



Mercer United FC. Program Preparation Plan

The Mercer United FC. is very excited to get back on the field in a safe and positive atmosphere. This process will require full commitment from the entire organization. In preparation for taking the field, the following procedures have been prepared to ensure the safety of our players, coaches, and families.

These procedures apply to all individuals participating in Mercer United FC. activities. In order to participate in these activities, the established procedures must be followed without exception.

The Mercer United FC. will follow Federal/State/Local guidelines and will adjust plans and procedures accordingly. All communications regarding changes to these procedures will come directly from the MUFC administrative team. We request that all individuals remain patient, compliant, and supportive during this time.

Information included in these procedures have been sourced from the Centers for Disease Control and Prevention website (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) as well as the New Jersey Department of Health; Guidance for Sports Activities

(https://nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf). We encourage everyone to utilize these sites for the most up to date information on COVID-19 health and safety protocols, as well as to find answers for medical related questions and concerns that may arise.

RATIONALE:

The top priority of Mercer United FC is to establish a program preparation plan that includes a specific set of procedures to reduce the risks related to COVID-19 and all illnesses that can be avoided by being responsible and diligent.

It is imperative that we have full support from all individuals to maintain a level of comfort that will allow a sustainable and positive atmosphere to play baseball.

The Mercer United FC. the administrative team will continue to monitor information released from Federal/State/Local resources and maintain open lines of communication to keep our players and families informed, safe, and on the field.

ORGANIZATION EXPECTATIONS:

The Mercer United FC. expects that all individuals arriving to participate in Soccer activities will always follow these procedures and maintain proper social distancing guidelines. The health and safety of all involved is something that is not being taken lightly and will be strictly enforced. The following items must always be followed until further notice:

All participants, which includes but is not limited to players, family members, coaches, and spectators will:

- Adhere to all rules and procedures established by the organization
- Follow Federal/State/Local requirements
- Follow rules of social distancing
- Give full support and assistance in the implementation of safety procedures
- Demonstrate patience and positivity throughout the process
- Avoid attending any practice, game, or event if experiencing any symptoms of illness (list of symptoms included below)

SYMPTOMS:

All players, parents, guardians, coaches, and spectators must comply with specific procedures prior to participating in all practices, games, and events. Reducing the risk of spreading illness is key to the overall health and safety of all involved in the program.

COVID-19 affects people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Common Symptoms (but may not be limited to):

- 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
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake

- Bluish lips or face

If any individual participating in Mercer United FC activities is experiencing any of the above mentioned symptoms, they must refrain from participating in practices, games, and/or events, and are required to seek medical care prior to returning. It is important that this information is communicated to the Mercer United FC Administration team via email. If an individual has been tested for COVID-19, we ask that the results of their test be shared with the Mercer United FC. Team immediately so proper protocols can be initiated.

HEALTH GUIDELINES:

It is the expectation of the organization that individuals, which includes but is not limited to players, family members, coaches, and spectators, participating in any Mercer United FC. activity/event MUST not participate in any capacity if symptoms are present. Return to activities is contingent upon consultation with a medical professional. Activities may be resumed upon submitting proof of (medical) release to the administrative staff.

Any person(s) involved in Mercer United FC. activities who have a confirmed positive test for COVID-19 must notify the administrative team immediately. Appropriate action will be taken by the organization to act in a timely manner to avoid the spread of the illness to the best of our ability. The manager of the infected or suspected infected individual's team will be notified and all activities for that team will stop for a minimum of 14 days. No player from said team will return to activities until they (and their families members) have been symptom free for 14 days or longer.

Additionally, all individuals having close contact (as defined as closer than 6' for greater than 15 minutes) with someone who has exhibited symptoms or tested positive for COVID-19, must notify Mercer United FC. Administration team immediately and will not participate in any activities for a 14-day period. Upon the proof of release from a medical professional, activities may be resumed.

Individuals considered as "high risk" as defined by the CDC, State or Local agencies are recommended NOT to participate in Mercer United FC. activities until further notice.

ACTION PLAN:

Mercer United FC. have done extensive research and utilized the most up to date resources in order to implement procedures that will allow all individuals to resume soccer activities safely. All stated procedures must be followed with no exceptions while participating in any Mercer United FC. activities.

As outlined by the NJ Department of Health: Guidance for Sports Activities:

1. Coaching staff and parents/guardians should wear cloth face coverings. Athletes are also encouraged to wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc. Face coverings should not be worn by staff or athletes when engaging in high intensity aerobic or anaerobic workouts, or where doing so would inhibit the individual's health.
2. Signage will be posted in highly visible locations with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices.
3. Routine and frequent sanitizing and disinfecting, particularly high-touch surfaces in accordance with CDC recommendations will be performed daily, and between each practice. Hand sanitizer, disinfecting wipes, or other sanitizing materials will be readily available at entrances, exits, benches, and dugouts.

