

Triboro Youth Soccer Club

Covid-19 Action Plan



Club contacts:

President Nate Kromer triborodoc@gmail.com

Vice President Tara Mrazik mrazikt1031@gmail.com

Recreation Director Jason Euculano tribororecdir@gmail.com

Travel Director Jason Druckenmiller druck18@yahoo.com

U6 Director Don Peters U6triborosoccer@gmail.com

EXPOSURE NOTIFICATION PROCEDURE

Parents, players, and coaches must notify a club contact of any known exposure, symptoms of COVID-19, or positive COVID-19 test. In the event any coach or player shows symptoms of COVID-19, has a known exposure to COVID-19, or tests positive for COVID-19, they must stay home from training for 14 days. In the event any Triboro team is exposed to COVID-19, they must discontinue practices and games for 14 days. Triboro will notify all players within the club and/or any organizations outside of the club of any known exposure to COVID-19 as soon as possible. All notifications will be in accordance with HIPAA privacy laws.

RESTART GUIDELINES

- **Parents must evaluate your child with these four questions prior to sending them to a TRIBORO SC practice, game, or event.**
 - Has the player or a resident of your household, or anyone you have been in close contact with shown signs/symptoms of COVID-19, or been diagnosed with COVID-19 and/or tested positive for COVID-19?
 - Has the player or a resident of your household, or anyone you have been in close contact with have a fever today?
 - Has the player been told by the department of health or healthcare provider to quarantine?
 - In the past 14 days, has the player traveled to any of the states listed on the PA website as recommended to quarantine?
- If you can answer yes to any of the above questions, please email the coach and DO NOT attend practice.

GENERAL HYGIENE AND SAFETY PROTOCOLS

This is a general list. Please consult the PA Department of Health and CDC hygiene and safety protocols which must be followed in all stages.

- Wash your hands frequently
- Have hand sanitizer available at all times.
- No sharing of water, snacks or equipment
- No shaking hands, high fives, fist bump, hugs, etc.
- Physical distancing = 6 feet apart
- No player or coach can attend if they are feeling sick.
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health. Can only return with a doctors approval provided to the club.
- Disinfect all training equipment- cones, goals, flags etc. Only coaches can touch or move equipment.
- Per EPYSA guidelines, coaches, athletes and spectators must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least six feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings. Face coverings must be worn on the sidelines, when athletes are not actively playing.

- Players wear face masks when not involved in soccer activities or on the bench. Players may wear masks during an activity at parents or players discretion.
- No scrimmage vests until further notice. Once allowed, scrimmage vests are washed after every session. Should consider it personal equipment, and provide each player with their own.
- Players provide their own ball. Each ball sanitized before/after every practice or game.
- Only one coach may attend to an injured player. Must wear a mask and gloves.
- Minimize contact with other teams before, during, and after each session.

PARENTS/GUARDIANS

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements. Share information with your son or daughter.
- 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.
- Determine if you want your child to wear a face mask during training.
- Sanitize and wash all equipment and uniforms after training.
- Pack hand sanitizer and a face mask in his or her bag.
- Spectators are not essential to training and not recommended to attend, however, it may be necessary for younger players. 25 people max at a field.
- Comply with social distancing and mask directives. Adhere to rules of the club regarding attending training sessions.
- Direct your child to never share water, snacks, or equipment.
- Notify the club and coach should your child become ill.
- Do not assist the coach or coaches with equipment at the beginning or end of practice.
- If the ball goes off touchline or end line, allow players or coaches to retrieve the ball.
- Parents make the ultimate decision on their child's attendance participation.
- This is a general list. Please consult the PA Department of Health and CDC hygiene and safety protocols which must be followed in all stages.

COACHES

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer, and any additional club directives or requirements.
- Reinforce directives, policies, and protocols as necessary with parents and children.
- As players arrive, inquire how they're feeling. If they are ill or appear to be ill, send them home
- Supply your medical kit or bag with gloves and sanitizer.
- Implement social distancing at all times. Each player and their equipment at least six feet from the next player.
- Per EPYSA guidelines, coaches, athletes and spectators must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least six feet.
- Players may wear masks during training at their discretion. Must wear when not engaged in soccer activity.
- Only coaches may touch or move equipment. Players do not touch or move equipment.
- No bodily contact in training until further notice.
- Avoid activities involving lines, maintain social distancing in training.
- Sanitize all equipment after training.

