

Rising Star Soccer Club COVID-19 Protocol



GENERAL UNDERSTANDING

- All coaches & parents must sign waivers to participate – **No exceptions will be made.** (See **COVID-19 Waiver Document**)
- No player, parent, coach or participant should attend training/game if showing symptoms. For a comprehensive list of symptoms, **see Appendix A.** This appendix also list travel restrictions and quarantine rules.
- The State of Pennsylvania and Governor allow for training and game activity in the Green Phase.

COACHES RESPONSIBILITIES

- Coaching staff have read the COVID-19 Protocol and signed the COVID-19 Waiver.
- Coaching staff have cleaned and prepared all equipment needed.
- Coaching staff have pre-prepared their training sessions taking into consideration any agreed upon parameters such as social distancing.
- Coaching staff have communicated plans with the parents of their team and any assistant coaches or other volunteers prior to arriving at the field explaining field location, safety precautions, staging area, and any other pertinent information.
- Coaching staff arrive minimally 20 minutes prior to the start of the session.
- Coaching staff will preset their field space prior to the start of their session to the best of their ability. Players will not be used to set up or take down field equipment.
- Coaching staff have signed the COVID-19 Waiver and have printed physical copies for players/parents at field locations. Coaching staff will only enable players to participate in practices and games with a signed COVID-19 waiver.
- Once fields are set, coaches will coordinate the arrival of players. They will let players know where to put their belongings.
- Coaching staff will wear a mask throughout practices and games. Mask breaks are only to be taken when coach is positioned greater than 6' away from players, coaches, referees, volunteers and parents.
- If a player demonstrates any health symptoms, coaches will immediately remove that player from the training session or game and notify a parent for pickup and dismissal.

ADMINISTRATION

- COVID-19 Protocol and COVID-19 Waiver sent electronically to teams with paper version made available in the soccer shed at the Fairgrounds.
- COVID-19 Protocol and COVID-19 Waiver posted and made accessible on-line.
- Site maps created outlining logistics such as field assignments, drop off & pick up locations and staging areas.

PLAYERS

- Players should be familiar with the team's training plan, protocol, and logistics.
- Players should have pre-packed and cleaned any necessary equipment such as game jerseys (may take the place of pinnies), ball, water, etc. Players should mark their name on all their equipment. Players will not share any of the aforementioned materials.
- Players/parents should bring sanitizing wipes or gels, and a facemask.
- Players will keep themselves and their belongings socially distanced (minimum 6') from other players when at all possible.
- Parents wishing to remain on site will need to wait away from the training area or in their cars, while maintaining social distancing.
- Parents needing to approach a coach will wear a mask and maintain social distance.
- Players should be aware of all protocol and parameters and act accordingly.
- No spitting, high-fives, or handshakes
- If a player experiences any health issues, they should alert the coach immediately. (See Appendix A.)
- Players will report directly to parent vehicles at end of practices or games to exit soccer complexes.
- Parents will notify coaches in advance of practice of any high risk activity including travel to assess whether self-quarantine is an appropriate action to mitigate risk of exposure to members of the team.

APPENDIX A:

General Health

1. If you are sick or have symptoms of an illness:
 - Stay home. Stay home regardless of what is causing your illness.
 - If you are confirmed or suspected to have COVID-19 practice self-quarantine measures and contact your physician.
 - To discontinue quarantine and return to sport, obtain appropriate clearance from your medical provider.
2. If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19, begin self-quarantine for 14 days.

Daily Training Medical Considerations:

1. The participant should conduct a daily temperature check for low grade fever (>100.4.) at home before training. If you have a fever, do not go to training.
 - If thermometers are not available, conduct a daily health questionnaire in line with the “Coronavirus Self-Checker,” made available by the CDC.
2. Do not participate in activities if you have any of the symptoms listed below.
 - COVID exposure in past 14 days
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever >100.4 F
 - Chills
 - Headache
 - Sinus congestion or runny nose
 - New loss of taste or smell
 - Cough persistent and or productive
 - Joint aches and soreness
 - Nausea, vomiting or diarrhea
3. Do not go to training facilities or fields with any of the above symptoms. Remotely communicate your health status to coaches or club administrators within 24 hours of your training session.

Travel Considerations:

If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is recommended that you **stay at home for 10 days upon return to Pennsylvania** and monitor for developing symptoms. The PA Department of Health publishes high risk travel locations regularly. If you have traveled internationally, it is recommended you stay at home for 10 days upon return to Pennsylvania. If you have been in high risk environments, it is recommended you stay at home for 10 days and monitor for the possibility of onset of symptoms.

Medical Clearance:

1. For individuals with a pre-existing medical condition, written clearance from your physician for return to full participation in sport & activity is recommended.
2. For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician for return to full participation in sport & activity.
3. For individuals who have experienced known COVID-19 exposure in the past 14 days, the following is recommended:
 - Home quarantine for 14 days
 - Written confirmation of COVID-19 negative status by your physician to return to play
 - Be prepared to report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.



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