



Loyalhanna United Soccer Club
Return to Play Protocol
Spring 2021

This document provides an overview of how Loyalhanna United Soccer Club will approach returning to play as permitted by the Commonwealth and the CDC guidelines.

Introduction

This document outlines procedures and expectations for players, coaches, parents, spectators and club administration to provide a safe playing environment as we return to play.

Overview

These expectations are universal for anyone associated with Loyalhanna United Soccer Club to maintain a safe playing environment:

1. Wash hands with hand sanitizer frequently.
2. Do not attend a game or training session if you are not feeling well (whether you are a coach, player, or spectator).
3. Cover all coughs and sneezes with elbow (not a hand).
4. Avoid touching your face.

Players

1. Use hand sanitizer to wash hands prior to training and games, during breaks in training and games, and immediately following a training session or game.
2. Disinfect soccer equipment before and after any training session or game with disinfectant spray, a Lysol wipe and or soap and water.
3. Promptly leave after your scheduled training session or match, do not remain to socialize or watch other sessions or games.
4. Bring your own water bottle, DO NOT SHARE WITH ANYONE ELSE.
5. Bring and use your own hand sanitizer.
6. Arrive at your scheduled session on time and in full gear ready to play.
7. You will have a station designated by your coaches to keep your soccer gear. All gear needs to remain 6 feet from another player's gear. Soccer players, gear, and bags are not permitted in or around the pavilion.
8. Any team huddles will be done using social distancing (6 feet apart). There will be no handshakes, fist bumps, or high fives.
9. No post game snacks of any kind or social gatherings.
10. **Masks -- At this time per the Governor's guidance, masks are mandatory for all participants at each game. This includes players both on and off the field and referees. We still have several weeks to the season so the guidance may change. However, at this time masks are a must.**

Coaches

1. Wear a mask at all times when coaching a game or running a training session when you're within 6 feet of anyone.
2. Wash hands with hand sanitizer during breaks in training sessions and immediately before and after training sessions or games.
3. Disinfect all equipment before and after training sessions and games with Lysol wipes or disinfectant spray. Scrimmage vest will be washed after every training session and game.
4. Only coaches may handle any training session equipment (cones, corner flags, scrimmage vests, etc.)
5. Promptly leave the park immediately after training sessions and games, do not stay and watch other training sessions or games.
6. Do not share water bottles with anyone.
7. Avoid carpooling and encourage your team to do the same.
8. Bring and use your own hand sanitizer to training and games.
9. Maintain a strict adherence to training session schedules. Start and end training sessions on time.
10. Ensure all team huddles observe social distancing (6 feet apart) and that there are no handshakes, fist bumps, high fives, or anything else that would violate social distancing rules.
11. Organize stations for your players to keep their equipment that are at least 6 feet apart. Coaches and player will remain 6 feet apart during breaks in training.
12. No post game snacks of any kind or social gatherings.
13. If you are sharing a field for a training session with another team, make sure you are at least 20 yards away from said team.
14. Take attendance for training sessions and conduct pre-training health assessments before every training session and game. Coach will ask each player if they have had contact with anyone diagnosed with COVID-19, if they feel sick at all, and if they traveled out of state recently. If any the answer to any of those questions is yes, you'll be given a form with how to proceed specifically.

Parents

1. Wash hands with hand sanitizer before and after you take your child to any training session and during any applicable breaks.
2. Make sure all soccer equipment your child uses is cleaned and/or disinfected before and after each training session or game.
3. Promptly leave with your child immediately following their scheduled training session or game, do not socialize or watch other teams.
4. Avoid carpooling when at all possible.
5. Bring and use your own hand sanitizer to training session and games when possible.
6. Help maintain a strict adherence to schedule. Make sure your child arrives on time for all scheduled training sessions or games.
7. No post game snacks of any kind will be allowed.
8. Please stay in your car during training sessions.
9. Parents and spectators are asked to maintain a 6-foot distance from all people (except member of household) and wear a mask at all times.

Club Administration

1. Have adequate supplies of hand sanitizer available for everyone at the soccer park.
2. Have signage posted reminding members to practice good hygiene.
3. Message members with reminders about good hygiene and health protocols.
4. Make sure all equipment at the soccer park is disinfected.
5. Promptly leave after training sessions and matches.
6. Use your own water bottle and do not share.
7. Avoid carpooling and encourage the same in the rest of the club members.
8. Have hand sanitizer stations available on every bench on games and available on every training field for training sessions.
9. Make sure all teams are maintaining a strict adherence to schedule; start times and end times.
10. Make sure teams have organized stations for each player's belongings that are at least 6 feet apart.
11. Make sure no post game snacks are being distributed for any of the teams.
12. Make sure all attendees are recorded at each training session and game. Coaching staff from each team will record attendance at their training sessions and submit to a club designee. There will be a club designee at all games in charge of recording attendance of all players, coaches, and spectators.
13. Help ensure that any teams sharing a field for a training session remain 20 yards apart.
14. Parents and spectators are asked to maintain a 6 foot distance from all people (except member of household) and wear a mask at all times.
15. Schedule staggered start times as much as possible for training sessions and games so less people are arriving at the same time.
16. When appropriate, clean and disinfect technical areas before and in between each game.
17. Ensure all players returning to play are made aware of the possible risks and receive a copy of this document outlining procedures that will be followed to help create the safest possible playing environment.
18. Make sure that it is conveyed that participation in soccer camp or the soccer season(s) is voluntary, but everyone who participates must adhere to the club protocols.
19. Make sure all benches have hand sanitizer available for every game.
20. Make sure a health assessment is conducted prior to each training session and game. This will consist of each player and coach being asked if they've been around someone with COVID-19, feel sick at all, or have traveled out of state.
21. Plan to have all playing areas disinfected before and after each training session and game.
22. Make sure adequate space is available for training.
23. Make sure only the head coach is touching any of the coaching equipment.

COVID Positive Response Plan- What happens if there is a positive test?

1. Club administration will remind the exposed or ill player or parent of the CDC self-isolation instruction and the need to contact their physician.
2. Club designee will contact the county health department of the exposure or illness and confirm necessary steps.
3. All individuals with possible exposure will be notified following county health department guidelines.
4. The club will disinfect all affected facilities and equipment.
5. The club will institute adjustments to training schedules including closure of the soccer park if deemed necessary by the Loyalhanna Board in consult with the health department.
6. Individual's confidentiality will be respected through all facets of this process.

Additional Resources:

1. [CDC Guidelines on Proper Cleaning and Disinfecting of Facilities.](#)
2. [CDC Considerations for Youth Sports.](#)
3. [HIPPA Waiver Information.](#)
4. [Return to play guidelines from US Soccer.](#)

Health Department Contact Information:

- At this time all contact should be directly to the PA Department of Health.
- Contact numbers are: 814-765-0542 or 1-877-PA-Health (1-877-724-3258). The number answers 24 hours, however the best time to contact them to speak with a nurse would be between 8:00 AM - 4:30 PM.
- You can also contact the PA Department of Health via their website at:
<http://www.health.pa.gov>.