- Scrimmage vests are not allowed until further notice.
- Minimize interaction with other teams that train before or after you. Emphasize players should go straight to cars.
- Be positive, fun, and engaging. Help the children acclimate and reintegrate.

PARTICIPATION LIMITS

The opening of the Green Phase limits the number of participants on a field. Best practices and other professional recommendations are no more than 25 participants per field (both halves) and training in small groups with a ratio of 1 coach per 9 players. Spectators are not recommended as players and coaches come first but may be required for younger players.

4v4 = 10 people (8 players and 2 coaches per field)

7v7 = 16 people (14 players and 2 coaches per field)

9V9 = 20 people (18 players and 2 coaches per field)

11V11 = 25 people (22 players and 3 coaches per field)

RESOURCES

Commonwealth of Pennsylvania

<https://www.governor.pa.gov/plan-for-pennsylvania/>

Pennsylvania Department of Health

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

CDC Considerations for Youth Sports

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

United States Olympic Committee and Paralympic Committee

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

US Soccer

<https://www.ussoccer.com/playon/guides/phase-1-grassroots>

US Youth Soccer

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

Pennsylvania Recreation and Park Society

<https://prps.org>

RETURN TO PLAY STAGES

STAGE 1

- All Hygiene protocols are in effect unless otherwise noted.
- County must be designated as "Green"
- Facility/fields must be legally open.
- Club only activity only may begin. Play is limited to your currently registered players and coaches.
- Small group training- no more than 25 per field. Ratio of 1:9 coach to player recommended.
- No competitions, i.e. league play or tournaments
- Players and coaches may travel to train from Yellow counties. Individuals must assess the risks.
- Carpooling not recommended. If carpooling is necessary, the same group should always travel together.
- Social distancing required
- No activities with body contact
- Consider injury risk strategies as endurance, strength, and soccer skills come back into focus.
- Spectators not recommended at the field.
- Per EPYSA guidelines, coaches, athletes and spectators must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least six feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings. Face coverings must be worn on the sidelines, when athletes are not actively playing.

Allow 2-3 weeks in this stage for acclimating to training and developing new habits, as well as for viewing any symptoms and the possible need for tracing and tracking.

STAGE II

All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.

- Full teams may be integrated for training. Body contact is allowed in training.
- Scrimmages, friendlies, etc... may be played within your club.
- Acclimate players to build up towards competitive play. Train appropriately to reduce the risk of injury.
- No competitions, i.e. league play or tournaments
- No goal celebrations involving physical contact with others
- No pregame/postgame line-ups handshakes or fist bumps
- Spectators are allowed at the fields and must comply with social distancing to each other. The same applies to the sideline-maintain six-foot distance from Assistant Referee and players.

Allow 2-3 weeks in this stage for players' acclimating and physical preparedness, as well as continued tracing and tracking purposes as may be necessary.

STAGE III

All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.

- Typical pre-season activity may occur. Scrimmages, friendlies etc., may be played with clubs from any Green county.
- Local protocols and procedures should be shared with any visiting team.
- Play Days with multiple teams/clubs not recommended, but if held responsibly, must be within the limits of public gathering size.
- Strongly recommended to stay local. Limiting travel still recommended. No inter-state travel permitted. Must stay within Pennsylvania.

STAGE IV

All hygiene protocols are in effect unless otherwise noted. This stage of Restart to be addressed by Eastern Pennsylvania Youth Soccer and its Board of Directors.

Most Government restrictions have been lifted.

- Eastern Pennsylvania member leagues may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel.
- Eastern Pennsylvania sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel.
- Also subject to restrictions on public gathering size.
- Teams will be permitted to participate in out of state or regional leagues, provided the game will be played in an open state.
- Teams will be permitted to participate in out of state tournaments provided the tournament will be played in an open state.
- Be advised travel outside of your area still comes with caution. Limited travel still recommended.

REVERTING TO AN EARLIER STAGE

Be prepared at any time to take a step back and revert to an earlier stage, or potentially shut down operations, if:

- A cluster of infections occur
- Inability to maintain COVID-19 prevention and response protocols
- Inability to track and/ or isolate players and staff
- External factor exposes a COVID-19 risk to your team or club
- Changes to public health guidelines regarding group gatherings

FINAL STAGE

COVID-19 is no longer considered a public health risk and there are no more federal state or local restrictions.