

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 and During Activity:

1. Everyone should all do a self-assessment prior to practice or events for COVID symptoms. If any symptoms are present, the person should not attend team functions.
2. Encourage all players & coaches to practice good general health habits
3. Clean and sanitize shared equipment before and after each practice/game.
4. Wash hands and do not touch eyes, nose or mouth prior to or during a practice or event.
 - a. Tie hair back to help refrain from touching face during practice/game.
5. Encouraged to provide a mask to wear when social distancing cannot occur.
6. Everyone must bring a personal hand sanitizer as well.
7. Masks are optional for everyone.
8. Limited spectators are permitted during practices.
9. All players should bring a clearly marked water bottle.

Game Play/On-Field Guidance:

1. Maintain social distance (6ft) between all players and coaches when possible
2. Players are to sanitize hands during breaks, when possible.
 - a. Players/coaches must bring a personal bottle of sanitizer.
3. 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.
4. Huddles should be avoided. If necessary, keeping as much distance between people as possible.
5. Throw-ins are permitted as they are part of the game.
6. Players are discouraged from removing and re-inserting mouth guards unless necessary and must sanitize them in between uses.
7. When players return to the bench from game action or upon game completion, they should use hand sanitizer.
8. All equipment must be cleaned and sanitized in between groups and after each practice/game.

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. Any shared equipment is recommended to be cleaned after use.
 - a. Only coaches and players must retrieve balls that go out of bounds.
 - b. Goalie gloves must not be shared, if possible. If shared, they must be disinfected after use.

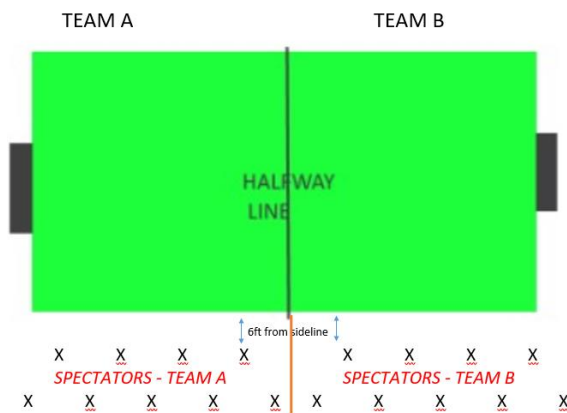
Limited Volunteers/Staff:

1. Only the required team coaches, field crew and officials are permitted in the team and/or playing field during games/practices.
 - o Parents are not permitted in the team sideline area.
2. Practices must be limited to the coaches and players. It is recommended that limited parents/spectators attend practice and maintain distance from the field and participants.

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

Game Day Layout:



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 Soccer coordinator and Athletics and Recreation staff 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 may be taken:

1. Parents/guardians are to inform the coach of an illness or exposure, not the player.
2. Return to play for players/coaches with illness will be determined on an individual basis.
3. Coach will notify Athletics and Recreation Department 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.

COVID CONTACT: Athletics & Recreation Department, Emily Eckert (717-392-2115 x130 or eeckert@lancasterrec.org)