

North Hills Soccer Club

Policy: COVID-19 Return to Play

Date of Origination: 6.29.2020

Date of Review: 8.30.2020

Participation in any activity held by NHSC is entirely voluntary.

If at any point, you feel uncomfortable participating, please inform the instructor/coach present, and remove your child (or yourself) from current play. Please contact the club president for further discussion on the best course of action for proceeding.

Explanation:

This policy covers a phased return to play following an established outbreak of COVID-19. [These phases](#) are the recommendations made by sports governing and sanctioning bodies including US Youth Soccer and PA-West.

Please note that NHSC pays close attention to the mandatory federal, state, and local governmental regulations and/or recommended guidelines published by the various authority sources including but not limited to PA West and US Youth Soccer as the minimum action to be taken. As such, NHSC reserves the right to take more conservative action than is outlined in these guidelines as the club monitors policies made by governmental health agencies such as the U.S. Center for Disease Control and Prevention (CDC), Pennsylvania Department of Health and other county/local authorities.

Pre-Phase: Individual and virtual training. This phase includes individual fitness and technical work for players at home and with family members or with teammates via virtual solutions.

Phase One (1st 14 days of Green Phase): Intra-club activity. Training and small-sided in-house activities. This phase includes small-group training within teams and small-sided games within teams.

Phase Two (15 days of Green Phase): Intra-club activity. Small-sided games between teams within the clubs may be introduced in addition to training and SSG within teams.

Phase Three: Inter-club and Intra-club activity. Training, small-sided in-house games and small-sided inter-club games (within the same county).

Phase Four opens to include full size matches and travel beyond county limits.

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Movement from each phase to the next is dependent on the club remaining COVID-free for a minimum of two weeks. Should a case of COVID-19 occur within the NHSC including any player, coach, immediate family member, club admin and volunteer, or if any one of the aforementioned persons comes in contact with someone with COVID-19 during any phase, NHSC will consult with the Allegheny County Health Department and PA West and suspend activity as necessary and by the guidance of health officials. Suspended play will resume no less than two weeks later and only once the club has determined facilities are safe and there is no longer a risk to members.

1. Return to Play- Prior

1.1. If you or someone in your household is feeling sick/ill or has come in contact with a person who has tested positive for COVID-19, please stay home.

1.2. Club Responsibilities:

- 1.2.1. Make available all return to play guidelines to club membership.
- 1.2.2. Provide registration for the program, to include relevant liability waivers. (Appendix B)
- 1.2.3. Communicate the policy of the organization that all coaches and club admins will be required to wear masks during all activities. Activities include, but are not limited to, meetings, training sessions, games. The organization does not require any other protective equipment but coaches and club admins may opt to use other gear as they see fit.
- 1.2.4. Establish and communicate a plan for reporting positive COVID-19 tests to club admins, coaches, and membership, to ensure membership safety while acting with discretion to protect privacy of infected individual(s).

1.3. Player/ Parent Responsibilities

- 1.3.1. Sign/ acknowledge PA-West/ NHSC liability waiver. (Appendix B)
- 1.3.2. Acknowledge any additional waivers needed for return to play.
- 1.3.3. Pay program fees.
- 1.3.4. Ensure player/ household members are eligible for return to play. (Reference CDC guidelines for return to community engagement following a positive COVID-19 test)

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1.5. Coach Responsibilities

- 1.5.1. Ensure coach/ household members are eligible for return to play. (Reference CDC guidelines for return to community engagement following a positive COVID-19 test)
- 1.5.2. Sign/ acknowledge PA-West/ NHSC liability waiver. (Appendix B)

2. Return to Play - Practices

2.1. If you or someone in your household is feeling sick/ill or has come in contact with a person who has tested positive for COVID-19, please stay home.

