

Plum Area Youth Soccer (PAYS) Protocol for COVID-19

Effective Date – June 11, 2020

This document provides an overview of how PAYS will approach returning to play as permitted by the Commonwealth of Pennsylvania. The purpose of this document is to define the protocol and expectations for all members of PAYS (Admin, Coaches, Players, Parents). All members must adhere to the expectations in order to participate in PAYS activities.

Return to Play Approach

PAYS will be following the guidance of PA West and take a phased approach to returning to play once Allegheny County moves to the Green Phase.

- **Pre-Phase (currently):** Individual and virtual training. This phase includes individual fitness and technical work for players at home and with family members or with teammates via virtual solutions.
- **Phase One (June 5 – June 19):** Intra-club activity...training and small-sided in-house activities. This phase includes small-group training within teams and small-sided games (“SSG”) within teams.
- **Phase Two (Beginning June 20):** Intra-club activity...small-sided games between teams within the clubs may be introduced in addition to training and SSG within teams.
- **Phase Three:** Inter-club and Intra-club activity...training, small-sided in-house games, and small-sided inter-club games (within same county)
- **Phase Four:** Activity opens to include full size matches and travel beyond county limits.

Movement from each phase to the next is dependent on a team/club remaining COVID-free. Should a case of COVID occur within a team/club, movement to the prior phase should be made.

Overview

It is the expectation that all members of PAYS **will follow the expectations** below to help provide a safe environment for all individuals.

- Follow all CDC Guidelines as well as those of the PA and Allegheny County Health Departments.
- Do not attend any activity (including training or game) if you are not feeling well.
- Wash your hands with soap and water and/or use hand sanitizer frequently.
- Cover coughs and sneezes with your elbow.
- Avoid touching your face.
- Do not share water bottles, snacks or equipment.

Player expectations

It is the expectation that all players of PAYS **will follow the expectations** below to help provide a safe environment for all individuals.

- Do not attend any activity (including training or game) if you are not feeling well.
- Wash hands and/or use hand sanitizer during breaks in training and games and after training and games.
- Leave promptly after training and matches with their parent/guardian.
- Bring a sufficient amount of water in your own water bottle; do not share.
- All team huddles (pre-game and half-time) should observe social distancing. No handshakes, high-fives, fist bumps, etc.
- Keep your bag and belongings 6 ft from others.
- No post-game handshakes or post-game team huddles should occur.

Below are some recommendations to help players provide a safe environment for all individuals.

- Where possible, bring hand sanitizer to every activity.
- Showering immediately upon returning home.
- Disinfect equipment after each use.
- Players should wear masks to and from the cars to the sideline
- In-house players should wear their reversible jersey to training to allow for dividing players during training. (Players should be prepared to reverse their jersey during training)

Parent expectations

It is the expectation that all parents of PAYS players **will follow the expectations** below to help provide a safe environment for all individuals.

- Do not attend or bring your player to any activity (including training or game) if you/they are not feeling well.
- Wash hands and/or use hand sanitizer often while at fields.
- Leave promptly after training and matches with your player.
- Ensure your player brings sufficient amount of water in their own water bottle; Reinforce not to share.
- Instruct your player to keep their bag and belongings 6 ft from others.
- Maintain social distancing on the sidelines of all training and games. This includes staying safely back from the field.
- No post-game snacks are permitted to be shared with the team.

Below are some recommendations to help parents provide a safe environment for all individuals.

- Where possible bring hand sanitizer to every activity.
- Showering immediately upon returning home.
- Disinfect equipment after each use.
- Masks should be worn, when possible.
- Minimize the number of individuals attending training and games.
- Parent should have their in-house players wear their reversible jersey to training to allow for dividing players during training.

Coach/Admins expectations

It is the expectation that all PAYS coaches/admins **will follow the expectations** below to help provide a safe environment for all individuals.

- Do not attend any activity (including training or game) if you are not feeling well.
- All practices and games (including changes) must be scheduled through Age Group Coordinator and Fields & Equipment Coordinator
- Wash hands and/or use hand sanitizer during breaks in training and games and after training and games. (Gloves are not required)
- Masks should be worn at all times (unless the coach is on the field playing with the players).
- Ensure PAYS provided hand sanitizer is available for your team.
- Disinfect equipment (balls, cones, etc.) after each use.
- Use of benches and shared pinnies are prohibited at the current time.
- Strict adherence to schedule. Prompt start and finish as scheduled.
- Leave promptly after training and matches.
- Ensure players keep their belongings 6 feet apart from one another in the bench area. Ensure the players return to their area during breaks.
- Ensure all players bring their own water bottle; Reinforce not to share.
- All team huddles (pre-game and half-time) should observe social distancing. No handshakes, high-fives, fist bumps, etc.
- No post-game handshakes or post-game team huddles should occur.
- No post-game snacks are permitted to be shared.
- Ensure there is at least 20 yards between teams during training when multiple teams are present.
- Only coaches are allowed to touch training equipment such as cones.
- Record and submit attendance of all players/spectators on PAYS specified form.
- Before any and all activity (e.g. practice, tryout session, etc...) coach and player health assessment must be made by asking all participants the following questions.
 - Have you been in contact with a person with COVID-19?
 - Have you had a cough, fever, or loss of taste or smell?

If anyone answers yes to the following questions the coach will ask the player & parent/guardian to leave the activity.

Below are some recommendations to help coaches/admins provide a safe environment for all individuals.

- Where possible, bring personal hand sanitizer to every activity.
- Showering immediately upon returning home.

PAYS expectations

It is the expectation that PAYS **will follow the expectations** below to help provide a safe environment for all individuals.

- Ensure adequate supply of hand sanitizer is available and that hand sanitizer is provided to each coach for use during training and games.
- Post PA West COVID-19 and PAYS “Help us limit the spread” lawn signs around fields.
- Increase communication to members about reminders regarding good hygiene and best practices.
- Handwashing will be available at Plum Boro restrooms, which will be cleaned according to the PA Recreation and Park Society policies.
- Ensure coaches record and submit attendance of all players/spectators on PAYS specified form.
- Stagger starting times of training and games.
- No benches will be used on the sidelines.
- No flags during games.
- Ensure all players have submitted a participation waiver prior to returning to play.

COVID Positive Response

In the unfortunate case that there is a possible case of COVID reported by a PAYS club member, PAYS will take the following actions:

- Ensure confidentiality and protection of the identity of the individual.
- Remind the exposed individual of the CDC self-isolation instruction, the need to notify their county health department and their physician.
- Contact the Allegheny County Health Department (“ACHD”). Discuss with them the tracing needed and the appropriate response (including suspending operations). Follow direction of ACHD regarding appropriate response.
- Send a communication to the entire club indicating that there has been a case identified in the club within the appropriate age group and participants will be contacted by the health department.
- Notify PA West and Plum Boro.

Additional Resources:

CDC Considerations for Youth Sports:

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

US Youth Sports Return to Activity Notice:

https://www.usyouthsoccer.org/assets/1/6/usys_rta_notice_051920.pdf

USOPC Coronavirus Update Page:

<https://www.teamusa.org/coronavirus>

CDC–Additional Information Symptoms of Coronavirus:

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

Coronavirus Prevention & Treatment:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>