

CLARENCE

SOCCER CLUB

COVID-19:

RETURN TO PLAY


GUIDELINES



TABLE OF CONTENTS


| | |
|-----------------------------|-----|
| Participants/Players..... | 3 |
| Spectators and Parents..... | 4 |
| Coaches..... | 5 |
| Club..... | 6 |
| Phases Explained..... | 7 |
| Additional Resources..... | 8-9 |

Coaching Questions? Contact Tom Karanas:

 **(716) 310-9122 (cell)**

 CSCDIRECTOROFCOACHING@GMAIL.COM

COVID-19 Questions? Contact Doug Curella:

 **(716) 432-2580 (cell)**

 CSCEXECUTIVEDIR@GMAIL.COM

These guidelines have been established to help reduce the spread of the Covid-19 Virus. Please respect these guidelines to not only keep you and your family safe, but also members of other families and friends. We ask that all families follow the [guidelines](#) that are established by New York State and other health organizations.

Please read the below confidentiality notice. This document should not be shared with anyone without explicit written permission from the Clarence Soccer Club.

CONFIDENTIALITY NOTICE: This document is intended to be viewed only by the recipient to whom it is addressed. This transmission may contain confidential information which is protected. If you have received this document in error please reply to Thomas Karanas indicating the error and delete any copies from your computer. Any disclosure, copying, distribution or the taking of any action in reliance on the document is strictly prohibited.

PARTICIPANTS/PLAYERS

- Players will set up bags/equipment a minimum of 6 ft. from their teammates (coaches will outline for players).
- Players will only use their own water bottle and will not share any equipment with teammates, coaches, or team managers.
 - Clearly mark your name on your water bottle.
 - Each player is recommended to bring at least two bottles of water to training, to limit the need for refills.
 - It is not recommended that players use public water fountains.
- No high fives or handshakes etc.
- When not in the game players should remain 6 feet apart and/or wear a face mask.
- All players must bring their own soccer ball. There will be no sharing of soccer balls.
- Participants should get dressed at home in training gear so that you can arrive to the training site ready to play, without needing to use locker rooms or changing areas.
- Participants are recommended to pack and bring to training personal sanitizing supplies, including face covering and hand sanitizers. Sanitizing materials should be clearly marked and not shared. [Quick facts](#) on personal protective equipment (PPE).
- Wash your hands before departing for training.
- Conduct a daily temperature check for low grade fever (>100.4.) at home before training. If you have a fever, do not go to training. Consult your physician.



COVID-19 BEST PRACTICES



Wash your hands

Use soap and water to wash your hands for at least 20 seconds, or use hand sanitizer. Avoid touching your face.



Practice social distancing

Keep 6 ft. away from others. No high fives, handshakes, or fist bumps.



Stay at home if you aren't feeling well

Don't come to training if you have been exposed to someone with a positive COVID-19 diagnosis, or if you are experiencing symptoms.

SPECTATORS AND PARENTS

- Limit of 1 spectator per player. If a spectator wishes to watch close to a field, that individual must:
 - Bring their own chair. Spectators are not permitted to sit on any bleachers/benches at the Clarence Soccer Center.
 - Always stay a minimum of 6 feet away from players and coaches.
 - Wear a facemask.
- Drop off is recommended. We also recommend watching from the car as an option.
- The use of a face mask by spectators is required when within six feet of other people.
- It is recommended that players arrive to the field in their own vehicle and do not carpool.
- Arrive no sooner than 10 minutes prior to your scheduled practice time to avoid crowds. It is recommended that you wait in your car if you arrive early.
- Any player, coach, or family members showing signs or symptoms of the Covid-19 virus should notify their coach and league officials immediately.

ADVICE FOR PARENTS & GUARDIANS



STAY INFORMED. Review all safety recommendations and ensure your family follows them. Have your player take the PLAY ON Pledge. Support the coach and organization in adhering to all safety recommendations.

STAY SAFE. If possible, do not attend training. Stay in your car or away from the training field. Socially distance from other parents at all times. Avoid carpools/ridesharing if able. Ensure your player's gear and clothing are cleaned immediately at home after training.

COACHES

- Coaches will outline (with cones) 6 feet of distance to create individual “spaces” for players to set up bags/equipment. These spaces will be used for water breaks.
- No Bibs should be shared.
 - No sharing of bibs during training sessions.
 - If bibs are used during a training session, they must be washed before the next training session.

Coaches are responsible for placing down and picking up all equipment used during training sessions (ex. Cones, bibs, ladders, goals, etc.). Players should not be touching any of this equipment.

