

# Millburn Soccer Club Internal Practice and Game Protocols

Version 2.5, Effective May 17, 2021

## Requirements

- COVID waiver must be submitted in advance of season by MSC participants (one time)
  - Includes players, trainers and F licensed parents on sideline
  - Each participant must agree that positive test for COVID by participant or household member must immediately be reported to MSC via email to [millburnsoccer.covid@gmail.com](mailto:millburnsoccer.covid@gmail.com) (and follow through on requirement)
  - Each participant must avoid MSC activities following either positive test of participant or household member (unless participant is vaccinated), a household member awaiting results of a COVID test due to potential exposure/symptoms (unless participant is vaccinated), and/or COVID symptoms of participant until symptom free for 14 days or cleared in writing by a doctor
  - No previous submission, no participation
- An individual is considered “vaccinated” 14 days after their last dose of a COVID vaccine
- MSC Check-In Form must be submitted electronically each day of practice/scrimmage:

<https://docs.google.com/forms/d/e/1FAIpQLSfaBJtWo-YPIu4-flkC-O5dBp6m-2Bo5KYXvXIhjeHRAv5-9g/viewform>

- **Must check in on by handing/showing one of the following “tickets” to the trainer or a designee:**
  - **PRINTOUT OF LAST PAGE OF EMAIL CONFIRMATION OF CHECK-IN FORM**
  - **EMAIL CONFIRMATION OF CHECK-IN FORM ON CELL PHONE**
  - **OFFICIAL MSC HANDWRITTEN FORM CERTIFYING ELECTRONIC SUBMISSION**
- Current list of items that prohibit participation set forth below
- No submission electronically and/or no ticket, no participation
- Individuals not adhering to Protocols are subject to discipline by Club

## **COVID-19 Screening**

- **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 (current list below; subject to change):**
  - The individual or a household member (unless participant is vaccinated) has tested positive for COVID in last 14 days
  - 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 “COVID symptoms” (as defined by the CDC and NJ DOH) in last 10 days

## **Before Arrival on Day of Practice**

- Use a bathroom (no bathrooms on site)
- Participants (players, trainers and coaches) must fill out online check-in form
  - Check in form should be completed no more than 60 minutes prior to practice
    - Test temperature of participant (temperature over 100.4 degrees F cannot participate)
  - If submitting printed version, print last page of email that includes name & date
  - If submitting handwritten version, print blank copy to use before leaving house
- 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

### **Practice Arrival and Departure**

- Arrive on time, but not early
- Chaperones must remain in their vehicle for pickup and drop-off; adults are not to leave their vehicles, with the following exceptions:
  - Old Short Hills Park: Adults are to park in lot (parallel parking next to field is prohibited) and, with face coverings, walk players to/from grass; households must remain more than six feet from one another at all times
  - Deerfield Elementary School: Adults are to park in front of school (driving to rear of school is prohibited) and, with face coverings, walk players to/from rear field; households must remain more than six feet from one another at all times
- Trainer responsible to specifically track attendance of participant through collection/review of check-in questionnaire confirmations (“tickets”)
- 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 Practice**

- Face coverings required for trainers at all times including during practices/scrimmages
- No shared equipment (e.g., pinnies, goalie gloves, water bottles, etc.) whatsoever
- Player should not use or sit on benches and are prohibited from bringing or using portable benches
- No sharing of balls by hand
  - If a ball or any other equipment is touched by hand (by non-owner of ball), both hands and ball should be immediately sanitized
- No throw ins
- Participants to be spaced at least six feet apart by trainer during non-contact drills

- 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 drop-off and pick-up and during all “contact activities”
- Face coverings include cloth or medical masks and neck gaiters (no N95 masks or bandannas)
- Trainers to phase in “contact activities” slowly to allow children to get used to wearing of masks during play

### **Following Training**

- Participants sanitize own equipment following all sessions
- Trainers sanitize team equipment (i.e., 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
  - 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.