

Soccer COVID-19 Guidance & Plan



*****Failure to comply with these mandated rules may result in suspension from the program/league*****

DISCLAIMER: Participants, volunteers and spectators engaging in soccer and activities related to soccer do so with knowledge of the risk and potential exposure involved and agree to accept any and all inherent risks to their personal health.

NOTE TO ALL: Guidance was developed using information from US Soccer, Eastern Pennsylvania Youth Soccer Association, LARS and PA state sport safety guidelines. *They are subject to change.*

NOTE TO COACHES: Please inform your players and families of the following guidelines.

Prior to Arrival at Practice/Game:

1. Take body temperature 30 minutes prior to ensure that no fever is present before attending any Lancaster Rec activity.
2. Conduct a health screening (see chart below for guidance).
 - a. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 must not attend any Lancaster Rec activity unless cleared by a medical professional.
3. Encourage all players & coaches to practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.
4. Clean and sanitize personal and shared equipment before and after each practice/game.
5. Wash hands and do not touch eyes, nose or mouth prior to or during practice/game.
6. Do not congregate in the parking lot or on the field. Stagger start times to avoid crowding in parking lots and for check-in, if possible.
 - a. Please refrain from carpooling unless necessary.
7. Upon each player arriving, a health screening must be completed by coach before they are permitted on the field (see chart below).
8. Use hand sanitizer to disinfect all players & coaches hands prior to practice and upon check-in.
 - a. All players must bring: a clearly marked water bottle, 2 masks, and hand sanitizer
9. Players must wear a mask after leaving their car as well as bring a spare mask. If you cannot provide a mask, Lancaster Rec has a limited supply.
10. Coaching staff and other adult personnel must wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
11. Players may wear masks during activity at their discretion but must wear masks when not engaged in soccer activity and on the sidelines.
12. Practice Spectators: No Spectators are permitted during practices. If a parent/guardian chooses to remain at the field during practice, they are asked to remain in their car.
13. Game spectators: It is recommended that no more than 2 spectators per player attend games and must adhere to social distancing and must wear masks/face coverings.
 - a. If for health reasons a spectator cannot safely wear a mask, they are not permitted at the sideline area. They must sit in a row behind all other rows sufficiently distanced from other spectators for their safety.
 - b. Please be aware other clubs may have more restrictions on spectators and will notify, if needed.
 - c. It is the parent/guardian's responsibility to inform other family members of all guidelines and protocols to avoid confusion, if they are attending as the player's spectators for the game.
14. Parents are asked to not engage another parent about following protocols. If a protocol is not being adhered to, rather than creating a distraction, it is recommended to move to a safe distance and they will be addressed as the coach deems appropriate.
 - a. Failure to follow procedures may result in restrictions or removal from program of parent and/or player.

Game Play/On-Field Guidance:

1. Maintain social distance (6ft) between all players and coaches when not directly participating in practice drills and games.
2. Coaching staff and other adult personnel must wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
3. Players may wear masks during activity at their discretion but must wear masks when not engaged in soccer activity and on the sidelines. Place masks in personal bags if not being worn while in game.
 - a. A separate place for players needing to 'cool down' coming off the field when needing to breathe without a mask for a few minutes is permitted. Players in this area must be 6' apart and in a row.
4. Players are to sanitize hands during breaks, when possible.
 - a. Players/coaches must bring a personal bottle of sanitizer.
5. Practice fields must be set up in quadrants and rotate groups systematically, when possible.
6. Keep a buffer of space between fields & teams, if possible.
7. Keep same groups of teammates together for drills, when possible.
 - a. Limit contact during drills as much as possible.
 - b. For contact drills, continue to keep players in 1-1 partner drills or within the same small group of teammates as much as possible.
8. Huddles must be avoided. If necessary, keeping as much distance between people as possible.
9. Throw-ins are permitted as they are part of the game. When the player returns to the sideline, either the coach is to provide a squirt of hand sanitizer or the player can get their own from their bag.
10. Scrimmage vests are not recommended. Encourage players to bring a second shirt all of 1 color to use, if pinnies/vests are needed.
11. Players are discouraged from removing and re-inserting mouth guards unless necessary and must sanitize them in between uses.
12. When players return to the bench from game action or upon game completion, they must use hand sanitizer and put on their mask.
13. If a player is injured, only one coach is to attend to that player while wearing mask and gloves.
14. All equipment must be cleaned and sanitized in between groups and after each practice/game.
15. All participants are encouraged to shower promptly and wash all clothing after each practice

Limited Contact/No Handshakes/Personal Contact Celebrations:

1. Players must take measures to prevent all but the essential contact necessary to play the game. Handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. are not permitted.
 - o Suggestion: The league is recommending players be masked, spaced 6' apart and clapping as each player passes.
2. Players and spectators must vacate the field/facility as soon as is reasonably possible after the conclusion of their practice/game to minimize unnecessary contact with other players, teams, etc.

