

Metro Tulsa Soccer Club (MTsc)

Return to Play & COVID-19 Protocols & Guidelines

February 2021

The health and safety of our MTsc community is the responsibility of all players, volunteers, staff, and spectators. To assist in this regard, we have compiled the following recommended temporary guidelines for return to play. Every community in Oklahoma may have different restrictions and requirements on the resumption of sports activities which are changing from time to time. We are asking everyone to follow these guidelines in accordance with Federal, State, and local government mandates. By following these guidelines, together we will best protect our players and their families while bringing the enjoyment of soccer back to our community. Guidelines issued from time to time by the Tulsa Health Department and the CDC will take priority over those listed herein.

These required and recommended protocols and guidelines are common sense. By registering your child to participate in soccer activities this fall during the coronavirus/COVID-19 pandemic, you recognize the risks associated with training and competing in soccer scrimmages and games. If any parent or player is not comfortable with returning to play, they should not return until they feel they are able to do so. We recognize circumstances are fluid and as they change our protocols and guidelines may be adjusted accordingly. If we work together to minimize exposure to the COVID-19 virus, then we can all stay safe and healthy and continue to enjoy sports activities.

For additional guidance on whether a parent, player, spectator, or staff member should return to play, please refer to the "MTsc SAFE RETURN TO PLAY COVID-19 QUESTIONNAIRE" at the end of this document.

The following applies to all games and practices for Parents, Players, Coaching Staff, Referees and Spectators:

HEALTH SELF-CHECK & PROTOCOL REQUIREMENTS

1. Check your health and temperature before heading out to any soccer-related activities.
2. STAY HOME if you are not feeling well, have a fever, have COVID-19 or other flu-like symptoms, or are currently under a quarantine.
3. STAY HOME if you or anyone in your household is experiencing symptoms of COVID-19 and self-isolate for no less than 14 days and are free of COVID-19.
4. STAY HOME if you or anyone in your household has been exposed to anyone experiencing symptoms of COVID-19, and self-isolate for no less than 14 days and are free of COVID-19.
5. STAY HOME or STAY IN YOUR CAR (if you are the legal guardian) if you are in a high-risk demographic. This includes those who are 60 or older, those who have an underlying health condition such as heart disease, lung disease, etc.

For a more detailed list of high-risk health conditions as well as other related guidelines, please refer to the CDC and Tulsa Health Department.

SOCIAL DISTANCING GUIDELINES

1. Please provide a minimum distance of 6 feet on the sidelines between spectators.
2. Each MTsc family is encouraged to limit the number of family spectators in order to promote limiting the number of people on the sidelines and on the complex.
3. The use of Protective Face Coverings (covering nose and mouth) is strongly recommended while at MTsc complexes, pursuant to CDC and City of Tulsa guidelines (www.cityoftulsa.org/mask).

4. Parents are encouraged to bring hand sanitizer for player use as needed, including immediately after a game.
5. Personal greetings and physical acknowledgement (handshake or hugging) have always been an integral part of the community which is a soccer team. Unfortunately, these types of measures are not consistent with current best practice social distancing requirements and must be actively avoided.
6. Players and coaches are asked to avoid engaging in the following activities during the practices and games:
 - a. High-fives, hugs, tunnels and/or other group celebrations
 - b. The customary handshakes before and/or after the game with opponents, coaches, and referees
7. Avoid touching eyes, nose, and mouth with hands.
8. Cover mouth when coughing or sneezing.
9. No spitting on the field or sidelines.
10. Do not provide team snacks or drinks.
11. Do not share your water bottle, drink or food.
12. Concessions will be offered again beginning with the spring 2021 season and will post and the operator practice social distancing requirements.
13. Team pictures will be offered again beginning with the spring 2021 season and the operator will post and practice social distancing requirements.
14. Use of the complex's bathroom facilities is at your own risk; each person is strongly encouraged to use the facilities for emergencies only.

PLAYER UNIFORM AND EQUIPMENT GUIDELINES

1. Players should not share water bottles/drink containers, including refills from a cooler.
2. Uniforms and equipment (including but not limited to scrimmage vests, shin guards, soccer balls etc.) should be disinfected after each use and not shared.

REMINDER TO PARENTS

By registering your child to participate in soccer activities this fall during the coronavirus/COVID-19 pandemic, you recognize the risks associated with training and competing in soccer scrimmages and games. If any parent or player is not comfortable with returning to play, they should not return until they feel able to do so.

MTsc SAFE RETURN TO PLAY COVID-19 QUESTIONNAIRE

Before going to each practice or game, each parent, player, coach, referee and spectator should go through each of the questions below in order to ensure that they are free from COVID-19 symptoms and pose limited risk to others.

1. Are you or anyone in your household currently diagnosed with, or believe you may have been infected with, COVID-19?
2. Have you had any symptoms of COVID-19 in the past 10 days? Symptoms may include a high temperature (fever of 100.4°F), a new/continuous cough, a new/unexplained sore throat, any new/unexplained shortness of breath, a new loss of taste or smell, and other symptoms as identified by the CDC or Tulsa Health Department.
3. Have you been in contact with a COVID-19 confirmed or suspected case in the previous 14 days?
4. Do you have any underlying health conditions, as referenced by the CDC that may put you in a Higher Risk Health Category?

If you answered "YES" to any of these questions, you should STAY HOME and not attend MTsc team activities on this date.