



Southern Tier **Adult Soccer League**

2021 Return to Play Guidelines, Protocols & Secondary Policies

Rev 01
June 2, 2021

Summary

The following document presents recommendations, guidelines and protocols for the League's 2021 Season.

In cases where this document conflicts with the revised STASL Policies, this document shall take precedent.

Unlike the professional Leagues, the STASL is unable to regularly test and sequester players.

Anyone (players, coaches, officials, spectators) participating in the STASL 2021 season has a responsibility not only to themselves, but to all other participants. Everyone should be aware of and conforming to all recommendations from the State and County on remaining safe (social distancing, masks, etc.). IF YOU ARE NOT WILLING OR PREPARED TO TAKE REQUIRED PRECAUTIONS, DO NOT PLAY, COACH, COME TO WATCH OR OFFICIATE THIS YEAR.

Anyone in a high risk category (e.g. lung / breathing issues, compromised immune systems, anyone who's undergone organ transplants, etc.) is recommended not to participate.

It is vitally important that everyone involved in the process of return-to-play does so with diligence and attention to the widely-agreed-upon standards and guidelines.

One recommendation we've seen is to **remember the four C's**. Avoid **C**ontact, **C**onfinement and **C**rowds. Lastly, make realistic **C**hoices in deciding whether to participate in any activity.

Social distancing can feel like you have to be socially isolated, but it's important to remember that this is not the case. You can still safely talk and interact with teammates and colleagues while following simple safety guidelines:

- Wearing a mask.
- Staying 6 feet apart where possible.
- Maintaining good hygiene.
- Avoid physical contact.
- Stay home when you are sick.

Additional Resources

For further guidance, information and best practices on dealing with Covid-19, participants should stay up to date with the Chemung County Health Department & NY State Department of Health and the CDC at:

New York State Department of Health Novel Coronavirus (COVID 19) Website:
<https://coronavirus.health.ny.gov/>

Centers for Disease Control and Prevention Coronavirus (COVID 19) Website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Pre-Game Preparedness

- For any reason, if you do not feel 100%, both physically or mentally, please stay home.
- All attendees should follow the facility’s policies on mask requirements. Otherwise, the CDC guidelines as shown below may be utilized.

Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
Less Safe		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
		Dine at an outdoor restaurant with friends from multiple households	
		Attend a crowded, outdoor event, like a live performance, parade, or sports event	

Get a COVID-19 vaccine



Prevention measures not needed

Take prevention measures
Fully vaccinated people: wear a mask
Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

• Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).

• CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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- When using a mask:
 - Acceptable face coverings include but are not limited to cloth (e.g. homemade sewn, quick cut, bandana) or surgical masks.
 - Consult the CDC guidance for additional information on cloth face coverings, as well as instructions on use and cleaning and disinfection.
- Have enough hand sanitizer for yourself to use before - during - and after a game.
- Have your own water bottle. We are discouraging the use of team water jugs and bottles.
- Bring a clean towel to wipe off perspiration.
- Travel with as few people as possible to training. It is recommended to only travel with members of your immediate family or household.

At The Field

- Follow all posted and communicated guidelines and requirements set forth by the facility and their management.
- Conform to the NYS mandate of no more than 2 spectators per player, or spectator allowances policy set by the facility.

- Spectators should follow social distancing, and utilize a mask per facility & County guidelines.
- While getting prepared, do not sit facing others. Face the same direction, preferably with your back to the wind.

Preparing To Play

- **Reminder:** Due to stay-at-home guidelines throughout the country, many players have been less active while at home. Players may not be physically prepared to return to full intensity play and as a result, are at greater risk for injury or illness should they be placed in a full-intensity game environment. Coaches should take this into account and make adjustments as deemed necessary.
 - The STASL's substitution policy is:
 - Players may be substituted and re-substituted as frequently as desired.
 - Substitutions can be made only at the following times:
 - Goal.
 - Goal kick.
 - Throw-in, on either team's throw.
 - Half-time.
 - When play is stopped for an injury (only injured players may be substituted).
- Players should keep social distancing practices in places when being checked by the referee.
- Coin Toss: Practice social distancing during the coin toss procedure. Handshakes, fistbumps, etc. should be replaced with "play well", "good luck" or other positive words.
- Avoid any "Go team!" huddles before taking the field.

During The Game

- Players, coaches and officials are asked to avoid spitting or clearing their nose. Exercise extra care if this cannot be avoided.
- Goalkeepers are urged to avoid spitting on their gloves.
- Do not touch or share anyone else's equipment, water, towel, food, bags and/or other personal items.
- Avoid pats on the back, handshakes, high fives, fist bumps and group celebrations.

After The Game

- Avoid pats on the back, handshakes, high fives, fist bumps and group celebrations.
- Remember social distancing (remaining at least 6 feet apart).
- While getting prepared to leave, do not sit facing others. Face the same direction, preferably with your back to the wind.

Testing Positive / Illness

Refer to CDC guidance on “Symptoms of Coronavirus” (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) for the most up to date information on symptoms associated with COVID-19.

If you experience fever, cough, shortness of breath or other symptoms, call your healthcare provider. Do not visit your doctor’s office or an emergency room without calling first so staff members can take appropriate precautions.

As a reminder; For any reason, if you do not feel 100%, both physically or mentally, please stay home.

Disclaimer

These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice. Also, consult with federal, state and local orders and/or laws for legal considerations. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability, STASL, WNYSAs, and USASAs, and their directors, officers, contractors, volunteers and agents in connection with your use of the enclosed guidelines. The STASL makes no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.

The STASL reserves the right to update and/or modify this document on an “as needed” basis. Revisions to this document will be published with changes marked accordingly.

Conclusion

In the event that you have a question, or need clarity on anything covered, or not covered within this document, please contact us via email at our website, southerntieradultsoccer.org