



Return to Play Guidelines

Under the guidance of PA West, this document will serve as the guidelines for “Return to Play” for Wilmington Area Soccer Club. To help ensure the safest training and playing environment, everyone must take additional steps to help ensure member safety. These additional steps and the format were taken from PA West Return to Play Guidelines”. In addition, WASC has made sure these guidelines are in alignment with CDC Guiding Principles for Youth Sports (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>)

These guidelines are only applicable to WASC as located in a designated “Green” area determined by the Commonwealth of PA. If for any reason, our location falls back into a designated “Yellow” and/or “Red “area, WASC will cease all operations immediately until further guidance is obtained.

Pennsylvania Department of Health’s “Green” designation requires following the CDC Guidelines for COVID-19. CDC Guidelines offer four areas for action in youth sports: Promote Behaviors To Reduce Spread, Creating a Healthy Environment, Utilizing Healthy Operations, and Preparing for Illness.



August 15, 2020

Dear WASC Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume youth sports while following CDC considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

Intensifying cleaning, disinfection, and ventilation within our facilities and premises by cleaning and disinfecting frequently touched surfaces on the field, disinfecting bathrooms between use as feasible, cleaning and disinfecting shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants.

Reducing physical closeness or contact between players when possible by allowing players to focus on building individual skills (like dribbling, passing and kicking), keeping players in small groups, and staggering arrival and drop off times between age groups. Players will be allowed to scrimmage each other during practice and small sided games are permitted.

When approaching the field, there will be markers set out for each player to leave their personal items, practice bags and water bottles. WASC will provide soccer balls. ***Please do not bring your own soccer ball onto the field during practices. When not actively participating on the field, players will be required to stay 6 feet apart. (Water breaks will be taken in the assigned area where player personal items are located)*** WASC is not allowed to permit personal contact or close gathering, such as high-fives, handshakes, fist bumps, hugs and huddles.

Postponing travel outside of our community until restrictions are lifted to allow play of games in other areas according to PA West.

Promoting healthy hygiene practices by asking all players to bring their own hand sanitizer, labeled water bottles, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit or chewing gum. WASC will providing hand sanitizer before and after practices and games,

No adults on the fields during practices with the exception of your assigned coach. Requesting that parents and spectators wear a cloth face covering if they are within 6 ft of any member other than their family. **Players may opt to wear a cloth face covering on the sidelines and during play if feasible.** As a reminder, cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

Limiting the sharing of equipment by requiring players to keep all personal belongings in their assigned area. Players will not share pennies. All pennies will be placed in a bag at the end of each practice and then sanitized. Players are not to collect any field equipment. This will be the responsibility of coaches. Coaches will disinfect all equipment after use.

- **ALL PLAYERS MUST SIGN IN FOR EACH PRACTICE**
- **ALL PLAYERS MUST HAND IN WAIVER PRIOR TO PRACTICING**

Anyone who is sick, shows symptoms or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend any WASC activities. All coaches will be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. If someone does get sick during practice or at a game, the player will be removed from the field and isolated at the furthest unused shaded area. Coach will stay with the player and the parent will be contacted for immediate pickup. Coach will then immediately contact the President of WASC. President will immediately contact Dan Kennedy, Township Supervisor. Assistant Coach or Team Captain will activate phone contact to all parents for immediate pickup of all other players. All play will be suspended pending consultation with the local health department. If you have a specific question about this plan or COVID-19, please contact Melissa Headlee-Kendall at (878) 222-0391 for more information. You can also find more information about COVID-19 at www.cdc.gov.

We look forward to seeing you. Now, let's play!

Thank you and stay healthy,

WASC Board

CDC Guidance #1

Behaviors to Reduce the Spread

The CDC outlines the following items as important in reducing COVID-19



Wash hand with soap and water frequently.



Do not attend practice or game if not feeling well.



Cover coughs and sneezes.



Per public health recommendations, wear mask except when playing.



Avoid touching your face.



Follow all CDC guidelines as well as those of your local health authorities.

Mandatory Precautions:

	Coach	Club	Player	Parent
Wash with soap and water or use hand sanitizer during breaks in training and games and after training and games.	✓		✓	✓
Have adequate supplies of hand sanitizer.		✓		

Recommended Precautions:

Post signage reminding members to practice good hygiene.		✓		
Message members with reminders about good hygiene.		✓		
Disinfect non-washable equipment like cleats, ball, guards, gloves.	✓	✓	✓	✓
Promptly leave after training and matches.	✓	✓	✓	✓
Avoid using locker rooms	✓	✓	✓	✓
Bring your own water bottle; do not share.	✓		✓	✓
Avoid carpooling.	✓	✓	✓	✓
Shower immediately upon returning home.	✓		✓	✓
Bring and use hand sanitizer to every training and games.	✓		✓	✓

CDC Guidance #1

Behaviors to Reduce the Spread

The CDC recognizes the importance environment plays in the spread of disease. They offer a number of important steps toward creating a healthy environment. The goal is to provide players the safest training and playing environment possible.



No sharing of water bottles, snacks, or equipment.



Per public health guidance, masks should be worn when at all possible.



Physical distancing should be observed by players when possible and by all others at all times.

