

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

Updated Date – March 24, 2021

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.

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.
- Follow the PA West Required Checklists (See link below)
- Everyone should remain in their vehicle until the designated time to enter the facility. This allows teams and spectators from the previous game to depart.
- 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.
- Masks must be worn at all times (including parking lots, common areas, on the field while playing and sidelines).
- 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.
- Maintain social distancing in the bench area.
- 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.
- 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.
- Masks must be worn at all times (including parking lots, common areas and sidelines).
- 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 in the spectator area and 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.
- 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 must be worn at all times.
- Ensure PAYS provided hand sanitizer is available for your team.
- Disinfect equipment (balls, cones, etc.) before and after each use.
- Use of benches and shared pinnies are prohibited at the current time.
- Tents and Tarps may be used to shield from the sun. However, there should be enough tents to allow the players to socially distance.
- 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.
- 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:

PA West Checklists:

<https://www.pawest-soccer.org/news/covid-19-info-center/>

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>