2020-2021 Lady Gales Soccer

COVID-19 Protocols for Girls Soccer Skills and Conditioning

**COACHES/PLAYER UNDERSTANDING**

* Each Board-approved coach (BAC) and player (PL) will be presented with these protocols and waiver prior to starting any in-person conditioning and skills workout. A completed waiver must be on file with the athletic department PRIOR to participation.
* Each PL will review the signs and symptoms of COVID-19 prior to leaving for conditioning and skills training. Any sign or symptom will be communicated to the coaching staff and that information will be relayed to the appropriate administrator and/or Athletic Director. A symptom chart is attached on page 2.
* Any PL not comfortable with attending the conditioning and skills workout will be excused as NONE of the summer sessions are considered mandatory.
* The Remind App and Twitter will be used to send the most up-to-date information about conditioning and skills training sessions to minimize the face-to-face contact between PL and coaching staff.

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure** **to the virus.** People with these symptoms may have COVID-19:

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

**When to Seek Emergency Medical Attention**

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care** **immediately**

* Trouble breathing
* Persistent pain or pressure in the chest
* New confusion
* Inability to wake or stay awake
* Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:**Notify the operator that you are seeking care for someone who has or may have COVID-19.

[https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.htmlaccessed%20May%2027) accessed May 27, 2020

**WHEN ARRIVING AT FULTON FIELD OR THE HILL**

* No BAC or PL will walk to the designated facility with another BAC or PL. AT LEAST 6 feet of distancing between any 2 participants is enforced from the time the participants exit their respective vehicles.
* Participants are strongly recommended to travel to the facility alone or with a member of their immediate household. Face coverings are strongly recommended for individuals traveling to and from the facility.
* It is encouraged to wait in the PL vehicle to ensure physical distancing is maintained.
* Participants arriving at the facility should have already self-evaluated. If ANY signs or symptoms are being experienced, the participant is required to stay home. Upon arrival, Each BAC and PL will be asked to self-evaluate again. Those experiencing and sign or symptom will be sent home, to include those living with family members experiencing any sign or symptom.
* All BAC and PL must adhere to six-foot physical distancing while at the facility.
* Participants will bring equipment from home, including a ball, water, personal towel, and hand sanitizer.
* Equipment WILL NOT be shared among BAC or PL.
* All equipment stored in the shed under the bleachers at Fulton Field will be distributed by a BAC. Sterilizing wipes will be used to “handle” this equipment prior to being issued to a PL.

**SKILLS TRAINING AND CONDITIONING**

* ALL participants must adhere to physical six-foot distancing.
* BAC must wear a mask at all times.
* PL must wear face coverings while not actively participating in conditioning or skills training.
* Anyone experiencing symptoms during conditioning and skills training will be immediately isolated and sent home.
* No team water coolers or shared drinking stations. Participants must bring individual water containers. Container should be large enough to prevent refilling during the duration of the skills training and conditioning.
* All skills training and conditioning WILL be held outside. In the event of inclement weather, the session will be cancelled.
* ALL participants must have personal towels for perspiration to minimize hand to face contact.
* Almost all skills training and conditioning sessions will be divided into smaller groups as described by U.S. Soccer.

**PROTOCOLS FOR PLAYERS**

* Pl must adhere to six-foot social distancing practices during skills training and conditioning.
* PL must wear face coverings at all times while not actively participating in skills training or conditioning.
* PL will refrain from high fives, handshakes, and other physical contact with others.
* BAC and PL must not share water, equipment, balls, or towels. ALL other belongings should be kept to a minimum and if possible, secured in the vehicle they traveled in.
* Regular hand sanitizing is recommended. PLs will be encouraged to use hand sanitizer as a hand-washing station will not be available.
* Participants will be asked to carefully observe that all other participants are following these protocols. Any concerns must be brought to an instructor.

**PROTOCOLS FOR BAC**

* BAC must adhere to six-foot social distancing practices.
* BAC must wear face coverings at all times.
* BAC will refrain from high fives, handshakes, and other physical contact with others.
* BAC will ensure that participants are following these protocols and will immediately follow up with any concerns.
* BAC will ensure that participants are adhering to social distancing at all times.
* Regular hand sanitizing is recommended. BACs will be encouraged to use hand sanitizer as a hand-washing station will not be available.

**PROTOCOLS FOR PARENTS**

* Those who are not directly participating or instructing will not be permitted to enter our training facilities unless a BAC finds it essential.
* Parents and who are deemed essential will follow all protocols that are followed by the BACs (see above).

