



The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. If a player, family member or coach is feeling ill, please seek the advice of a medical professional immediately and do not attend any activities. Please read our policy thoroughly.

In accordance with guidelines set by the Centers for Disease Control, PA Department of Health and Eastern Pennsylvania Youth Soccer, our organization Valley Soccer Club (VSC) will return to play on July 6, 2020 with the follow safety and action plan.

1. Communication & Education

- a. All players and parents will receive communication on our safety and action plan before return to play begins.
- b. CDC Education Materials will be shared with all participants (coaches, players and parents) on behaviors that reduce the spread of COVID-19 to include but not limited to: hand hygiene, sanitizing equipment, properly covering coughs and sneezes, and staying home when appropriate.
- c. We ask all members to follow the below general hygiene best practices to reduce the risk of spreading infection:
 - Avoid touching your face.
 - Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
 - Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterwards.
 - Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection.
 - Frequently clean commonly used surfaces with an antiseptic cleanser.
 - Avoid contact with other individuals (shaking hands, for example).
 - Maintain 6 feet between you and others.
 - Stay at home if you feel sick and contact your care provider.

2. VSC COVID-19 Policy

Training and pre-season camp sessions are completely voluntary. Any ill player, coach or family member should not attend any training or summer camp session. If a member of a player/coach's household has COVID-19 that player/coach must remain out of activity for the recommended 14-day period.

If a player develops COVID-19, he or she will immediately alert his or her coach. If a coach or staff member develops COVID-19, he or she will immediately alert the clubs Board Contact. The coach and group who may have been exposed will stop activity and remain out of activity for a 14-day period. We will also notify parents and families that there has been a COVID-19 response at a training/camp session, while maintaining participant confidentiality regarding health status.

If your child is part of a high-risk group (i.e. has pre-existing medical conditions including chronic lung disease, moderate to severe asthma, serious heart conditions, immunodeficiency, diabetes,



chronic kidney disease, or liver disease), please consult with your family physician before attending a VSC training/camp session.

As information and changes are made available we will adjust our policies and procedures as needed. We need your help to help us effectively implement these new procedures while we do our best to keep everyone safe. We also know that there will still be exposure as nothing is 100% foolproof even with the best laid plans. However, we believe with the steps we are taking that the risk will be minimized considerably.

a. **Identification of COVID exposure**

Parents of participants will notify the board of Valley Soccer Club if the participant or someone in the participant's home is presumptive positive or tests positive for COVID.

Valley Soccer Club will notify participants who came in contact with the individual of potential exposure following CDC guidelines and HIPAA regulations on confidentiality.

b. **COVID Point of Contact**

For all Valley Soccer Club COVID related policy questions and concerns, please contact Andrew Gaffney at agaffney1@gmail.com and use the subject "COVID-19 Question".

3. **Steps to Reduce the Spread**

a. **Phased Reopening Plan**

Please note that this timeline is subject to change as new information becomes available.

i. **Stage 1 (2-3 weeks)**

- County has gone from Yellow to Green
- Training permitted within organization only
- No body contact, social distance during training
- No games, scrimmages or league participation permitted
- Reduced numbers of participants
- No shared equipment
- Spectators not permitted, parents can stay in vehicle
- Adult coaches must wear masks when with participants

ii. **Stage 2 (2-3 weeks)**

- County remains Green
- Body contact is permitted
- Scrimmages and friendly games with other clubs in same Green county permitted
- No league participation permitted
- Spectators permitted with social distance
- Adult coaches suggested to wear masks with participants

iii. **Stage 3 (2-3 weeks)**

- County remains Green
- Scrimmages and friendly games with other clubs in all Green counties permitted



- No league participation permitted
- iv. **Stage 4 (2-3 weeks)**
- County continues positive progress in Green with most government restrictions lifted
 - League participation is permitted
 - Social distance of spectators recommended during league games
- v. **Reverting to Earlier Stage**
- Be advised that we must be prepared at any time to take a step back and revert to an earlier stage, or potentially shut down operations, in the event of:
- a. A potential exposure occurs and results in a positive test
 - b. A cluster of infections occur
 - c. Inability to maintain COVID-19 prevention and response protocols
 - d. Inability to track and/ or isolate players and staff
 - e. External factor exposes a COVID-19 risk to our team or club
 - f. Changes to public health guidelines regarding group gatherings
- vi. **Final Stage**
- COVID-19 is no longer considered a public health risk and there are no more federal, state or local restrictions.
- vii. **Club Tentative Calendar (subject to change)**
- July 6, 2020 - Coach led training may begin for travel teams following the guidelines outlined in Stage 1 above. To ensure proper distancing from other teams, coaches must coordinate field time with Fields and Facilities in advance. Bathroom facilities will not be available for use at the fields.
 - August 3, 2020 – Club level training continues under normal structure of up to 2X per week training sessions
 - Changes will be communicated by the club to players, coaches and parents on any changes to scheduling, stage progression or needing to revert back to any prior stages.