4. Routine screenings of athletes, coaches, staff and others participating in practice sessions must be performed prior to participating in activity. Temperatures of each player and coach(s) must be taken and recorded prior to the start of each practice, game, or activity. All players will be REQUIRED to submit a screening form that includes answers to specific COVID-19 related questions as well as their recorded temperature (30 minutes) prior to practice. Without this form submitted, players will not be permitted to practice.

Players and Coaching Staff Guidelines:

The safety of players and coaches is key to maintaining a healthy and positive environment.

1. All players and staff will be educated on COVID-19 health and safety protocols prior to the resumption of on-field activities.
2. All staff have been properly educated about the following topics:
 - o Staff education:
 - Revised practice rules and regulations in place during COVID-19;
 - The importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19;
 - Social distancing and face coverings;
 - Proper hand hygiene;
 - How to address a situation in which an athlete presents with symptoms of COVID-19;
 - How to address situations in which social distancing or other necessary requirements are challenged by athletes or parents/guardians/visitors.
 - Educating athletes and coaching staff about when they should stay home and when they can return to activity.
3. The club will utilize Clorox and Lysol to clean and disinfect equipment.

Restrictions are in place and full support of all individuals is expected to be followed.

Failure to meet these procedures will result in the inability to participate in program related activities/events.

4. Required actions include (until further notice):

- Sanitizing hands and equipment frequently
 - Sanitizing seating areas before and after all Soccer activities
 - Maintain 6 feet of separation at all times
 - No shared equipment, drink, or food
 - No food, seeds, or gum allowed in the facility
 - Water bottles/drinks must be clearly labeled and not shared
 - No high fives, handshakes, or fist bumps (avoid physical contact)
 - First aid kits & thermometers held on-site
-
- No spitting will be allowed
 - Team Huddles have been prohibited

Parents, Guardians, and Spectators

Guidelines:

Parents, Guardians, and Spectators are expected to facilitate and implement Mercer United FC. procedures. These procedures are in place to ensure the overall health and safety of all individuals who participate in Soccer activities and events.

1. Required actions include (until further notice):

- Parents/Guardians/Spectators should wear a mask or face covering any time they approach a space where players/families are present
 - Maintain 6 feet of separation at all times
 - No food, seeds, or gum allowed in the facility
 - No shared drinks
 - Bathrooms and water fountain will be available and proper hygiene will be required
 - Spectators to remain beyond marked field lines to keep social distancing
 - Spectators to remain in designated areas
-
- Players to be dropped off in designated areas for entrance to each field
 - Coaches will be in communication with

families

Designated Areas

Areas throughout the facility will be clearly marked providing guidance to all players and spectators. Repeated reports or attempts to avoid the procedures will be addressed on a case by case basis by Mercer United FC administrative team.

Bathrooms will be open and available for players and families, we will have a member from Mercer United FC will make sure bathrooms are cleaned and sanitized.

Off Limits –

Pavilion, playground, water fountains, are closed and off limits to all individuals

1. Designated areas will be enforced during all Soccer activities until official notice has been released to the organization from the administrative team. This includes all practices, games, and events. In the event of an injury or player needs, parents will be contacted, and a member of the staff will ensure the player gets to their family member in the designated parking area. On-Site Supervisory Group

1. Mercer United FC. Will establish and maintain a schedule to implement an on-site supervisory group consisting of administrative staff and volunteers to help monitor coaches, players and staff, enforce social distancing, and to ensure all procedures are being followed. These groups will remain small and consistent to avoid mixing between groups.

2. Signs, tapes and physical barriers will be used to assist with guiding social distancing requirements. This schedule will apply during on-site training sessions beginning July 8th, 2020 and lasting until further notice.

Field 1

Field 2

Field 3

Practice/Scrimmages/Games/Tournaments

As a medium risk sport, no-contact practices will begin on July 8th, 2020. Practices are scheduled systematically to limit contact between teams.

1. Players should NOT arrive early to established practice time to allow all individuals the necessary time to exit the facility efficiently and safely.
2. Prior to player participation in Practice/Scrimmages/Games/Tournaments, a mandatory health questionnaire must be submitted to the Mercer United FC. administrative staff. Conclusion

The approach to safely return to Soccer (practice beginning July 8th) will be determined by the guidelines released from Federal/State/Local government in conjunction with the procedures set forth by the Mercer United FC. Administration. The health and safety of all individuals involved in the Mercer United FC. Organization is our top priority.

It is necessary for all Mercer United FC. participants to be in full support of the safety measures and procedures outlined by Mercer United FC. Travel soccer Organization. Any changes made to this plan will be communicated to the program in a timely manner as more information from the Federal/State/Local government is released.

Thank you for your commitment and support.

Please contact Greg Schultz @

Gschultz68@gmail.com Mercer United FC

Preparation Plan

Administrative Team

Effective Date: July 8th,

2020