2.2. Club Responsibilities:

- 2.2.1. Follow all state and local guidelines and health protocols.
- 2.2.2. Communicate cancellations or field closures.
- 2.2.3. Arrival at field(s):
 - 2.2.3.1. Discourage carpooling.
 - 2.2.3.2. Practice schedules will be staggered per social distancing recommendations.
 - 2.2.3.3. Provide check-in areas.
- 2.2.4. Record and maintain attendance at each session and issue health questionnaire to all participants.
 - 2.2.4.1. Beginning Fall 2020, NHSC will mandate the use of Game Changer app for attendance tracking.
 - 2.2.4.2. Must ask all coaches and club admins if any of the following are true:
 - 2.2.4.2.1. Have you been in contact with a person with COVID-19?
 - 2.2.4.2.2. Have you had a cough, fever, or loss of taste or smell?
 - 2.2.4.2.3. If the answer is “yes” to either question, you will be asked to remove the player/yourself from the facility.
- 2.2.5. Provide and encourage frequent use of hand sanitizer.
- 2.2.6. Follow guidelines for social distancing:
 - 2.2.6.1. Discourage players and parents from congregating in groups.
 - 2.2.6.2. No high fives, hand-shakes, fist bumps, hugs, etc.

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- 2.2.6.3. The wearing of masks will not be required during activity but can be worn at the comfort level of the player/ parent.
 - 2.2.6.4. Provide frequent breaks to ensure player safety during play.
 - 2.2.6.5. Organize stations 6 feet apart for player belongings and water breaks.
 - 2.2.6.6. It is the policy of the organization that all coaches and club admins will be required to wear masks during all activities. Activities include, but are not limited to, meetings, training sessions, games. The organization does not require any other protective equipment but coaches and club admins may opt to use other gear as they see fit.
 - 2.2.7. Communicate to the club any and all positive COVID-19 test(s) within a coach's or club admin's household to policy.nhsc@gmail.com
 - 2.2.8. In the event a positive COVID-19 test is reported, the NHSC will follow the recommended guidelines put forth by PA-West and outlined in Appendix A of this policy.
 - 2.3. **Player/Parent Responsibilities**
 - 2.3.1. Follow all state and local guidelines and health protocols.
 - 2.3.2. Sanitize all personal equipment prior to and following each session (shin guards, water bottle, ball, cleats, etc.).
 - 2.3.3. Sharing of water bottles or food is prohibited; parents are responsible for providing a water bottle to their player(s) and are encouraged to provide additional water during times of excessive heat.
 - 2.3.4. Arrival at field(s):
 - 2.3.4.1. Avoid carpooling.
 - 2.3.4.2. Adhere to posted schedule with prompt arrival and departure; please wait in your vehicles until your scheduled arrival time.
 - 2.3.5. Check in at each session and answer health assessment questionnaire.
 - 2.3.5.1. Beginning Fall 2020, NHSC will mandate the use of Game Changer app for attendance tracking.
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- 2.3.5.2. Must answer if any of the following are true:
 - 2.3.5.2.1. Have you been in contact with a person with COVID-19?
 - 2.3.5.2.2. Have you had a cough, fever, or loss of taste or smell?
 - 2.3.5.2.3. If the answer is “yes” to either question, you will be asked to remove the player/yourself from the facility.
 - 2.3.6. Use hand sanitizer frequently.
 - 2.3.7. Follow guidelines for social distancing:
 - 2.3.7.1. Refrain from congregating in groups; be mindful of social distancing and masking guidelines per state and local guidelines and health protocols.
 - 2.3.7.2. No high fives, hand-shakes, fist bumps, hugs, etc.
 - 2.3.7.3. The wearing of masks will not be required of players during activity but can be worn at the comfort level of the player. Spectators are asked to wear masks on the sideline to help keep any unmasked players safe.
 - 2.3.7.4. Frequent breaks will be observed to ensure player safety during play.
 - 2.3.8. Ensure player/ household members are eligible for return to play (Reference CDC guidelines for return to community engagement following a positive COVID-19 test)
 - 2.3.9. Communicate to the club any and all positive COVID-19 test(s) within a player/ parent’s household to policy.nhsc@gmail.com
 - 2.4. **Coach Responsibilities**
 - 2.4.1. Follow all state and local guidelines and health protocols.
 - 2.4.2. It is the policy of the organization that all coaches and club admins will be required to wear masks during all activities. Activities include, but are not limited to, meetings, training sessions, games. The organization does not require any other protective equipment but coaches and club admins may opt to use other gear as they see fit.
 - 2.4.3. Sanitize equipment prior to and following each session; coaches should not elicit the help of players/ parents in gathering equipment upon completion of practice.
 - 2.4.4. Arrival at field(s):
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- 2.4.4.1. Adhere to posted schedule with prompt arrival and departure.
- 2.4.4.2. Avoid carpooling.
- 2.4.5. Record and maintain attendance at each session and complete health questionnaire.
 - 2.4.5.1. Beginning Fall 2020, NHSC will mandate the use of Game Changer app for attendance tracking.
 - 2.4.5.2. Must ask all players if any of the following are true:
 - 2.4.5.2.1. Have you been in contact with a person with COVID-19?
 - 2.4.5.2.2. Have you had a cough, fever, or loss of taste or smell?
 - 2.4.5.2.3. If the answer is “yes” to either question, you will be asked to remove the player/yourself from the facility.
- 2.4.6. Encourage and offer frequent use of hand sanitizer to players, and use hand sanitizer frequently yourself.
- 2.4.7. Ensure players are observing social distancing measures when not on the field of play.
 - 2.4.7.1. Restrict celebratory high fives, hand-shakes, fist bumps, hugs, etc., and abstain from touching any player as well (pats on back, assistance with gear, etc.).
 - 2.4.7.2. Organize stations 6 feet apart for player belongings and water breaks.
- 2.4.8. Communicate to the club any and all positive COVID-19 test(s) within a coach’s household to policy.nhsc@gmail.com

