

# OREGON SOCCER CLUB: COVID-19 GUIDELINES

As of Oct. 21, 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 for practices.
- You must wear a face mask while going to practice sessions 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.
- **For games/scrimmages outside Dane County:** Masks/face coverings are required while playing. Additional WYSA game requirements are listed at the end of this document.

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**As of Oct. 21, 2020**

## **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.
- **For games/scrimmages outside Dane County:** Masks/face coverings are required for players while playing. Additional WYSA game requirements are listed at the end of this document.

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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. These are established on many Oregon SC fields with painted Xs.
- 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.
- **For games/scrimmages outside Dane County:** Remind players that masks/face coverings are required for players while playing. Additional WYSA game requirements are listed at the end of this document.
- 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.

# OREGON SOCCER CLUB: COVID-19 GUIDELINES

## As of Oct. 21, 2020

### 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.
- **For games/scrimmages outside Dane County:** Masks/face coverings are required for players while playing. Additional WYSA game requirements are listed at the end of this document.

	Definition	Actions of Individual(s)	Action of Team(s)	Communication Required	Return to Play	
Players or Coaches	<b>Close Contact Exposure to Positive case of COVID-19</b>	<p>Close contact would be defined as:</p> <ul style="list-style-type: none"> <li>- You were within 6 feet of someone who has COVID-19 for at least 15 minutes</li> <li>- You provided care at home to someone who is sick with COVID-19</li> <li>- You had direct physical contact with the person (hugged or kissed them)</li> <li>- You shared eating or drinking utensils</li> <li>- They sneezed, coughed, or somehow got respiratory droplets on you</li> </ul>	<p>Notify club/coach ASAP</p> <p>Quarantine for 14 days</p> <p>Monitor for:</p> <ul style="list-style-type: none"> <li>- Fever &gt;100.4</li> <li>- Cough</li> <li>- Shortness of breath</li> <li>- Chills</li> <li>- Headache</li> <li>- Other symptoms</li> </ul> <p><b>(<a href="https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html">https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html</a>)</b></p>	<p>Team is permitted to continue training and participating in events. Team members and coaches should be mindful of onset of any symptoms</p>	<p>Club should communicate to the team that an individual on the team has been exposed and will begin a 14 day quarantine.</p> <p><b>DO NOT</b> include names or personal details.</p>	<p>Completion of 14 days of quarantine <b>(<a href="https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html">https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html</a>)</b></p>
	<b>Symptoms</b>	<p>People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:</p> <ul style="list-style-type: none"> <li>Fever or chills</li> <li>Cough</li> <li>Shortness of breath or difficulty breathing</li> <li>Fatigue</li> <li>Muscle or body aches</li> <li>Headache</li> <li>New loss of taste or smell</li> <li>Sore throat</li> <li>Congestion or runny nose</li> <li>Nausea or vomiting</li> <li>Diarrhea</li> </ul>	<p>Notify club/coach ASAP</p> <p>Get a COVID-19 test</p> <p>Quarantine until at least 10 days have passed since symptom onset</p> <p><b>AND</b></p> <p>At least 24 hours have passed since resolution of fever without the use of fever-reducing medications</p> <p><b>AND</b></p> <p>Other symptoms have improved</p> <p><b><a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html#:~:text=Persons%20with%20COVID-19%20who,of%20fever-reducing%20medications%20and">https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html#:~:text=Persons%20with%20COVID-19%20who,of%20fever-reducing%20medications%20and</a></b></p>	<p>Team is permitted to continue training and participating in events. Team members and coaches should be mindful of onset of any symptoms</p>	<p>Communication not required unless individual receives a positive test result. In this case, see "Positive Test" section.</p>	<p>All three actions (quarantine for 10 days after symptoms began, at least 24 hours without a fever without medicine, and other symptoms improved) have been met.</p>
	<b>Positive Test</b>	<p>Official results provided by medical professional</p>	<p>Notify club/coach ASAP</p> <p>Quarantine until at least 10 days have passed since symptom onset</p> <p><b>AND</b></p> <p>At least 24 hours have passed since resolution of fever without the use of fever-reducing medications</p> <p><b>AND</b></p> <p>Other symptoms have improved</p>	<p>Team is permitted to continue training and participating in events. Team members and coaches who were considered to be in close contact (per the CDC definition) must begin a 14 day quarantine.</p>	<p>Club should communicate to the entire team that an individual on the team(s) has tested positive for COVID-19. <b>DO NOT</b> provide any names or personal details.</p> <p>Club/team should communicate to opposing teams they played against within onset of symptoms that they had an individual with a positive test.</p> <p><b>DO NOT</b> provide any names or personal details.</p> <p>Notify WYSA.</p>	<p>For individuals testing positive: All three actions (quarantine for 10 days after symptoms began, at least 24 hours without a fever without medicine, and other symptoms improved) have been met.</p> <p>For individuals who qualified as close contacts: Completion of 14 days of quarantine.</p>



