

# Millburn Soccer Club Practice and Game Safety Protocols

Version 3.1, Effective November 16, 2021

## Requirements

- COVID waiver must be submitted in advance of season by MSC participants (one time)
  - “Participants” include players, trainers and licensed parent-coaches on sideline (“coaches”)
- Reporting requirements
  - Any positive COVID test by a Participant (or, if known, a game opponent) must immediately be reported to MSC via email to [millburnsoccer.covid@gmail.com](mailto:millburnsoccer.covid@gmail.com)
  - Upon learning of a positive test, MSC will promptly confer with local health authorities and contact by email any Participants that are considered “Close Contacts” and may need to enter quarantine with further instructions
- Attendance requirements
  - **NO TRAINER, COACH, PLAYER OR SPECTATOR MAY BE PRESENT AT ANY PRACTICE, GAME OR OTHER EVENT IF ANY OF THE FOLLOWING ITEMS APPLY TO THEM (list subject to change):**
    - The individual has tested positive for COVID in last 10 days OR until symptoms have resolved, whichever is longer
    - A household member of an individual (unless participant is vaccinated) has tested or been considered positive for COVID in last 10 days (unless 7 or more days have passed since exposure plus a negative COVID test result 5-7 days after exposure)
    - The individual is waiting on the results of a COVID test due to potential exposure/symptoms
    - A household member is waiting on the results of a COVID test due to potential exposure/symptoms (unless participant is vaccinated)
    - The individual has had “close contact” (within 6 feet for at least 15 minutes in a 24-hour period OR direct contact with infectious secretions) in last 10 days with an individual who has tested positive for COVID (unless 7 or more days have passed since exposure plus a negative COVID test result 5-7 days after exposure OR participant is vaccinated)

- The individual has traveled to a foreign country in last 10 days (unless 7 or more days have passed since return to NJ plus a negative COVID test result 3-5 days after return OR unless participant is vaccinated)
- The individual has a temperature of over 100.4 degrees F
  - Temperature check must be performed in 30 minutes before leaving home for practice or game
- The individual has experienced any new or unexplained “COVID symptoms” (as defined by the CDC and NJ DOH) in last 10 days
- An individual is considered “vaccinated” 14 days after their last dose of a COVID vaccine
- Individuals not adhering to Protocols are subject to discipline by Club, including and up to termination of Membership without refund
- COVID-19 Vaccinations
  - All Trainers and Coaches MUST be vaccinated to attend any MSC events
    - Proof of vaccination for all Trainers and Coaches must be emailed to MSC to [millburnsoccer.covid@gmail.com](mailto:millburnsoccer.covid@gmail.com)
  - Millburn Soccer Club ***strongly encourages COVID vaccinations*** for all eligible players
    - Masking requirements during outdoor activities are optional for vaccinated players that provide proof of vaccination to MSC to [millburnsoccer.covid@gmail.com](mailto:millburnsoccer.covid@gmail.com)

### **Before Arrival on Day of Event**

- Use a bathroom (no bathrooms at most sites)
- Participants encouraged to bring plenty of water
- Participants bring own hand sanitizer
- Participants bring own ball
- Practice times will be staggered by at least 15 minutes to avoid overlap of groups for pickup/dropoff
- Participant should not attend unless he/she meets all attendance requirements

### **Event Arrival and Departure**

- Arrive on time, but not early
- Face coverings are required for participants during drop-off and pick-up
- Minimum six feet distancing during drop-off and pick-up
- Participants to space gear, and more specifically water bottles, a minimum of ten feet apart on sideline at arrival

- Participants to leave field promptly upon end of activity
- No parents or visitors are permitted to attend any practices

### **During Events**

- No shared water bottles whatsoever
- Participants to be spaced at least six feet apart by trainer during non-contact drills and coaching gatherings (e.g., pregame or halftime coaching)
- Participants may not engage in any physical contact while not engaged in “contact activities” and that is not part of game play
  - For instance, participants should not engage in high-fives, elbows or fist bumps
  - “Contact activities” include any drills with challenges, all scrimmaging, and all drills where participants are less than six feet apart
- Face coverings required for participants during all “contact activities” outside of actual game play
- Face coverings include cloth or medical masks and neck gaiters (no N95 masks or bandannas)

### **Following Events**

- Participants sanitize own equipment following all sessions
- Trainers sanitize team equipment (e.g., team balls) following all sessions

### **Winter Training**

- Outdoor winter training strongly recommended
- Above rules apply during all winter training (indoor and outdoor) activities, with the following exceptions/additions for indoor training:
  - All participants must wear masks at all times during indoor training, regardless of vaccination status
  - Only participants are permitted inside indoor facilities at any time
  - All New Jersey state guidelines for indoor sports activities must be followed at all times

These Protocols can be amended by MSC in its sole discretion at any time.