3. Return to Play - Games

3.1. If you or someone in your household is feeling sick/ill or has come in contact with a person who has tested positive for COVID-19, please stay home.

3.2. Club Responsibilities:

- 3.2.1. Follow all state and local guidelines and health protocols.
- 3.2.2. Communicate cancellations or field closures.

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- 3.2.3. It is the policy of the organization that all coaches and club admins will be required to wear masks during all activities. Activities include, but are not limited to, meetings, training sessions, games. The organization does not require any other protective equipment but coaches and club admins may opt to use other gear as they see fit.
 - 3.2.4. Arrival at field(s):
 - 3.2.4.1. Carpooling is discouraged.
 - 3.2.4.2. Game schedules will be staggered per social distancing recommendations.
 - 3.2.4.3. Provide check-in area(s).
 - 3.2.5. Record and maintain attendance at each session and issue health questionnaire to all participants.
 - 3.2.5.1. Beginning Fall 2020, NHSC will mandate the use of Game Changer app for attendance tracking.
 - 3.2.5.2. Must ask all coaches and club admins if any of the following are true:
 - 3.2.5.2.1. Have you been in contact with a person with COVID-19?
 - 3.2.5.2.2. Have you had a cough, fever, or loss of taste or smell?
 - 3.2.5.2.3. If the answer is “yes” to either question, you will be asked to remove the player/yourself from the facility.
 - 3.2.6. Provide and encourage frequent use of hand sanitizer.
 - 3.2.7. Follow guidelines for social distancing:
 - 3.2.7.1. Discourage players and parents from congregating in groups.
 - 3.2.7.2. No high fives, hand-shakes, fist bumps, hugs, etc.
 - 3.2.7.3. Provide frequent breaks to ensure player safety during play.
 - 3.2.7.4. Organize stations 6 feet apart for player belongings and water breaks.
 - 3.2.8. Communicate to the club any and all positive COVID-19 test(s) within a coach’s or club admin’s household to policy.nhsc@gmail.com
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3.2.9. In the event a positive COVID-19 test is reported, the NHSC will follow the recommended guidelines put forth by PA-West and outlined in Appendix A of this policy.

3.3. Player/Parent Responsibilities

3.3.1. Follow all state and local guidelines and health protocols.

3.3.2. Sanitize all personal equipment prior to and following each game(shin guards, water bottle, ball, cleats, etc.).

3.3.3. Sharing of water bottles or food is prohibited; parents are responsible for providing a water bottle to their player(s) and are encouraged to provide additional water during times of excessive heat.

3.3.4. Arrival at field(s):

3.3.4.1. Avoid carpooling.

3.3.4.2. Adhere to posted schedule with prompt arrival and departure.

3.3.4.3. Please wait in your vehicles until game time and return to your vehicles immediately following the game.

3.3.5. Check in at each game and answer health assessment questionnaire.

3.3.5.1. Beginning Fall 2020, NHSC will mandate the use of Game Changer app for attendance tracking.

3.3.5.2. Must answer if any of the following are true:

3.3.5.2.1. Have you been in contact with a person with COVID-19?

3.3.5.2.2. Have you had a cough, fever, or loss of taste or smell?

3.3.5.2.3. If the answer is “yes” to either question, you will be asked to remove the player/yourself from the facility.

3.3.6. Use hand sanitizer frequently.

3.3.7. Follow guidelines for social distancing:

3.3.7.1. Do not congregate in groups; be mindful of social distancing and masking guidelines per state and local guidelines and health protocols. Families may sit together but please allow 6 feet between groups.

