



ALAMO HEIGHTS FORT SAM HOUSTON YOUTH SOCCER FIRE SOCCER CLUB

COVID-19 ACTION PLAN

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Introduction

The virus (SARS-Cov-2) that causes the Coronavirus 2019 Disease (“COVID-19”) is easily transmitted, especially in group settings, and it is essential that the spread of the virus be slowed to safeguard public health and safety. The obligation rests with each one of us to do everything we can as an organization to provide a healthy and safe environment for our Alamo Heights Fort Sam Houston Youth Soccer (AHFSH) families.

To that end, in accordance with the guidelines set forth by the Centers for Disease Control (CDC), the State of Texas - Governor’s Strike Force to Open Texas - Youth Sports Operators Minimum Standard Health Protocols, US Soccer Play On, US Youth Soccer Return to Play(USYS), South Texas Youth Soccer (STYSA), Bexar County and the City of San Antonio (COSA), AHFSH will return to play with the safety protocols and action plan described in this document, which may change from time to time.

The conditions during this pandemic have continually evolved and changed frequently – weekly or even daily. AHFSH knows that additional information and new guidelines will be forthcoming from the CDC and the State of Texas. All players, parents, coaches, and volunteers will receive communication on the AHFSH General Hygiene and Safety Protocols and this Action Plan, which will be updated as necessary. At the bottom of this document, we have provided you with the most recent resources from the CDC, State of Texas, COSA and US Soccer. Please review these resources with your child. We ask that you review these resources a number of times as the content may change from time to time.

In addition to this Action Plan, AHFSH will communicate with all families and will provide CDC Education materials on behaviors that reduce the spread of COVID-19 to include, at a minimum: proper wearing of face masks, proper hand hygiene, properly covering coughs and sneezes, and staying home when sick.

This document does not replace the advice or direction of medical professionals. The risk of infection still exists. As directed by federal, state and local authorities, AHFSH will proceed cautiously using best practices, and monitor and comply with CDC, State of Texas and local guidance and directives.

Please recognize that many families and individuals will have reservations about re-opening and reintegrating. We must be respectful, sensitive and flexible as we restart and continue through our season. If a parent, child or coach is not comfortable returning to play, they should not.

COVID-19 Symptoms

Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

General Hygiene and Safety Protocols

Everyone

- Wash your hands thoroughly both immediately before and immediately after each AHFSH activity.
- Have hand sanitizer available at all times.
- No shaking hands, high fives, fist bumps, hugs, or other close-contact celebratory rituals.
- Spitting and chewing gum are prohibited
- Food and drinks may not be shared with other players or spectators
- Social distancing, i.e., maintaining a distance of at least six (6) feet apart, is to be maintained at all times.
- No player, coach, volunteer, parent, or spectator can attend any AHFSH activity if they are feeling sick, in any manner.
- Any sick player, coach, or volunteer must, at minimum, quarantine as required by CDC. A sick player, coach, or volunteer can only return with a doctor's approval, which is to be provided to the AHFSH COVID-19 Point of Contact in written form.
- No contact with other teams before and after each game/practice session.

LEAGUE/CLUB

- Provide sanitizer at field locations if necessary
- On hand digital thermometers to check temperatures if necessary
- Distribute and post Return to Play guidelines to all members
- Provide adequate field space for social distancing as applicable to various stages
- Establish a designated drop off and pick up zone for each field or parking lot
- Stagger game / practice times to limit population at fields
- Train and educate all staff to your league and club's guidelines and protocols for Return to Play
- Have an action plan in place in case of a positive test for COVID-19
- Maintain participant confidentiality regarding health status
- Document reasonable and prudent steps taken and completed to keep players, coaches, staff and spectators as safe as reasonably possible
- Be prepared to shut down and stop operations

