



CASA GENERAL HYGIENE AND SAFETY PROTOCOLS

SPRING 2021

Updated 3/15/2021

These protocols are to be followed until further direction is provided by the PA Department of Health and the CDC.

- Wash hands frequently.
- No sharing of drinks or food snacks.
- No shaking hands, high fives, fist bumps, hugs, etc.
- During training/games social distancing shall be maintained when practical. (i.e. 6 feet apart)
- Players, coaches, and club members shall not attend club activities if they feel ill, regardless of the type of symptoms.
- All players, coaches, spectators and attendees should wear masks at all times. The only time when players do not have to wear masks during participation is if they meet an exception in the Commonwealth of Pennsylvania's Order Requiring Universal Face Coverings. Section 3 of the Order provides an exception that allows an individual to remove their mask if wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition or a disability. Proof of meeting the exception is not required. For fully vaccinated individuals, masks should be worn in public places, which includes soccer activities.
- Any concern or issue relating to mask requirements, including compliance or noncompliance of the mitigation implemented by the club, may be reported and discussed with your coach, team manager or the CASA office directly. Under no circumstance shall a player confront another player, coach or parent, or address any issue with compliance of this recommendations directly with another player, coach or parent.
- For any individual who is considered a "close contact" with a COVID Positive case, it is still recommended that they quarantine for 14 days from last known contact with the positive case. However, quarantine restrictions may end for individuals who do not develop symptoms after 10 days of last known contact without a negative test. If the individual receives a negative specimen test, they may return after Day 7 of the last known contact or Day 5 after a negative diagnostic test. Again, symptoms should be monitored for a full 14 days.
- Coaches will disinfect training equipment (e.g. cones and scrimmage vests) after each use.
- Players shall sanitize their own ball after every practice or game.