3.3.7.2. No high fives, hand-shakes, fist bumps, hugs, etc.

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- 3.3.7.3. The wearing of masks will not be required of players during activity but can be worn at the comfort level of the player. Spectators are asked to wear masks on the sideline to help keep any unmasked players safe.
- 3.3.7.4. Frequent breaks will be observed to ensure player safety during play.
- 3.3.7.5. Post-game handshakes will not be permitted.
- 3.3.7.6. Post-game snacks/ beverages will not be permitted to be shared; snacks/ beverages may be provided by parents to their own player(s).
- 3.3.8. Ensure player/ household members are eligible for return to play (Reference CDC guidelines for return to community engagement following a positive COVID-19 test)
- 3.3.9. Communicate to the club any and all positive COVID-19 test(s) within a player/ parent's household to policy.nhsc@gmail.com
- 3.4. **Coach Responsibilities**
 - 3.4.1. Follow all state and local guidelines and health protocols.
 - 3.4.2. It is the policy of the organization that all coaches and club admins will be required to wear masks during all activities. Activities include, but are not limited to, meetings, training sessions, games. The organization does not require any other protective equipment but coaches and club admins may opt to use other gear as they see fit.
 - 3.4.3. Sanitize equipment prior to and following each game; coaches should not elicit the help of players/ parents in gathering equipment upon completion of practice.
 - 3.4.4. Arrival at field(s):
 - 3.4.4.1. Adhere to posted schedule with prompt arrival and departure.
 - 3.4.4.2. Avoid carpooling.
 - 3.4.5. Record and maintain attendance at each session and complete health questionnaire.
 - 3.4.5.1. Beginning Fall 2020, NHSC will mandate the use of Game Changer app for attendance tracking.
 - 3.4.5.2. Must ask all players if any of the following are true:
 - 3.4.5.2.1. Have you been in contact with a person with COVID-19?

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- 3.4.5.2.2. Have you had a cough, fever, or loss of taste or smell?
 - 3.4.5.2.3. If the answer is “yes” to either question, you will be asked to remove the player/yourself from the facility.
 - 3.4.6. Encourage and offer frequent use of hand sanitizer to players, and use hand sanitizer frequently yourself.
 - 3.4.7. Ensure players are observing social distancing measures when not on the field of play.
 - 3.4.7.1. Restrict celebratory high fives, hand-shakes, fist bumps, hugs, etc., and abstain from touching any player (pats on the back, assistance with equipment, etc.)
 - 3.4.7.2. Organize stations 6 feet apart for player belongings and water breaks
 - 3.4.8. Ensure coach/ household members are eligible for return to play (Reference CDC guidelines for return to community engagement following a positive COVID-19 test)
 - 3.4.9. Communicate to the club any and all positive COVID-19 test(s) within a coach’s household to policy.nhsc@gmail.com

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Appendix A: Action Plan for Positive Result

This plan is to provide the basis for a possible COVID-19 case in the club. This plan will identify the minimum steps that will be taken by NHSC after being alerted to a possible COVID-19 case.

1. Before possible infection:
 - a. A plan to provide information about all participants and attendees to aid tracking.
 - b. A plan for training and games to minimize exposure and spread through staggered starts.
 - c. A plan that outlines a notification process.
 - d. A plan to assess all participants prior to all activities.
 - e. A plan for adjustments to training schedules if notified of possible exposure. Instruct all coaches/admin on the assessment plan. Notify all participants and parents of the club plan.
2. After reported positive infection:
 - a. North Hills Soccer Club will cease and desist all activities scheduled by the club for a minimum of 2 weeks.
 - b. Remind the exposed or ill player or parent of the CDC self-isolation instruction and the need to contact their physician.
 - c. Notify the Ross Township Department of Public Works that a positive test result has been reported, to include but not limit to the location of the field affected.
 - d. Notify the county health department of the exposure or illness and confirm necessary steps.
 - e. Follow the county health department direction on notification of all individuals with possible exposure.
 - f. Redouble disinfecting measures at all affected facilities and equipment. Institute adjustments to training schedules.
 - g. Respect individual's confidentiality.