- All equipment used for training (cones, ladders, etc.) must be sanitized after each session. We will have equipment sanitation stations available in the clubhouse for coaches to utilize.
- Balls utilized for scrimmages need be sanitized before each scrimmage and at half time.
- All coaches, assistant coaches, and team managers should wear facemasks during all soccer activities.
 - Facemasks are provided by the Clarence Soccer Club. Please do not hesitate to ask if additional masks are needed.
- Encourage players to be safe and maintain social distance whenever possible during sessions. During water breaks, encourage players to sanitize their hands as well with hand sanitation they brought individually (no sharing).

SMART IDEAS FOR YOUR PHASE I TRAININGS

Organize Your Small Groups.

- Establish your small groups of players & avoid changing them throughout Phase I.
- Provide groups with specific & different training times.
- Suggest colors for players to wear to eliminate the need for bibs at training.

Arrive In Safe Style.

- Give each player an exact arrival time to stagger when players enter the facility or field. Encourage them to stay in their car until that arrival time.
- Assign specific areas to enter and exit the field or facility to prevent crossovers with arriving & departing groups.

Communicate. And Communicate Again.

- Share your club's health & safety guidelines with all participants in advance of training.
- Where able, ensure your facility and fields have extensive signage & information available regarding safety precautions to prevent the spread of COVID-19.
- Collect names & contact information for all participants at trainings & have an appropriate plan in place if you need to advise them of risks or exposure.

CLUB

- Hand sanitation stations will set up throughout the complex (near fields, outside of clubhouse, etc.).
- Signs will be posted to reinforce social distancing and other guidelines concerning COVID-19.
- Public restrooms will not be open. This may change, but at this point the Town of Clarence Parks Department has decided not to open public restrooms.
- Follow all social distancing guidelines that are meant to reduce the risk of the Covid-19 virus.



**HEALTHY
HYGIENE CHEAT SHEET**

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Avoid spitting and coughing.
- Wear a face cover when not physically active at training.
- Do not share equipment at training, including water bottles, towels, and bibs.

PHASES OVERVIEW

This phases overview provides structure for a gradual approach to return to play during this unprecedented time of the COVID-19 pandemic. U.S. Soccer recommends approaching your return-to-play activities sequentially through five phases. It is critical to assure processes, habits and strict compliance to your current phase, before advancing to the next.

RETURN-TO-PLAY 5 PHASES OVERVIEW



0

Phase 0: Stay and Shelter

Duration: Based on state and local regulations

- STAY AT HOME. BEND THE CURVE.
- No organized trainings or competitions
- Consider virtual options

1

Phase I: Individual and Small Group Training

Suggested Duration: 4-6 weeks

- State and/or local stay and shelter regulations lifted
- Recommend small group trainings with max of 9 players and 1 coach
- Maintain social distancing
- COVID-19 prevention protocols in place

2

Phase II: Full Team Training

Suggested Duration: 3-6 weeks

- Full team training allowed
- Continue to maintain social distancing
- COVID-19 prevention protocols in place
- Allow 3 weeks for COVID-19 tracking purposes

3

Phase III: Full Team Competitions

Duration: Indefinite

- Full team competitions can occur
- Continue COVID-19 mitigation strategies
- Consider only local and single-day competitions
- Large events guided by local/state public health authorities

4

Phase IV: No Restrictions

- COVID-19 is no longer a public health matter and there are no restrictions directed by federal, state and local authorities.
- Please refer to www.recognizetorecover.org for general health and safety recommendations from U.S. Soccer.

* Across the country, clubs in different regions will be operating under differing state & local regulations and may be in different phases.

All phases must be compliant with your region's regulations.

NEW YORK STATE RESOURCES

- [INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)
- [REOPENING NEW YORK: SPORTS AND RECREATION GUIDELINES](#)

U.S. SOCCER RESOURCES

- [PLAY ON](#)
- [FAST FACTS](#)

NYSW GUIDANCE AND RESOURCES

- [RETURN TO PLAY DETAILS](#)

Coronavirus Information and Updates



- **NY State** – Return to play update per the recently released “INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY” document:
 - **Effective July 6, 2020** in regions that have reached or surpassed Phase 3 of the State’s reopening and in accordance with this guidance, participants in lower and **moderate risk sports (Soccer)** and recreation activities may

partake in all types of play, except competitive tournaments requiring travel.

Please see link to master guidance below:

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

- **NYSWYSA State Cup 2020 – Cancelled**
- Coach Education – Courses will begin no earlier than July 6th – Updated D and grassroots courses to be announced soon.
- Return to play details: <http://nyswysa.org/return-to-play-details>
- Ideas and things to do during the lockdown <http://nyswysa.org/we-kick-corona-stay-in-the-game-with-at-home-practice>