

## JCSA COVID-19 PREPARATION, PREVENTION & PROTOCOLS

The health and safety of our players, coaches, and their families is of the utmost concern, and JCSA is committed to protecting everyone's health and safety first and above the desire to play soccer the way it used to be. Below is JCSA's policy and rules for implementation during all JCSA travel, recreation, and girls program practices & games:

### **i. Arrival – Come 15 minutes Early**

Teams are to come to field 15 minutes prior to the scheduled start of their practice or game, in order to go through the screening process. A sanitizing/screening table will be set up close to the entrance of the field. Coaches shall place cones 6-feet apart in front to screening table, in order to set up the line players will need to form in order to complete screening process.

### **ii. Sanitizing -Screening**

Upon arrival to the field, all players will be required to report to the sanitizing/screening table. Players will be required to use the hand sanitizer that will provided at the table. Additionally, players will be subjected to a temperature check, that will be conducted; and each player will be asked to complete a health questionnaire regarding whether he/she is experiencing any signs or symptoms of COVID-19. If the player has a temperature of 100.4 degrees or more, or any of the "trigger" symptoms of COVID- 19, he/she should be sent home and instructed to contact his/her healthcare provider as soon as possible. Players that are sent home, will not be allowed return until they are seen by a doctor, and provide their coach with a doctor's note.

The health questionnaires MUST BE emailed to JCSA Board's Return to Play committee after every practice and game at [jcsahealth@gmail.com](mailto:jcsahealth@gmail.com). It will be the coach's responsibility to follow up with status of sick players; and the Return to Play committee members will contact the coach for updates on the sick player.

These temperature checks & screenings are in NO way meant to relieve parents of their responsibility of screening their own child prior to arrival at the field; in fact, JCSA strongly recommends that parents conduct their own temperature check of their child prior to arrival at the field, in keeping with the guidelines of NJ Youth Soccer. Please consult those guidelines using the reference below:

### **New Jersey Youth Soccer Return to Play Notice**

<http://njyouthsoccer.bonzidev.com/doclib/NJYS%20Return%20to%20Play%20Notice%20051820.pdf>

### **iii. Isolation during Training**

Players shall be separated by team; one trainer will be assigned to each team. Players will participate in activities with that same team at all times. There will no intermingling or combining of teams during training. The assigned trainer will stay with his/her team at all times. There is to be no unsupervised scrimmaging or playing outside the field during practice or the game; this goes for the siblings of players

as well. No team or group pictures will be allowed at the field. Players and coaches shall leave the field within 15 minutes from the end of their practice and game..no "hanging around."

**iv. Physical/Social Distancing**

A minimum of six feet distance to be maintained at all times by and between parents and other spectators. Spectators are to remain behind the fence surrounding the field. All spectators should maintain social distancing in the bleacher area throughout the training session or game; they are not to congregate in groups of 5 or more and must maintain a minimum of six feet between groups.

**v. Masks**

Players, coaches and parents/guardians should wear face coverings at all times. Players are asked to wear appropriate personal protective equipment, including face masks. However, players will have the option of removing their face covering while engaging in high intensity aerobic or anaerobic activity where it interferes with the player's ability to breath.

**vi. No sharing, Bring your own – Equipment, Water, etc..**

All players and coaches should bring their own water and drinks to practice and games. Players shall bring their own ball to practice and training, which they will use exclusively for all activities. Backpacks and equipment bags belonging to individual players, should remain on the sidelines off the field. Players are not permitted to share food, beverages, water bottles, towels, pinnies, or any other equipment or materials that is involved in direct bodily contact.

**vii. Shared Equipment**

Any equipment, e.g. game balls, used for shared play, should be cleaned by the coaches immediately prior and after practice and games.

**viii. Shared Facilities**

Reduced crowding and proper social distancing around entrances, exits, and other high-traffic areas of the facility. When using shared facilities at Caven Point, e.g. restrooms; social distancing must be maintained. Limit occupancy in the restrooms to avoid over-crowding.

**ix. Education**

Coaches and trainers will be educated on COVID-19 health and safety protocols including:

1. Revised practice rules and regulations in place during COVID-19, as described in this document.

2. The importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19;
3. Social distancing and face coverings;
4. Proper hand hygiene;
5. How to address a situation in which an athlete tests positive for COVID-19 (see **“Positive Test Protocols”** below);
6. How to address situations in which social distancing or other necessary requirements are challenged by athletes or parents/guardians/visitors. (see **“disputes”** below).

**x. Positive Test Protocols**

1. Any player who exhibits signs of sickness will be asked to sit off to the side of the field, and the coach or trainer shall call that player’s parent to immediately come to pick them up.
2. An individual, including players, coaches, and trainers, who have had close contact with (ie. a family member or person whom they live) tests positive, must immediately stay away from all JCSA activities (practices, training, games..), and will not be allowed to return (quarantine) for a period of 14-days from the date their positive contact stops showing symptoms. If however, the player gets tested (after their positive contact stops showing symptoms) and is negative, they may return to play sooner than the 14 days.
3. An individual, including players, coaches, and trainers, who have tested positive must immediately quarantine for a period of 14-days; and may not return until they have re-tested, received a negative result, and are cleared by a physician.
4. The teammates, coaches, and trainers, who came into close contact with a positive teammate, coach, or trainer, must stay away from all JCSA activities (practices, training, games..) until one the following has occurred; A) received a negative test after last contact with positive individual, B) after 14-day quarantine period that started from last contact with positive individual.

**xi. Disputes**

In the case of any dispute or failure of any player or parent to follow the guidelines described in this document:

1. Warning player twice that if they do not follow the rules, they will be excluded from all JCSA activities.
2. Contact the player’s parents if present at the field, or stop the session and phone the parents if they are not present, ask them to come and pick up the player.

3. In the case of parental disputes, we will advise the parent that these are rules that JCSA has been mandated to operate under, and that they can contact our board president to discuss further.
4. In no event shall an activity be allowed to continue with a player or parent present who is not abiding by these rules.

#### **References and Further Information**

**NJ State Department of Health Guidance for health and safety protocols for outdoor organized sports:**

[https://nj.gov/health/cd/documents/topics/NCOV/COVID\\_GuidanceForSportsActivities.pdf](https://nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf)