes.
- ✓ Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.)
- ✓ Coach is the only person to handle all practice equipment. (cones, disk etc.)
- ✓ Coach to sanitize/clean all personal training equipment before and after each session (e.g. cones, discs, etc.)
- ✓ All training should be outdoors and ensure social distancing per state or local health guidelines.
- ✓ Always wear a facemask, when not actively coaching, maintain social distance requirements from players based on state and local health requirements.
- ✓ Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.
- ✓ The use of scrimmage vests or pinnies is **not** recommended at this time.

- ✓ If arranging scrimmages or joint practices, ensure that attendance is recorded for all participants and all spectators obey proper protocols (see Parent Responsibilities below)

Parent and Spectator Responsibilities:

- ✓ Ensure player is healthy and check your player's temperature daily.
- ✓ Fill out self-screening questionnaire waiver/agreement provided by club prior to participating in the season and notify the coach and/or club official immediately if your child becomes ill for any reason.
- ✓ Limit or refrain from carpooling with other players.
- ✓ Wear a mask anytime you are outside your car.
- ✓ Do not enter the grass field or the pavilion.
- ✓ Remain in or at your car and stay at least six feet from other spectators at all times while at the field.
- ✓ Understand that any spectator unable to follow these guidelines will be asked to leave the property.
- ✓ Do not congregate in parking lots or on fields.
- ✓ Maintain a social distance of a minimum of 6 feet when around other spectators.
- ✓ Understand that coaches/managers or club officials have the right to ask you to maintain social distancing while at the field if they see this practice not being adhered to.
- ✓ Ensure there are no more than 2 spectators per player
- ✓ Ensure player's clothing is washed after every training session.
- ✓ Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- ✓ Do not assist coach with equipment before or after training.
- ✓ Be sure your player always has sanitizer with them.

Player Responsibilities:

- ✓ Take temperature daily.
- ✓ Wash hands thoroughly before and after training.
- ✓ Bring and use hand sanitizer with you to every training.
- ✓ Wear mask before and immediately after all training.
- ✓ Do not touch or share anyone else's equipment, water, snack or bag.
- ✓ Practice social distancing, place bags and equipment at least 6 feet apart.
- ✓ Wash and sanitize all equipment before and after every training.
- ✓ Refrain from group celebrations, high fives, hugs, handshakes etc.

Game Day Protocols:

The guidelines are reviewed and updated regularly in accordance with New York State Department of Health, US Soccer's Play-On Initiative and Eastern New York Soccer Association.

The following update highlights additional specific protocols that must be in place for all competitions. It is the responsibility of the Colonie Soccer Club to implement and enforce these protocols.

Physical Distancing

- ✓ Colonie Soccer Club may facilitate appropriate distancing through the use of markings on the ground or seating areas, and other signage, and may facilitate appropriate gathering size through the use of signage and/or staff to ensure groups are aware of and adhere to guidelines.

For Sports Events (e.g. games)

- ✓ Colonie Soccer Club will limit spectators to two spectators per player.
- ✓ Colonie Soccer Club will ensure spectators maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situation where six feet of distancing is not able to be maintained.
- ✓ Colonie Soccer Club will ensure that, among all spectators, no individual group exceeds the gathering limit that is currently in place for the region.

- ✓ Colonie Soccer Club will modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible.
- ✓ Colonie Soccer Club will reserve adequate space for employees and patrons/players/spectators to move within the facility or area, considering appropriate social distancing; this may include but not limited to creating one-way lines, rearranging traffic flow.
- ✓ Colonie Soccer Club will discourage sharing of equipment among patrons/players, unless it is able to be cleaned and disinfected between use.
- ✓ Colonie Soccer Club will discourage patrons/players/spectators from hand-to-hand contact (e.g., handshakes, high-fives, fist bumps, hugs).

Coaches

- ✓ Wear a mask at all times during games
- ✓ Maintain minimum of 6 feet of physical distance from others
- ✓ Inquire how the players are feeling, send them home if they say they don't feel well, or you believe they act or look ill
- ✓ Ensure all players have their individual equipment (ball, water bottles, bag, etc.)
- ✓ The use of scrimmage vests or pinnies is not recommended at this time
- ✓ Monitor/ensure players on bench maintain 6 feet of physical distance from each other and referees

Players

- ✓ Take temperature daily before arriving at the field
- ✓ Arrive to and leave field fully dressed (uniform, shoes, guards, etc.)
- ✓ Wear mask to and from the field
- ✓ Wear mask when on the bench
- ✓ Maintain minimum of 6 feet of physical distance from all others when on bench (players, coaches, etc.)
- ✓ Bring and use hand sanitizer with you to every training
- ✓ Do not touch or share anyone else's equipment, water bottles, energy drinks, etc.
- ✓ Wash and sanitize all equipment before and after every training
- ✓ No group celebrations, no high fives, chest bumps, hugs, handshakes etc.