b. Responsibilities under the Return to Play Policy

i. Parents

- a. Sign the Return to Play Policy Acknowledgement Form and the EPYSA Communicable Disease Release of Liability and Assumption of Risk Agreement. Participation will not be allowed without these signed forms.
- b. Monitor how their player is feeling and keep a player home if he or she is sick.
- c. Take child's temperature before leaving home to attend activities with others. Please follow CDC recommendations for appropriate temperature guidelines.
- d. Immediately communicate to the coach and notify club contact if a player tests positive for COVID-19.
- e. Discuss player responsibilities outlined in this guide with players.
- f. Make sure players use the bathroom prior to arriving to the facility.
- g. Consider not carpooling or extremely limited carpooling.



- h. Parents will adhere to the Player Drop Off and Pick Up Procedures outlined below and remain in the car for the entire session.
- i. Ensure player has water and a bag prior to leaving the house and getting out of the car. Equipment will not be shared or lent to other players.
- j. Ensure child's clothing is washed after every session.
- k. Ensure all equipment (cleats, ball, shin guards etc.,) are sanitized before and after every session.
- l. Be sure your child has necessary sanitizing products with them at every session.

ii. **Players**

- a. Have an adult sign the Return to Play Policy Acknowledgement Form. Participation will not be allowed without a signed form.
- b. Prior to arrival, before leaving home, players are to have their parents take their temperatures.
- c. Must be honest about how they are feeling, and if they are feeling sick, must stay home.
- d. Must immediately alert coach and notify club contact if player tests positive for COVID-19.
- e. Will not greet friends with high 5's, hugs, handshakes etc. There will be no group celebrations with human-to-human contact, including high-5s, hugs, handshakes, fist-bumps, etc.
- f. Listen to all directions given by coaches and staff.
- g. Bring and use **YOUR OWN WATER** and **BAG** to all activities. The club provide will equipment for each training session, and they will be sanitized after each session. You will not be permitted to share your bag or water with other players.
- h. Players should wear masks when entering or leaving the training session and during breaks. Masks are not required while actively participating in the training.
- i. Adhere to the Player Drop Off and Pick Up Procedures outlined below.
- j. Wash hands thoroughly before and after training.
- k. Bring and use hand sanitizer after every session.
- l. Wash and sanitize all equipment before and after every session.

i. **Coaches**

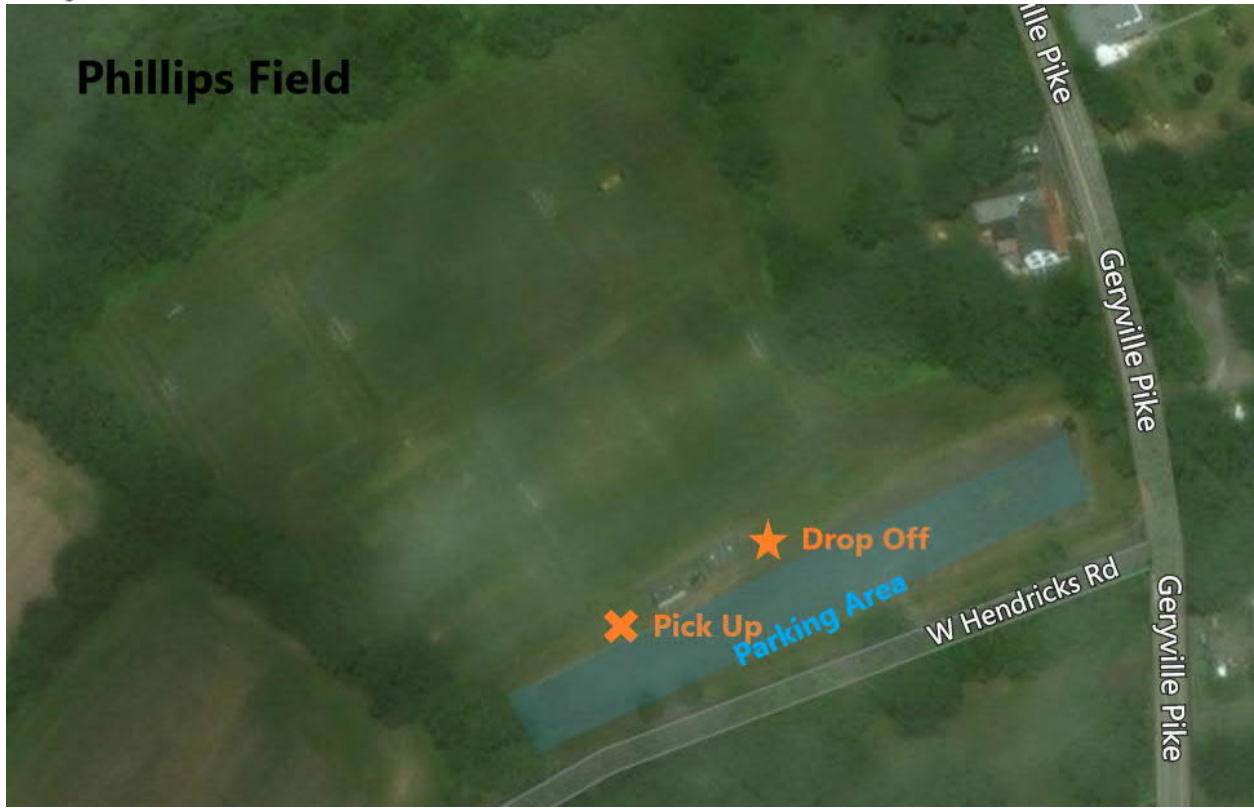
- a. Sign the Return to Play Policy Acknowledgement Form and the EPYSA Communicable Disease Release of Liability and Assumption of Risk Agreement. Participation will not be allowed without these signed forms.
- b. Collect all forms from participants. Coaches will not allow players to participate without signed forms.
- c. Ensure the health and safety of the participants.
- d. Inquire how players are feeling and send home anyone you believe acts or looks ill.
- e. Follow all state and local health protocols and guidelines.
- f. Take his or her own temperature before attending a session.
- g. Alert the Board Contact immediately if he or she feels ill, or tests positive for COVID-19.



