



## 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.
- ✓ 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 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.