



Prior Lake Soccer Club Covid 19 policies and procedures effective May 18, 2021

Safety Procedures for Players, Coaches and Spectators

Prior to practices and/or games coaches, players and spectators need to complete a self-check Health Screening by the Mn Department of Health:

<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>

For a complete guide to the MDH guidelines for youth and organized sport implemented May 6, 2021- please use the following link:

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

PLSC acknowledges and supports those families, coaches and players who choose to continue to choose to wear face coverings or not to participate in soccer activities at this time.

Face covered are recommended if unable to maintain 6ft of social distance, but not required for Coaches, Players or Spectators.

Players should maintain at least 6 feet between participants when not playing or on the bench.

Spectators should maintain 6 feet between spectators or household groups.

Strongly recommended that spectators remain at least 12 feet away from closest participant – meaning 12 feet from the field.

Players water bottles are always to stay in their bags unless in use.

The coach will bring all practice gear.

Players will bring their own soccer ball.

Players need to have their own hand sanitizer in their bags to be used at the field prior to playing and immediately after playing.

Players and coaches are not to attend practice if they are feeling ill (fever, chills, cough, shortness of breath, sore throat, muscle pain, headache, loss of taste or smell) or have been in contact with anyone in the past 10 days please adhere to the quarantine guidelines below.

Coaches are to minimize any meetings or get together after practices – social distancing must be adhered to

Arrive and depart practice/games as scheduled by PLSC



Quarantine Guidelines

CLOSE CONTACT DEFINITIONS-

These are considerations that anyone doing exposure assessment can and ought to take. This list is not exhaustive nor prescriptive.

- Was there direct exposure to respiratory droplets from the person with COVID-19, such as spitting, coughing or sneezing directly onto someone else?
- Was there direct physical contact like tackling, checking, guarding, or other close physical contact with the person who has COVID-19?
- Were players able to stay 6 feet apart from the infectious person? If not, how long were they close (i.e., within 6 feet) to the infectious person?
- How long did players play with the infectious person, and were the players exerting themselves, yelling, or otherwise expelling aerosol droplets?
- Did players have contact with the case on the sidelines or on the bench?
- Did players have contact with the infectious person in locker rooms, changing rooms, hallways, or other indoor spaces?
- Did players travel with the person –for example, to and from practices or games?
- Did players eat meals together?
- Did the players have social interactions with the case outside of sports activities, including team meetings, film sessions, parties, sleepovers, dinners, road trips, or extracurricular school activities?

WHEN TO START AND END QUARANTINE WHEN EXPOSED

[How to determine 14-day, 10-day or 7-day quarantines](#)

For outdoor sports, the entire team does not automatically have to be placed into quarantine. Consider each situation on a case-by-case basis and consult MDH for guidance via the form link above.

WHO DOES NOT HAVE TO QUARANTINE?

If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if ALL of the following are true:

- Their illness was laboratory confirmed in the past 90 days.
- They have fully recovered.
- They do not currently have any symptoms of COVID-19. If someone has completed COVID-19 vaccination (two doses in a two-dose series or one dose in a one-dose series) and is exposed, they do not need to quarantine if ALL of the following are true:
 - The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
 - They do not currently have any symptoms of COVID-19



Safety Procedures for Coaches

Pinnies are to be used and washed after every single use or assigned to each player to keep throughout the season. Player is responsible for washing their own pinnie after practice.

No parent is to approach the coach at any time unless they maintain social distancing guideline of 6 feet.

Coach should provide their own hand sanitizer for personal use. Coaches are to use hand sanitizer when arriving at the field, after contact with used equipment and at the end of practice.

Protocol for player or coach who develops symptoms of any illness at the field

Immediately isolate player who becomes ill and parent/guardian will be contacted.

A coach that becomes ill must contact the other adult and immediately leave the field.

In the event of a coach or player becoming ill, PLSC will contact families letting them know that a child or coach became ill at the field.

Protocol for member, coach or staff has learned they have tested positive for COVID - 19

If a staff member, coach or player who is participating at practice with PLSC learns that he/she has tested positive for COVID-19, the participant or, if a child, the participant's parent, should notify their coach or a manager as soon as possible who will then notify PLSC administration (admin@priorlakesoccer.org)

Administration will obtain detailed information by asking the following questions:

- What date did the symptoms begin?
 - Did you/the participant attend any activities 14 days prior to symptoms beginning up through your last practice? If so do you recall other participants/attendees at those activities?
 - To the best of your recollection, what players and coaches have you/the participant been in contact (within 6 feet) with during the 14 days prior to your symptoms starting?
- o During the conversation, PLSC administration will review the quarantine guidelines for their specific situation.

How to determine 7, 10, 14 day quarantine – please hit link below:

<https://www.health.state.mn.us/diseases/coronavirus/contact.pdf>



MDH recommends wearing a face covering after close contact exposure until day 14 in the event that an athlete is eligible to return after a 7 or 10 day quarantine. PLSC will be following this recommendation if the athlete is eligible to return after a 7 day quarantine.

Upon positive results from a PLSC player and/or coach PLSC will be following recommendations and reporting to MDH.