This policy is subject to change based upon seasonal scheduling and new information. We follow all mandatory precautions recommended by the CDC, PA and Allegheny Departments of Health, and PA-West. Any changes to this policy will be communicated to the club accordingly.

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Appendix B: Participation Waivers

**NORTH HILLS SOCCER CLUB
PARTICIPATION WAIVER**

I understand and acknowledge that _____'s participation in the athletic program and related events and activities, including tournaments and games, offered by and in connection with the NORTH HILLS SOCCER CLUB, may pose dangers and risks of possible exposure to and illness from infectious diseases including, but not limited to, influenza and COVID-19. I understand that while particular rules and procedures may be in play and may reduce risk, the risk of serious illness or death exists. I understand that the NORTH HILLS SOCCER CLUB assumes no responsibility for any and all illness, disability, death or loss of damage to person or property in connection with my participation. I hereby waive, release, and discharge the NORTH HILLS SOCCER CLUB, from any and all liabilities or claims, financial or otherwise, made as a result of participation in the athletic program and related events and activities.

Participant Name (printed)

Parent/ Guardian (Signature)

Date

Participant Signature, if age 18 or over

Date

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**PA WEST SOCCER ASSOCIATION
PARTICIPATION WAIVER**

I understand and acknowledge that _____'s participation in the athletic program and related events and activities, including tournaments and games, offered by and in connection with PA WEST SOCCER ASSOCIATION, may pose dangers and risks of possible exposure to and illness from infectious diseases including, but not limited to, influenza and COVID-19. I understand that while particular rules and procedures may be in play and may reduce risk, the risk of serious illness or death exists. I understand that PA WEST SOCCER ASSOCIATION assumes no responsibility for any and all illness, disability, death or loss of damage to person or property in connection with my participation. I hereby waive, release, and discharge PA WEST SOCCER ASSOCIATION, from any and all liabilities or claims, financial or otherwise, made as a result of participation in the athletic program and related events and activities.

Participant Name (printed)

Parent/ Guardian (Signature)

Date

Participant Signature, if age 18 or over

Date

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Appendix C: Limitations on Attendance at Outdoor Gatherings

Explanation:

This policy is based upon mandates set forth by the [Allegheny County Health Department](#) and is subject to change. Please see the NHSC website for the most current version. Updates will be communicated via email and social media. **NHSC reserves the right to cancel any event if social distancing and PPE requirements are not followed.**

Field Usage:

1. **U6:** U6 training will be held at Reis Run Soccer Complex
2. **U8:** U8 training and games will be held at community parks, as assigned
3. **U9/10:** U9/10 training will be held at at community parks, as assigned, with games scheduled at Reis Run Soccer Complex
4. **U12:** U12 training will be held at community parks, as assigned, with games scheduled at Reis Run Soccer Complex
5. **U13 and older:** All training for age groups U13 and up will be held at community parks and/or Reis Run Soccer Complex, as assigned, with games scheduled at Ross Elementary School

Spectators:

Spectators will be permitted at practices and games using the following formulas:

1. 1 spectator per player per practice
2. 2 spectators per player per game for team rosters \leq 15 players
3. 1 spectator per player per game for team rosters $>$ 15 players

Communication:

It is critical that ongoing communication be shared in order to ensure this policy and appendix are adhered to for mitigation efforts of the COVID-19 pandemic.

1. Communication will be provided to the NHSC club membership via email and social media.
2. Communication will be provided to outside/ district clubs via email
3. Ongoing Communication will be provided by NHSC coaches to opposing coaches on a weekly basis.

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Check-in process:

This check-in process has been established to provide as smooth a process as possible and is subject to change based upon the requirements in place at the time of the event.

1. Field Marshals
 - 1.1. Each team will have 2 designated Field Marshals to assist with practices and games
 - 1.2. Field Marshals will be identifiable by a NHSC badge
2. Players:
 - 2.1. Players will check in directly with coaches
 - 2.2. Coaches will ensure that screening questions have been answered through the Game Changer app prior to arrival at the field
3. Spectators:
 - 3.1. Spectators will be permitted as outlined above
 - 3.2. Spectators will check in w/ field marshals at each event in order to be allowed onto the field of play
 - 3.3. All spectators must remain within the designated spectator zone and maintain a distance of 6 feet between standing/ seated groups
 - 3.4. **Spectators will be required to wear masks at all times**