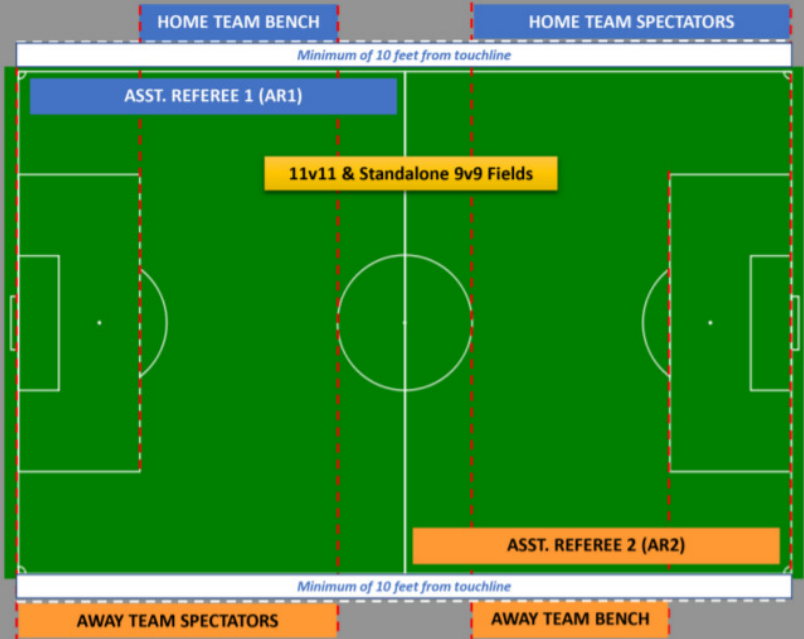
Parents and Spectators

- ✓ Ensure child is healthy and check your child's temperature daily
- ✓ All attending match should take temperatures prior to and stay home if 100 degrees or higher
- ✓ Wear mask to and from and during a match
- ✓ No more than 2 spectators per player
- ✓ Always maintain minimum of 6 feet of physical distance from other family's
- ✓ Do not assist coach with equipment before or after training
- ✓ Be sure your child always has sanitizer with them
- ✓ Avoid going to the opposing team's side of the field

Game Day Protocols – Fall 2020

Fields & Facilities

- Teams will be placed on opposite sides of field, on the half of the field that the AR is on.
- Strongly recommended that team bench/technical and spectator areas are marked with/by painted areas.
- The home team will be on the AR1 side of the field.
- Parents and spectators will sit on the same side of field as their team, located on the other half of the field.
- Team technical area will be between the bottom of the center circle to the top of the penalty area (see diagram)
- See diagram for allowable areas for teams and spectators to be seated; minimum 10 feet back from the touchline
- Game transitions: next teams to play on that field should not enter technical areas until previous teams have left; same for parents and spectators
- Sanitize match balls, and if facility provides team benches, sanitize team benches
- As possible with scheduling, try to stagger or limit games being played at same time on side-by-side fields



* Requirements & considerations for match day protocols are subject to change if/as conditions warrant.

Game Day Protocols – Fall 2020

Fields & Facilities



* Requirements & considerations for match day protocols are subject to change if/as conditions warrant.

USYS Recommendations for COVID Positive Case

- ✓ When a member is showing symptoms, or thinks they may have contracted the virus, the Colonie Soccer Club will direct that person to be tested and follow up with their local or state health department.
- ✓ Players with symptoms or having been exposed to anyone with the virus should not participate in team activities until they receive a negative test result.
- ✓ Any player that tests positive or has been in contact with a person that tests positive, should be removed from training. That player, and all those that have been in contact with them should self-quarantine. according to CDC and local health guidelines.
- ✓ When a member has tested positive and the case is confirmed by local health officials, all members of the Colonie Soccer Club and their families should be notified that a member of the Club has tested positive.
- ✓ The Colonie Soccer Club should not identify the individual, but rather leave that communication to local health officials.
- ✓ All members should follow their local or state guidelines for contact tracing and quarantine requirements.
- ✓ The Colonie Soccer Club, in cooperation with the local health department, will clean and sanitize their entire facility. The Colonie Soccer Club will work with local health officials to determine when the facility can be reopened.