Coaches

- Coaches shall properly wear a facemask or improvised mask such as scarf, bandanna, or handkerchief, at all times, unless doing so jeopardizes their health. In the case of this health concern, the coach must report the request to wear no mask to AHFSH COVID-19 Point of Contact, prior to attending AHFSH activity.
- Only coaches can touch or move training equipment.
- All training equipment – cones, goals, etc. must be disinfected before and after each use.
- Coaches must sanitize all team soccer balls (not individual player balls) and equipment (such as cones) after each AHFSH activity.
- As players arrive, coaches must check each player in using the attached form. Players 11 and under must be checked in by a parent or legal guardian; players 12 and older may check themselves in. Each parent, legal guardian or player must be asked: (1) what the player's temperature was during the one-hour period before coming to the AHFSH activity, (2) if the player has any COVID symptoms, and (3) if the player is sick. If a player indicates they have a temperature of 100.4°F or above, that they have COVID symptoms, or that they are sick, the player must be sent home immediately. During any AHFSH activity, coaches must monitor players for symptoms. If a player appears to have a fever or to be sick, the player must be sent home immediately.
- Only one coach may attend to an injured player.

Players

- Players must wear facemasks when arriving to and departing from an AHFSH activity, and at all times when not on the field of play during an AHFSH activity. During a game, all players on the bench must wear a facemask. At parent's direction, players may wear a facemask during on field activity.
- Players shall never share equipment, water bottles, etc. When not in use all player's personal effects shall be placed in player's bag.
- Players shall make sure soccer ball, water bottle etc. are clearly marked with player's name.
- Players 12 and older may check themselves in with their coach prior to the start of each AHFSH activity. Players who check themselves in must report: (1) what their temperature was during the one-hour period before coming to the AHFSH activity, (2) if they have any COVID symptoms, and (3) if they are sick.

Parents

- Parent shall take player's temperature immediately prior to player's participation in an AHFSH activity, and screen player for COVID symptoms and illness.
- Parent shall check players 11 and under in with their coach prior to the start of each AHFSH activity. Parents must report to the coach: (1) what player's temperature was during the one-hour period before coming to the AHFSH activity, (2) if the player has any COVID symptoms, and (3) if the player is sick. Parent may consent to players aged 12 and older to check themselves in with the coach and to reporting the preceding information to the coach. Parents must wear a mask when checking player in with their coach.
- Parent shall not send player to an AHFSH activity if player's temperature is 100.4°F or above.
- Parent shall monitor player for symptoms prior to, during and after AHFSH activity.
- Parent shall immediately notify the AHFSH COVID-19 Point of Contact if your player is ill or should become ill.

Spectators

- Spectators, including parents, shall not assist coach or coaches with equipment during AHFSH activity.
- Spectators shall remain a minimum of 6 feet from all sidelines and end lines.
- Spectators shall not retrieve the ball when it goes out of play.

Identification of COVID-19 Exposure

- Parents shall notify the AHFSH COVID-19 Point of Contact if a participant or someone in the participant's home is presumptive positive or tests positive for COVID-19.
- Without divulging the name and identity of said individual, AHFSH will notify participants who came in contact with the individual of the potential exposure, following CDC, COSA and STYSA Guidelines, and following HIPAA regulations regarding confidentiality.
- Sick players or coaches must quarantine as required by CDC and COSA; and, can only return to participate in an AHFSH activity with a doctor's written approval, provided to AHFSH COVID-19 Point of Contact.

Resources

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

State of Texas Office of the Governor

<https://gov.texas.gov/>

South Texas Youth Soccer Association

<http://www.stxsoccer.org/>

US Soccer

<https://www.ussoccer.com/playon/guides>

US Youth Soccer

<https://www.usyouthsoccer.org/>

City of San Antonio

<https://covid19.sanantonio.gov/Home>

AHFSH COVID PLAYER CHECK IN

In accordance with the AHFSH COVID Action Plan, all players must be checked in by a coach prior to the start of each AHFSH activity, such as a practice or game. Players 11 and under must be checked in by a parent or legal guardian. Players 12 and older may check themselves in.

As players are checked in, the parent or player must report:

- What the player's temperature was during the preceding one-hour period
- If the player exhibits any COVID-19 symptoms, which include: fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea
(source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)
- If the player is sick

If a player indicates they have a temperature of 100.4°F or above, that they have COVID symptoms, or that they are sick, the player must be sent home immediately.

Player Name	Date of AHFSH activity (practice, game)										

Coach: Use a "X" to indicate a player has been checked in; use a "S" to indicate a player was sent home. Leave the cell blank if a player is absent.