

OREGON SOCCER CLUB: COVID-19 GUIDELINES

As of Aug. 13, 2020

PLAYERS

- Take your temperature before training. If your temperature is 100.4 degrees F or above, let your parents know and do not attend training.
- Do not go to practice if you have any of these symptoms:
 - COVID-19 exposure in past 14 days
 - Loss of taste/smell
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever >100.4 F
 - Chills
 - Headache
 - Sinus congestion
 - Cough persistent and/or productive
 - Joint aches and soreness
 - Vomiting or diarrhea
 - Rash
- Make sure to bring:
 - Hand sanitizer
 - Full water bottle
 - Face mask
 - Soccer ball
- Shinguards are NOT required at this time.
- You must wear a face mask while going to the session and when not actively participating in the session. It is recommended to wear a face mask during the session, but not required. Remember that the mask should cover the nose and mouth.
- Remain at least 6 feet away from all other players and coaches during the entire practice.
- Do not touch coaches or other players - so no high-fives, huddles, hugs, fist/elbow bumps, etc.
- Do not share ...
 - Water bottles
 - Soccer balls
- Do not touch cones, flags or any other equipment.
- Avoid touching your eyes/mouth/nose as much as possible. Cover your mouth and nose with your bent elbow or tissue if you need to cough or sneeze. Avoid spitting.
- You must wear a face mask while leaving the session.
- Depart immediately after training.
- Shower immediately at home following training.
- Ensure your apparel and equipment are properly cleaned and sanitized immediately.

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PARENTS

- If your child has previously tested positive for COVID-19, written confirmation of COVID-19 negative status and/or clearance from your physician is required for participation.
- If your child has experienced known COVID-19 exposure in the past 14 days, the following is recommended:
 - Home quarantine for 14 days
 - Written confirmation of COVID-19 clearance from your physician
- Take your child's temperature before practice. If their temperature is 100.4 degrees F or above, do not take your player to the session. Consult your family physician and alert your team's COVID-19 Coordinator.
- Do not allow your child to participate if they are experiencing any of these symptoms:
 - COVID-19 exposure in past 14 days
 - Loss of taste/smell
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever >100.4 F
 - Chills
 - Headache
 - Sinus congestion
 - Cough persistent and/or productive
 - Joint aches and soreness
 - Vomiting or diarrhea
 - Rash
- If possible, don't carpool. Should carpooling or ride-sharing be necessary:
 - Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials.
 - Rideshare with the same individuals each training.
 - Ensure that all passengers have passed both the preliminary and daily clearance requirements listed above.
 - Maintain safe distancing within the vehicle during loading, transport and unloading.
 - Limit the number of stops between departure site and training destination.
 - Wear PPE in the vehicle.
 - Reminder: In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, a minor and an adult who is not the minor player's parent/legal guardian should not be alone in the vehicle together.
- Make sure your child has:
 - A face mask. The mask should cover the nose and mouth, be breathable, consist of cotton or wicking-type material and follow CDC guidelines. PPE should be new or clean for each training session; and disposed or thoroughly cleaned after each training session.
 - Hand sanitizer
 - Full water bottle
 - Soccer ball
- Drop off player at designated drop-off spot
- Make sure your child is wearing a facemask while walking from car to field.

- If possible, do not stay at training. Depart the area, or if you must stay, wait in your car.
- Pick up player at designated pick-up spot promptly and depart immediately after training ends.
- Once you return home, ensure ...
 - Your child takes a shower immediately.
 - Your child's apparel and equipment are properly cleaned/sanitized immediately.
 - Your child's soccer ball and any other equipment used is sanitized, using an anti-bacterial of at least 60% ethanol or 70% isopropanol.

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COACHES

- Only one team can practice at a time - no multiple-team sessions. No more than 25 players in one session.
- Plan the entire session to ensure that players can participate while staying at least 6 feet away from each other.
- Remember that many players have not played soccer - or done any significant physical activity - for a significant period of time. Add in additional water breaks and consider the level of intensity.
- Do not use pinnies. Or, assign each player a pinnie that will be part of their uniform for each session for the season. They will be responsible for bringing it to and from practices and for washing it after each session. Bottom line: Pinnies cannot be used by different people.
- Before the session, clean and disinfect all equipment according to CDC hygiene standards, using an anti-bacterial of at least 60% ethanol or 70% isopropanol.
- Do not attend practice if you are experiencing any of these symptoms:
 - COVID-19 exposure in past 14 days
 - Loss of taste/smell
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever >100.4 F
 - Chills
 - Headache
 - Sinus congestion
 - Cough persistent and/or productive
 - Joint aches and soreness
 - Vomiting or diarrhea
 - Rash
- If you have any of the above symptoms, alert the team's COVID-19 Coordinator, the Director of Coaching, the club president and club vice president.
- All coaches will wear new or clean PPE during the session. PPE should cover the nose and mouth, be breathable, consist of cotton or a wicking-type material and follow CDC guidelines. PPE should be new or clean for each training session; and disposed or thoroughly cleaned after each training session.
- Set up a personal prep area for each player, where they can leave their soccer bag, water bottle, etc. One way to do this would be to set up cones separated by 6 feet in an area off the field.
- Remain at least 6 feet away from all other players and coaches during the entire practice. Do not touch other coaches or players - so no high-fives, huddles, hugs, fist/elbow bumps, etc.
- Ensure that all players stay at least 6 feet away from one another at all times, including during water breaks.
- Remind players to wear facemasks and leave the session promptly.
- Following the session, clean and disinfect all equipment according to CDC hygiene standards, using an anti-bacterial of at least 60% ethanol or 70% isopropanol - this must be done before running another session with this equipment. This includes equipment from the person prep area and equipment used during the session.

- Any coach who manages multiple teams should be especially vigilant to maintain physical distancing. Between training sessions with different teams, the coach should sanitize their hands and consider using clean PPE.

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COVID-19 COORDINATOR

- Check-in players at the field for each practice.
 - The station should provide appropriate products to sanitize your hands, which the participants should use upon arrival.
 - Participants should move through check in one-at-a-time, while maintaining social distance.
 - Upon arrival, ask each player a series of health screening questions, aligned with the CDC's "Coronavirus Self-Checker", to affirm medical clearance to participate.
 - Make sure each player has a water bottle.
- Take attendance of which players attend practice. These logs must be kept for a minimum of 21 days. Keep track of:
 - Date
 - Venue
 - Player Name
 - Parent Name
 - Parent Phone
 - Parent Email Address
 - Specific training session i.e. time/field/coach/etc.
- If a parent or coach reports to you that they have tested positive for COVID-19, contact the Director of Coaching, the club president and club vice president.
 - Be prepared to provide complete attendance reports for any practices the player or coach attended in the past 21 days.