

# **ABINGTON YOUTH SOCCER**



## **COVID-19 ACTION PLAN**

**Version: 4**

**Date of Last Modification: November 24, 2020**

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## Introduction

The virus (SARS-Cov-2) that causes the Coronavirus 2019 Disease (“COVID-19”) is easily transmitted, especially in group settings, and it is essential that the spread of the virus be slowed to safeguard public health and safety. The obligation rests with each one of us to do everything we can as an organization to provide a healthy and safe environment for our Abington Youth Soccer (AYS) families.

To that end, in accordance with the guidelines set forth by the Centers for Disease Control (CDC), Commonwealth of Pennsylvania, Pennsylvania Department of Health (PADoH), and Eastern Pennsylvania Youth Soccer (EPYSA), AYS will return to play with the safety protocols and action plan described in this document, which may change from time to time.

The conditions during this pandemic have continually evolved and changed frequently – weekly or even daily. AYS knows that additional information and new guidelines will be forthcoming from the CDC and the Commonwealth of Pennsylvania. All players, parents, coaches, and volunteers will receive communication on the AYS General Hygiene and Safety Protocols and this Action Plan, which will be updated as necessary. At the bottom of this document, we have provided you with the most recent resources from the CDC, PADoH, EPYSA and US Soccer. Please review these resources with your child. We ask that you review these resources a number of times as the content may change from time to time.

In addition to this Action Plan, AYS will communicate with all AYS families and will provide CDC Education materials on behaviors that reduce the spread of COVID-19 to include, at a minimum: proper wearing of face masks, proper hand hygiene, properly covering coughs and sneezes, and staying home when sick.

This document does not replace the advice or direction of medical professionals. The risk of infection still exists. As directed by federal, state and local authorities, AYS will proceed cautiously using best practices, and monitor and comply with CDC, PADoH, EPYSA, AYS and local guidance and directives.

Please recognize that many families and individuals will have reservations about re-opening and reintegrating. We must be respectful, sensitive and flexible as we restart and continue through our season. If a parent, child or coach is not comfortable returning to play, they should not.

Should anyone have any questions about the substance of this Action Plan, please contact Josh Mitchell, AYS President, or Bill James, AYS Safety Officer.



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## COVID-19 Symptoms

Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

## General Hygiene and Safety Protocols

### Everyone

- Wash your hands thoroughly both immediately before and immediately after each AYS activity.
- Properly wear a facemask according to PADOH requirements (<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx>) during any and all AYS activities. Proper wearing of facemask includes completely covering nose and mouth with material that is secured to the head.
- Have hand sanitizer available at all times.
- No shaking hands, high fives, fist bumps, hugs, or other close-contact celebratory rituals.
- Spitting and chewing gum are prohibited
- Food and drinks may not be shared with other players or spectators
- Social distancing, i.e., maintaining a distance of at least six (6) feet apart, is to be maintained at all times.
- No player, coach, volunteer, parent, or spectator can attend any AYS activity if they are feeling sick, in any manner.
- Any sick player, coach, or volunteer must, at minimum, quarantine as required by CDC/PADOH. A sick player, coach, or volunteer can only return with a doctor's approval, which is to be provided to the AYS COVID-19 Point of Contact in written form.
- No contact with other teams before and after each game/practice session.
- Any player, coach or volunteer who travels out of the Commonwealth **must quarantine** for 14 days upon their return before returning to any AYS activity.

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## Coaches

- Coaches shall properly wear a facemask or improvised mask such as scarf, bandanna, or handkerchief, at all times, unless doing so jeopardizes their health. In the case of this health concern, the coach must report the request to wear no mask to AYS COVID-19 Point of Contact, prior to attending AYS activity.
- Only coaches can touch or move training equipment.
- All training equipment – cones, goals, etc. must be disinfected before and after each use.
- Coaches must sanitize all team soccer balls (not individual player balls) and equipment (such as cones) after each AYS activity.
- As players arrive, coaches must check each player in using the attached form. Players 11 and under must be checked in by a parent or legal guardian; players 12 and older may check themselves in. Each parent, legal guardian or player must be asked: (1) what the player's temperature was during the one-hour period before coming to the AYS activity, (2) if the player has any COVID symptoms, and (3) if the player is sick. If a player indicates they have a temperature of 100.4°F or above, that they have COVID symptoms, or that they are sick, the player must be sent home immediately. During any AYS activity, coaches must monitor players for symptoms. If a player appears to have a fever or to be sick, the player must be sent home immediately.
- Only one coach may attend to an injured player.

