



### **Cape Express Soccer Club Health Operating Guidance**

Cape Express Soccer Club (CESC) will provide players and coaches a safe operating environment. The goal is to ensure that all NJ Youth Sports Government Health protocols are achieved. South Jersey Soccer League (SJSL) and South Jersey Girls Soccer League (SJGSL) will provide further health guidance for games during the season. Players, coaches and guardians must adhere to all requirements to participate.

#### **CESC Responsibilities:**

- a. Educate coaches and guardians on all NJ youth sports health guidance. To include, ensuring coaches or CESC representatives conduct health screening and temperature checks.
  
- b. Provide coaches with thermometers and hand sanitizer to utilize at games and practices.
  
- c. Ensure signage is posted at fields in highly visible locations with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (e.g., hand hygiene, covering coughs).
  
- d. Reduce crowding and proper social distancing around entrances, exits, and other high-traffic areas of the facility.
  
- e. Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities.
  
- f. Conduct health screening prior to start of each game and practice. Any player or coach who has been in contact or showing symptoms of Covid-19 shall not be permitted to participate. The health screening

will be accomplished through the CESC Covid Questionnaire form or Passport Process. (Players must have a Green Passport to practice. A Red Passport will result in a referral to the player's family physician and medical clearance.)

g. Adhere to the NJ Executive Order on face coverings at all times when outdoors when social distancing of six-feet is not possible. This requirement shall not apply when wearing a face covering would inhibit the individual's health, including when engaging in intensity aerobic or anaerobic activities or the individual is under the age of two. (SJSL will release further guidance)

a. Executive Order No. 163 <https://nj.gov/infobank/eo/056murphy/pdf/EO-163.pdf>

h. Create staggered practice schedules to limit contact between groups and/or players.

i. Ensure Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.

j. Immediately separate coaches, staff, officials, and athletes with COVID- 19 symptoms at any sports activity. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure.

k. Notify all guardians of a positive Covid-19 case amongst any team. **(Please note that all corresponding HIPPA protections apply)**. No players or coaches with direct contact of the positive case will be able to return to practice unless 14 days have passed since the notification or players and coaches have been tested, and a documented "Negative" test has been recorded.

l. Inform Club members of "NJ Incoming Travel Advisory". If a club member has traveled to any of the identified Travel Advisory Quarantined States, the member must not participate in any soccer activities for 14 days upon arrival back into NJ.

a. Updated Rolling State List: <https://covid19.nj.gov/faqs/nj-information/generalpublic/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictionsto-or-from-new-jersey>

#### CESC Coach Responsibilities:

- a. Ensure coaches understand and enforce the Health guideline to ensure a safe environment.
  
- b. Temperature checks prior to the start of each game and practice. Any players or coaches with a temperature over 100.4 before a practice or game will be asked to return to their vehicle for approximately five to ten minutes at which time a second temperature reading will be administered. If the player's temperature drops below 100.4 they will be allowed to participate. If the second reading is over 100.4, they will not be allowed to participate and will be escorted by a Coach/Trainer to their parent's vehicle. They will not be allowed to return to play until cleared by a family doctor.
  
- c. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.
  
- d. Each coach will ensure player utilize hand sanitizer prior to the start of any games or practices.
  
- e. Coaches or CESC designated representatives will take players temperatures and provide hand sanitizer prior to player being permitting on the fields.
  
- f. Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities (on the bench). Consider assigning coaching staff to monitor sideline social distancing.
  
- g. Minimize equipment sharing and clean and disinfect shared equipment at the end of a practice session using a product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus. Do not permit athletes to share food, beverages, water bottles, towels, pinnies, gloves, helmets or any other equipment or materials that is involved in direct bodily contact.
  
- h. Face coverings should not be worn by staff or athletes when engaging in high intensity aerobic or anaerobic workouts where doing so would inhibit the individual's health.

i. Adhere to the NJ Executive Order on face coverings at all times when outdoors when social distancing of six-feet is not possible. This requirement shall not apply when wearing a face covering would inhibit the individual's health, including when engaging in intensity aerobic or anaerobic activities or the individual is under the age of two. (SJSL/SJGSL will release further guidance)

a. Executive Order No. 163 <https://nj.gov/infobank/eo/056murphy/pdf/EO-163.pdf>

j. Restrict spitting, handshakes, high-fives, team huddles, and any other close-contacting activities.

k. Inform Club members of "NJ Incoming Travel Advisory". If a club member has traveled to any of the identified Travel Advisory Quarantined States, the member must not participate in any soccer activities for 14 days upon arrival back into NJ.

a. Updated Rolling State List: <https://covid19.nj.gov/faqs/nj-information/generalpublic/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictionsto-or-from-new-jersey>

#### Player's Guardians Responsibilities:

a. Conduct Temperature checks prior to the start of each game and practice. Any players or coaches with a temperature over 100.4 will not be allowed to participate.

b. Conduct health screening prior to start of each game and practice. Any player or coach who has been in contact or showing symptoms of Covid-19 shall not be permitted to participate. This will be accomplished through the CESC Covid Questionnaire form or Player Passport.

c. Parents/Guardians must remain at the field until their player(s) has been administered the temperature check at the field and have been cleared to practice or play.

d. Adhere to the NJ Executive Order on face coverings at all times when outdoors when social distancing of six-feet is not possible. This requirement shall not apply when wearing a face covering would inhibit the individual's health, including when engaging in intensity aerobic or anaerobic activities or the individual is under the age of two. Any person not following the NJ Executive Order will be given the opportunity to abide, but if the person still refuses, they all be asked to leave the field for the safety of the Club players. (SJSL/SJGSL will release further guidance)

a. Executive Order No. 163 <https://nj.gov/infobank/eo/056murphy/pdf/EO-163.pdf>

e. Ensure they're adhering to social distancing guidance lines at all times when at games or practices.

f. Must adhere to the "NJ Incoming Travel Advisory". If a club member has traveled to any of the identified Travel Advisory Quarantined States, the member must not participate in any soccer activities for 14 days upon arrival back into NJ.

a. Updated Rolling State List: <https://covid19.nj.gov/faqs/nj-information/generalpublic/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictionsto-or-from-new-jersey>

b. Please review this link to help identify symptoms and conduct health screening at home prior to any games or practices: <https://www.cdc.gov/coronavirus/2019-ncov/symptomstesting/symptoms.html>.

CESCC reserves the right to implement further Health Guidance as the Club sees fit to ensure the safety of all players and coaches. South Jersey Soccer League will provide further health guidance for games during the season. Players, coaches and guardians must adhere to all requirements to participate.

Please direct any questions to any CESC Board Member at [Board@Capeexpress.com](mailto:Board@Capeexpress.com)