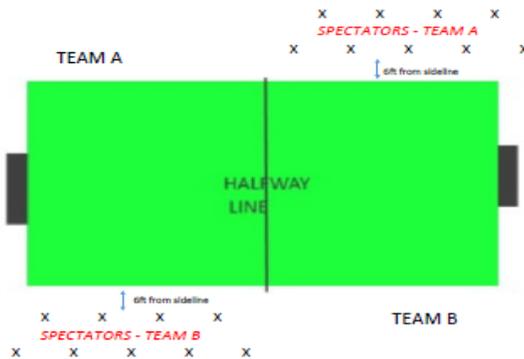
Equipment:

1. Players must place their individual equipment/bag in a well-spaced out manner.
 - a. Bring the following items labeled w/name: a towel, 2 masks, hand sanitizer, soccer ball (if possible)
2. Coaches will receive or have access to the following in addition to medical supplies: gloves, extra masks, hand sanitizer, disinfectant spray, paper towels and facial tissues.
3. Any shared equipment must be sprayed or wiped with cleaner and disinfectant before and after each use.
 - a. Players and parents must not assist coaches with equipment prior to, during or after practice.
 - b. Only coaches and players must retrieve balls that go out of bounds.
 - c. Goalie gloves must not be shared, if possible. If shared, they must be disinfected after use.

Limited Volunteers/Staff:

1. Only the required team coaches, field crew and officials are permitted in the team and/or playing field during games/practices.
2. Practices must be limited to the coaches and players after players are checked in. (No parents are permitted at practices for U10-U19)

Game Day Layout:



*Spectators are not engage with coaches or players. Spectators are urged to resist temptation to "help the coach" coach because you will be on the same side of the field.

Drinks/Snacks/Hygiene:

1. Players must bring their own personal drinks/snacks to all team activities & take them home after each activity for cleaning/sanitization. Drinks/snacks must be labeled with the person's name.
2. There must be no use of shared or team beverages/snacks.
3. Sunflower seeds, gum, etc., is not be allowed in the team area or on the field.
4. All players and coaches are to refrain from spitting at all times.
5. Everyone is to cover their coughs and sneezes with a tissue or use the inside of their elbow

If illness occurs during practice/game, the following steps will be taken:

1. Player, coach/staff member will be designated to separate area.
2. Player's parent will be notified and the player MUST be picked up within 60 minutes.
3. Coach will notify Director of Athletics and Recreation immediately. LARS commissioner & Lancaster Rec Executive Director will then be notified to proceed and follow up as needed.

If illness or exposure occurs while not at practice/game, the following steps will be taken:

1. Parents/guardians are to inform the coach of an illness or exposure, not the player.
2. Reporting illness or exposure outside the season:
 - a. If a player has contact with a Covid-19 positive person within the first two weeks before practice starts, they must quarantine until two weeks have elapsed. Return to the team will be up to the club's discretion.
 - b. If a player falls ill within a week of the season ending, parents must contact the club Covid-19 contact. Club shall notify team.
3. If a player has a temperature above 100.4, parents need to inform coach immediately. If the team has met, the team must be put on hold until more information is provided.
4. If a player falls ill, a medical professional must determine if it is Covid-19. The team will be put on hold until test results are provided and player is cleared to be safe to return to play.
5. If a player tests positive for Covid-19, the team must quarantine for 14 days.
 - a. The positive player must get written permission from medical professional that it is safe for them to return.
6. If a game player tests positive for Covid-19, the club they played against in the last two weeks must be notified immediately.
7. If a player's family member must test Covid-19 positive, the club contact must be informed immediately, player must be quarantined for 14 days at a minimum.
 - a. It will be up to the club's discretion as to when the player must return to the team.
8. If a team must be required to quarantine, the suspected/ill player involved will not have their name released to protect their privacy.

9. If a coach must fall ill, club will contact members of their team(s). Players must quarantine for 14 days.
10. Coach will notify Director of Athletics and Recreation immediately. LARS commissioner & Lancaster Rec Executive Director will then be notified to proceed and follow up as needed. Privacy will be respected.

Public Restrooms:

1. A port-o-potty will be on site. Note: Those who chose to use it will be assuming all risks associated as it will not be disinfected regularly. We encourage everyone to use the restrooms prior to attending any practices and games and bring their own personal hand sanitizer.

Health Screening Chart:

COVID-19 SCREENING	YES	NO
1. Are you or anyone living with you experiencing any of the following symptoms? a. Fever (100+), cough, shortness of breath or difficulty breathing, diarrhea, nausea, vomiting, chills, muscle pain, headache, sore throat, loss of taste or smell If yes, when, what, and steps take to receive medical attention.		
2. Are you, someone with whom you have had contact, or anyone you are living with been suspected of having or been diagnosed with COVID-19?		
3. Have you, someone with whom you have had contact with, or anyone you are living with been ill for reasons other than COVID-19?		
4. Have you or someone with whom you have had contact been asked to self-quarantine?		
5. Have you, someone with whom you have had contact, traveled out of the state or country in the last 14 days?		

COVID CONTACT: Director of Athletics & Recreation, Audra Landers at 717-392-2115 x142 or alanders@lancasterrec.org