## RETURN TO PLAY CHECKLIST & REQUIREMENTS

To ensure that its affiliated clubs are returning to play as safely as possible, WYSA requires that the below criteria be met. These requirements are largely derived from US Soccer's PLAY ON protocol. Each club's President must complete the electronic acknowledgement of this document and submit to WYSA prior to engaging in any further soccer-related activities. Club staff are expected to oversee these protocols, NOT match officials/referees. All activities must be outdoors.

1. **The club has acquired approval from or is compliant with any superseding requirements set forth by governmental organizations** (e.g., health department). In some cases, your District representatives may have already procured these approvals on behalf of clubs in their respective leagues.
2. **Create and adopt a hygiene policy** – must include at minimum:
  - a. Each player, coach and spectator have their own supply of hand sanitizer (minimum 60% alcohol content).
  - b. Each team has a supplemental supply of hand sanitizer available and easily accessible. Facilities may provide easily accessible supplies of hand sanitizer.
3. **Create and adopt a cleaning policy** – must include at minimum:
  - a. Cleaning and disinfecting frequently touched surfaces regularly; at least multiple times a day and preferably following each match or training.
  - b. Cleaning benches between each use/game. WYSA recommends removing benches wherever possible.
  - c. Protocols to clean and disinfect in the event of a positive COVID-19 case.
4. **Create and adopt a protective measure policy** – must include at minimum:
  - a. Any player or coach exhibiting COVID-19 symptoms of any kind must refrain from participation for 10 days or until medical clearance through a primary care provider has been acquired.
  - b. Measure ensuring spectators and players not actively participating in a match are at least 6 feet apart unless those spectators are within the same family unit.
    - i. No more than two spectators per player are allowed at a match.
  - c. Players must maintain a social distance whenever not in competition. This includes whenever being addressed by coach or match official (e.g., for equipment check).
  - d. Spectators not allowed at trainings.
  - e. Carpooling to a match or training outside of a family unit is not recommended.
  - f. All spectators in attendance at a match will be required to wear a mask. Any spectator who cannot meet this requirement may observe from a vehicle and/or be absent from the fields/facility until the match is completed.
  - g. All players not on the field of play during a match will be required to wear a mask.
  - h. Coaches will be required to wear a mask during matches and during trainings wherever possible.
  - i. Players and spectators may only consume drinks or snacks they have provided for themselves. No team snacks.
  - j. Prior to, during and following a training or match there will be no handshakes, high fives, or other unnecessary contact; even within the team.
  - k. Measures for taking player, coach and spectator attendance at each training and match. This should include contact information (phone number and email) for each individual.





- l. Training and match scheduling that enables sufficient time for players, coaches, and spectators to leave an area, necessary sanitation to be performed and the next group to enter the space.
- m. Spectators should be situated on the same sideline as their team bench with the opposing team and spectators on the opposite sideline to limit exposure.



- n. Entrance and egress for arrival and departure of players and spectators is communicated and/or defined.
- o. Acknowledgement and agreement that travel outside of the State for soccer competitions is limited to pre-approved competitions (e.g., Midwest Regional League, participation in an interstate Cross-Border agreement).

For larger, multi-field venues, signage is strongly recommended. On-site staff may also be necessary to coordinate compliance. Please be aware that at some venue's bathrooms will be unavailable/inaccessible/locked so all should plan accordingly.

- 5. **Create and adopt a process for staff/club personnel receipt, acknowledgement, or training on these policies.**
  - a. Staff/club personnel should include coaches, managers, board members and any individual(s) who are likely or anticipated to provide services with players in your club.
  - b. Contact information for staff/club personnel should be centrally maintained by the club.