- h. Ensure all players have their own individual equipment (water, bag etc.) and ensure that equipment is not shared.
 - i. The coach will sanitize each players soccer ball before and after every session.
 - j. Ensure the coach is the only person to handle equipment (e.g. cones, nets, etc.); do not enlist parental or attendee assistance.
 - k. Ensure all sessions are conducted outdoors and compliant with social distancing per state or local health guidelines, and guidelines outlined by the club.
 - l. Wear a face mask during Stage 1 of the reopening.
 - m. Avoid using pinnies during Stage 1.
 - n. Avoid contact play during Stage 1.
 - o. Coaches will maintain social distance requirements from players based on state and local health requirements and remain in gridded areas as outlined by the club.
 - p. Use hand sanitizer before and after training.
 - q. Wash hands thoroughly before and after training.
 - r. Have fun and stay positive.
- c. **Player Drop Off and Pick Up Procedures**
Currently the club will be utilizing Phillips Fields for training/camp sessions until such time permissions are granted to allow use of School District or Township Facilities. Refer to below map for drop off point and parking.
- i. **Arrival Procedures**
 - a. Parents/players arrive to drop off zones (see map on next pages). **There will be no parking permitted in any drop off/pick up zones.** Please use best judgment with parking.
 - b. Parents will remain in the car throughout the entire session.
 - c. Players will maintain social distancing of 6 feet or more while walking to their designated field.
 - d. Once players arrive at their designated field, players are not allowed to leave that spot during the entire session.
 - e. Place bag and water in designated area and away from other player's items.
 - f. Follow coaches and staff directions.
 - g. Parents may not enter the field areas for any reason other than emergencies. Questions for coaches can be addressed by phone or email until all restrictions are removed.
 - ii. **Departure Procedures**
 - a. Collect all equipment including water and bag.
 - b. Players will depart their field and head directly to car. Maintain social distance of at least six feet as you exit.
 - c. Please wear a mask and maintain a safe social distance of 6 feet or more from other parents and players.



Phillips Field





VSC Return to Play Policy Acknowledgement Form

- I acknowledge that I have read, fully understand and agree to comply with the Valley Soccer Club Return to Play Policy.
- Parents – I acknowledge that my child is voluntarily returning to club activities and I will fulfill the duties outlined in the Parent Responsibilities section of the Return to Play Policy. I also acknowledge that I will immediately notify my player's coach in the event of a positive or presumed positive COVID-19 case by the player or a member of our household.
- Coaches/Staff - I acknowledge that I am voluntarily returning to club activities and I will fulfill the duties outlined in the Coach/Staff Responsibilities section of the Return to Play Policy. I also acknowledge that I will immediately notify the Board Contact in the event myself or a member of my household has a positive or presumed positive COVID-19 case.

Role (please select one)

Parent

Coach/Staff

Name: _____

Signature: _____

Date: _____

PARENTS ONLY

Player's Name: _____

Age Group: _____

Team Coach: _____