## Players

- Players must properly wear cloth or disposable facemasks at all times as required by PADOH, according to most current guidance which can be found at <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx>. As a reminder gaiters, neck warmers, plastic shields, or other personal protective equipment could be considered dangerous and should not be worn as per previously issued FIFA guidelines.
- Players shall never share equipment, water bottles, etc. When not in use all player's personal effects shall be placed in player's bag.
- Players shall make sure soccer ball, water bottle etc. are clearly marked with player's name.
- Players 12 and older may check themselves in with their coach prior to the start of each AYS activity. Players who check themselves in must report: (1) what their temperature was during the one-hour period before coming to the AYS activity, (2) if they have any COVID symptoms, and (3) if they are sick.

## Parents

- Parents must properly wear facemasks at all times during AYS activity including player check-in/out and as a spectator.



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- Parent shall take player's temperature immediately prior to player's participation in an AYS activity, and screen player for COVID symptoms and illness.
- Parent shall check players 11 and under in with their coach prior to the start of each AYS activity. Parents must report to the coach: (1) what player's temperature was during the one-hour period before coming to the AYS activity, (2) if the player has any COVID symptoms, and (3) if the player is sick. Parent may consent to players aged 12 and older to check themselves in with the coach and to reporting the preceding information to the coach. Parents must wear a mask when checking player in with their coach.
- Parent shall not send player to an AYS activity if player's temperature is 100.4°F or above.
- Parent shall monitor player for symptoms prior to, during and after AYS activity.
- Parent shall immediately notify the AYS COVID-19 Point of Contact if your player is ill or should become ill.

## **Spectators**

- Spectators must properly wear facemasks at all times while spectating at an AYS activity.
- Spectators, including parents, shall not assist coach or coaches with equipment during AYS activity.
- Spectators shall remain a minimum of 6 feet from all sidelines and end lines.
- No spectators will be permitted on the Turf Field at Hillside Park, except for the purpose of checking their player(s) in with the coach prior to the start of the AYS activity, after which time they must exit the Turf Field.
- Spectators shall not retrieve the ball when it goes out of play.

## **Identification of and Protocols for COVID-19 Exposure**

- If a player, coach, or someone in the player's or coaches home is presumptive positive or tests positive for COVID-19, the parent of the player, or the coach, shall immediately notify the AYS COVID-19 Point of Contact.
- Without divulging the name and identity of said individual, AYS will notify participants who came in contact with the individual of the potential exposure, following CDC, PADOH and EPYSA Guidelines, and following HIPAA regulations regarding confidentiality. A player or coach who is presumptive positive or has tested positive for COVID-19, or any player or coach who has been in close contact with an individual who is presumptive positive or has tested positive for COVID-19, must quarantine as required by CDC and PADOH; and, can only return to participate in an AYS activity after they have met all of the CDC's criteria to discontinue home isolation (see: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/when-its-safe.html>), and with a doctor's written approval, provided to AYS COVID-19 Point of Contact.



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- AYS will follow the CDC's definition of close contact for COVID-19, defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the patient is isolated.
- If the individual who is presumptive positive or tests positive is a player or coach, any team(s) the individual is a member of will be shut down and shall quarantine for 14 days before resuming AYS activities.

## Resources

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Pennsylvania Office of the Governor

<https://www.governor.pa.gov/plan-for-pennsylvania/>

[Pennsylvania Department of Health](https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx)

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx>

Eastern Pennsylvania Youth Soccer Association

<https://www.epysa.org/return-to-play-protocols/>

[https://www.epysa.org/assets/55/6/restart\\_2020.pdf](https://www.epysa.org/assets/55/6/restart_2020.pdf)

US Soccer

<https://www.ussoccer.com/playon/guides>

US Youth Soccer

[https://www.usyouthsoccer.org/assets/1/6/usys\\_rta\\_notice\\_051920.pdf](https://www.usyouthsoccer.org/assets/1/6/usys_rta_notice_051920.pdf)



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## Version History

### Version 2 - July 12, 2020

- Added list of COVID symptoms
- Added Check-in requirement for all players prior to AYS activities, and associated processes/requirements for players, parents and coaches
- Clarified that disinfecting of equipment pertains to team equipment, and not individual player soccer balls
- Added requirement that players wear masks when arriving to and departing from AYS activity
- Revised policy that no spectators are allowed on Turf Field to include exception for checking in players
- Appended Coach Check In Form

### Version 3 - August 13, 2020

- Added requirement to quarantine for 14 days if having traveled to a state on the PA Department of Health's "COVID-19 Information for Travelers" list.
- Revised Identification of COVID-19 Exposure section to include protocols when exposure, presumptive positive, or positive test is identified. Renamed section Identification of and Protocols for COVID-19 Exposure.

### Version 4 - November 24, 2020

- Added requirement for participants (players, parents, spectators) to properly wear facemasks at all times based on PA Department of Health's order issued November 17, 2020 and updated November 20, 2020.
- Revised requirement to quarantine when traveling out of state, to require quarantine when traveling out of state per PADOH's order issued November 17, 2020.