

Southern Lehigh Soccer Club



COVID Safety and Action Plan

Yellow Phase – No Soccer Activity

Green Phase (Stage 1)

1. General

- a. County has gone from Yellow to Green.
- b. Training permitted within organization only.
- c. No body contact - must social distance 6 feet apart during training.
- d. No games, scrimmages or league participation permitted.
- e. Reduced numbers of participants on fields – see 8.h.
- f. No sharing of water, snacks or equipment – water bottle needs to be clearly labeled.
- g. No shaking hands, high fives, fist bump, hugs, etc.
- h. Spectators not permitted; parents should stay in vehicle or away from field sideline.
- i. Adult coaches must wear masks when with participants.
- j. Players to wear face mask when not involved in soccer activities or on the bench.
- k. Player may wear mask during activity at parents or players discretion.
- l. All individuals (players, coaches, and fans) should measure their body temperature to ensure there is no fever present before participating in any soccer activities. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19, should not attend any soccer activities (body temperature must be less than 100.4°F).
- m. Any player or coach who has exhibited symptoms of COVID-19 must quarantine as required by CDC/PA Dept. of Health. Can only return with a Doctor's note which must be submitted to the SLSC COVID Point of Contact.
- n. All players and parents will receive communication on our safety and action plan before return to play begins.
- o. CDC Education materials will be shared with all participants (coaches, players, and parents) on behaviors that reduce the spread of COVID-19 to include but not limited to: hand hygiene, sanitizing equipment, properly covering coughs and sneezes, and staying home when appropriate.
 - i. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

2. Arrival at Facility for Practice

- a. Parents should maintain social distancing when arriving and parking at practice facility.

- b. Parents should remain in cars during practices and stay away from field, coaches, and players.
 - c. Parents must adhere to arrival and pick-up times strictly to minimize cross-over interactions between teams.
 3. Arrival at Facility for Games
 - a. N/A – no games during this phase.
 4. Snack Stand
 - a. Snack stand will remain closed.
 5. Bathrooms
 - a. Use of restrooms at Upper Saucon Park is at your own risk. SLS is not responsible for cleaning restrooms.
 6. Shed
 - a. Only one coach can use the equipment shed at a time and must wipe down any touched surfaces upon exiting the shed.
 - b. No players are permitted in the shed at any time.
 7. Parents Responsibilities
 - a. Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements. Share information with your son or daughter.
 - b. No signs of COVID-19 for the player the past 14 days and no known exposure before sending him or her to training. Sick players and coaches must stay at home and follow appropriate health guidelines.
 - c. Take player's temperature before any practice and ensure temperature is below 100.4°F.
 - d. Parents of participants will notify the COVID Point of Contact and the coach if the participant or someone in the participant's home is presumptive positive or tests positive for COVID.
 - e. Provide personal soccer ball for child's use at practice.
 - f. Determine if you want your child to wear a face mask during training and notify coach of your decision.
 - g. Sanitize and wash all equipment, uniforms, and scrimmage vests after each training.
 - h. Pack soccer ball, hand sanitizer, a face mask, and tissues in his or her bag.
 - i. Spectators are not essential to training and not recommended to attend, exceptions can be made for younger players.
 - j. Ensure coaches have all up-to-date contact information including emergency contact information.
 - k. Comply with social distancing and mask directives. Adhere to rules of the club regarding attending training sessions.
 - l. Direct your child to never share water, snacks or equipment.
 - m. Notify the club's COVID Point of Contact and coach should your child become ill.
 - n. Do not assist coach or coaches with equipment at the beginning or end of practice.
 - o. Ball goes off touchline or end line allow players or coach to retrieve the ball.
 - p. Understand that use of restrooms at Upper Saucon Park is at your own risk – players should use restrooms at home before arriving at park.
 - q. Parents make the ultimate decision on their child's attendance participation.
 8. Coaches Practice Procedure

- a. All coaches must sign the return to play agreement and must receive the parent's waiver for all players attending sessions.
- b. If coaches do not feel well, they should not attend practice and should report illness to Travel or Rec Coordinator AND the COVID Point of Contact and can only return to coaching duties with doctor's approval note.
- c. Coaches need to wear masks that completely cover the nose and mouth at all times during arrival, practice and clean-up of sessions.
- d. Upon arrival at practice, coaches and players should immediately sanitize their hands with the team provided hand sanitizer.
- e. Only coaches touch cones .
- f. Social distancing = six (6) feet apart – coaches will instruct players to place personal items 6 ft apart on sideline of practices and/or games.
- g. Practices should be structured in a manner that eliminates any lines or clumping of players. Players need to remain 6 feet apart during the practice session including water breaks.
- h. Maximum number of people per field space:
 - i. 7v7 Field – 14 players and 2 coaches
 - ii. 9v9 Field – 18 players and 2 coaches
 - iii. 11v11 Field – 22 players and 2 coaches
 - iv. Teams are not permitted to share a field when practicing
- i. If a player gets injured at practice:
 - i. Only one coach may approach the player.
 - ii. Coach must wear gloves and mask.
 - iii. Coach should minimize the interaction with the player as much as the situation allows.
 - iv. If injury is minor, player should be removed from the practice area, allow to rest and return to practice when player is ready.
 - v. If injury is more severe, coach should call parent and remove player from the practice area (if it can be done safely) and remain with player until parent arrives.
 - vi. As always, for severe injuries, the coach should call 911 and inform the parent.
- j. No shared scrimmage vests allowed. Provide each player with their own and instruct parents to wash after every session.
- k. Any cones or shared equipment needs to be wiped down with disinfectant after the session.
- l. Coaches must follow club scheduled practice times to avoid cross-over interactions of teams.
- m. All coaches will be provided with a medical kit or bag with gloves, extra masks, sanitizer, and facial tissues.

9. Positive Cases with SLSC

- a. Any positive cases of COVID-19 for players, coaches, or household member must reported immediately to the SLSC COVID Point of Contact:
Mylene Fooij – 979-215-7451 Registrar@southernlehighsoccer.com

- b. When notified of a positive case, SLSC board will make a determination on the notification of the teams as well as any facility remediation plans or facility closures per current local and state guidelines.
- c. SLSC has the right to cease all organized team practices as the result of positive cases within the club or local area.

Green Phase (Stage 2)

To Be Determined – board will notify coaches when club will move to stage 2.