Mandatory Precautions:

	Coach	Club	Player	Parent
Handwashing facilities should be available when possible.		✓		
Hand sanitizer station on every bench.		✓		
Strict adherence to schedule. Prompt start; finish as scheduled. Prompt arrival and departure.	✓	✓	✓	✓
Restrooms should be cleaned regularly (minimum hourly) using disinfecting cleaners; use should be as directed by the manufacturer.		✓		
Team “huddles” should observe social distancing; no handshakes, high-fives, fist bumps, etc.	✓		✓	
Parents should remain in their cars during training.		✓		✓
Organize “stations” for each player at or around the bench area that are at least 6 feet apart in which players must keep all of their belongings. They shall be required to return to their “station” only during breaks.	✓	✓		
There will be no post-game handshake or team huddles. Players should clean up their gear and join their parents in their cars promptly.	✓		✓	
Pre-game and half-time huddles should observe social distancing; no handshakes, high-fives, fist bumps, hugs, etc.	✓		✓	
No post-game snacks.	✓	✓	✓	✓

Recommended Precautions:	Coach	Club	Player	Parent
Record all attendees (participants and spectators) at practices/games by club designee (coach, asst. coach, team manager at practice/team manager, field marshal, club COVID coordinator at games). This practice will aid in tracking if needed by public health authorities.		✓		
Discourage the use of carpools and ride shares.		✓		
If more than one team is using a field for training at the same time...training areas should be at least 20 yards apart.	✓	✓		
Avoid training indoors but when necessary be sure the area is well-ventilated with good air flow.		✓		
Spectators are permitted at games. Those from the same home may sit together. Those from different homes must sit 6 feet apart. They should remain in their cars until shortly before kick-off and return to their cars immediately following the final whistle.		✓		✓
Concession stands are not recommended.		✓		



CDC recommends establishing operational protocols that put in place the elements vital to player, parent, and staff safety.

Mandatory Precautions:	Coach	Club	Player	Parent
Staggered start times when multiple teams are using the same training site on the same night; staggered start times also apply on game day.		✓		
Home club will clean the technical areas with a disinfectant cleaner (follow manufacturer's usage instruction) prior to the teams from the next game arriving.		✓		
Before a club or team may begin to return to play, it must publish a notice to all players, parents and soccer families outlining the risks of returning and detailing how the club intends to minimize or eradicate those risks. Clubs should maintain record of parental/coach acknowledgement of risk.		✓		
All 'return to play' activities must be published as being voluntary. For example, if a child chooses not to attend tryouts for teams, the club must accommodate that child's return at a later date.		✓		

Mandatory Precautions:

	Coach	Club	Player	Parent
Clubs must provide hand sanitizer at each bench area for all activities.		✓		
All state and local health guidelines and protocols should be followed.	✓	✓	✓	✓
Before any and all activity (e.g. practice, tryout session, etc...) coach and player health assessment must be made incorporating the following elements. <ul style="list-style-type: none">• Must ask- have you been in contact with a person with COVID-19?• Must ask- have you had a cough, fever, or loss of taste or smell?		✓		
Stated club policy on all club personnel and coaches wearing protective gear (masks, gloves).		✓		

Recommended Precautions:

	Coach	Club	Player	Parent
Record all attendees (participants and spectators) at practices/games by club designee (coach, asst. coach, team manager at practice/team manager, field marshal, club COVID coordinator at games). This practice will aid in tracking if needed by public health authorities.		✓		
Plan for all player areas to be disinfected following every match and training session. Training for those disinfecting the player areas should follow the directions on the disinfectant label.		✓		
Provide adequate outdoor space for training.		✓		
Coaches alone shall be permitted to touch equipment, including training discs and cones; do not enlist help from players or parents.	✓	✓		

CDC GUIDANCE #4

Prepare for Illness



CDC guidelines require having a plan in place when illness returns. The plan will help control and mitigate the effects of COVID-19.

Mandatory Precautions:

	Coach	Club	Player	Parent
Have a communication plan in place. <ul style="list-style-type: none">• Prepare to notify coaches and families if the organization becomes aware of a participant or a coach/admin has developed COVID-19 and may have been infectious to others while at a youth or adult activity.• Maintain participant confidentiality regarding health status.		✓		
Have an action plan in place, in case of notification of a positive testresult.		✓		
Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.		✓		
Be prepared to shut down and stop operations.		✓		
Develop plans for temporary closure of indoor facilities and cancellation of outdoor activities or camps for proper disinfection.		✓		

ADULT TEAM RESPONSIBILITIES



	Team	Player	League
Adult teams should follow the criteria listed above.	✓	✓	✓
Create and distribute protocols to members.	✓		✓
Have a communication plan in place. <ul style="list-style-type: none"> Maintain participant confidentiality regarding health status. 	✓		✓
Be prepared to shut down and stop operations.	✓		✓
Record all attendees – players/managers/spectators.	✓		
Check temperature before attending a game/practice.	✓	✓	✓
Do not attend the game/practice when not feeling well.	✓	✓	✓
Staggered games times and game arrival/departure procedures.	✓		✓
Practice physical distancing in the team bench areas.	✓	✓	
Minimize contact away from the game play.	✓	✓	✓
Bring and use hand sanitizer.	✓	✓	✓
Be sensitive and accommodating to players who may be uncomfortable with returning to play at this time.	✓		✓
Notify the league of a COVID-19 diagnosis.	✓		