**DEPARTURE**

* All BAC and PL must adhere to six-foot physical distancing while exiting the practice field. If not possible, a face covering will be in place.
* Individuals should not congregate in common areas or parking lot following the skills training or conditioning.
* Individuals WILL NOT exchange personal items.
* The Remind App and Twitter will be used in leu of a team huddle do disseminate team information.
* All personal belongings will be taken home after each rehearsal. Equipment stored under the bleachers at Fulton Field will be sterilized by a BAC prior to being placed in the shed.
* PL are NOT to enter the storage area to minimize potential contact.
* PL are strongly encouraged to travel home alone or with a member of their immediate household. Face coverings are strongly recommended for individuals traveling to and from the venue.
* PL will be asked to wait if six-foot physical distancing cannot be maintained while entering their vehicles. (i.e., every other car can be accessed at one time)

**AFTER SKILLS TRAINING AND CONDITIONING**

* Adequate cleaning will be done for all utilized equipment to mitigate any communicable diseases, to include, but not limited to, using a sterilizing wipe to clean cones, soccer balls, and other essential equipment.
* BAC and PL must know the symptoms of COVID-19. Between sessions, PL and BAC will be asked to contact the head coach if experiencing symptoms, or anyone who has had direct contact with those experiencing symptoms (i.e. family members). The head coach will then pass this information immediately to school administration.
* The Remind APP and Twitter will be used to communicate with all participants to minimize face-to-face communication.
* Any updates or changes to this document will be communicated promptly to all PL, BAC, and their families.

**WAIVER OF LIABILITY, ACKNOWLEDGMENT AND ASSUMPTION**

**OF RISK AGREEMENT FOR USE OF SCHOOL FACILITIES**

**AND EQUIPMENT DURING SUMMER BREAK**

Participant Name: (Please Print)

On March 11, 2020, COVID-19, a highly contagious disease that is spread through person-to-person contact was declared a worldwide pandemic by the World Health Organizationand on March 13, 2020, U.S. President Donald Trump declared the COVID-19 outbreak a national emergency. On March 12, 2020, the Director of the Ohio Department of Health (“ODH”) ordered K-12 schools to close. On March 17, 2020, the Director of ODH ordered all entertainment, recreation, and gymnasiums to close until the March 17, 2020 Order is rescinded or modified. On April 29, 2020, the Director of ODH ordered that all K-12 schools remain closed through June 30, 2020 due to COVID-19. On May 22, 2020 the Director of ODH rescinded the March 17, 2020 order prohibiting recreational facilities and gymnasiums from opening. Additionally, schools and educational service centers are permitted to allow students to use the school facilities to participate in school activities.

Given the widespread outbreak and the possibility of COVID-19 being contracted, federal, state, and local governments, and federal and state health agencies, recommend social distancing and have, in many locations, prohibited or limited the congregation of groups of people. As a result, the Lancaster City School Board of Education (“Board”) has put in place preventative measures to reduce the spread of COVID-19. Even with these measures, the Boardcannot guaranteethat its students or other individuals, participating in recreational or organized athletic or training and conditioning activities (“Participants”) at Board athletic facilities, stadiums, weight room, gymnasiums, or similar venues (“Facilities”) and using Board equipment (“Equipment”) will not become infected with COVID-19.

By signing this agreement, the Participant agrees that:

1. Use of Board Facilities and Equipment during summer break is voluntary;
2. While at Board Facilities and using Board Equipment, all safety and social distancing protocols as described in the attached document must be followed.
3. The Participant will not use the Facilities or Equipment if his/her temperature is above 100.4 degrees Fahrenheit on any day that the Participant is to participate in any activity, or if the Participant has been exposed to any person who has tested positive for COVID-19 in the past fourteen (14) days;
4. COVID-19 is contagious, and the Participant understands it is the sole responsibility of the Participant and his/her parent/guardian as applicable, to evaluate carefully all risks inherent in using the Board’s Facilities and Equipment. The Participant and his/her parent/guardian as applicable voluntarily assumes full responsibility for the risk that the Participant may be exposed to or infected by COVID-19 by using the Board’s Facilities and Equipment, and that such exposure or infection may result in personal injury, illness, permanent disability, death or other damages or expenses;
5. The risk of becoming exposed to or infected by COVID-19 at Board Facilitiesmay result from the actions, omissions, or negligence of the Participant or others, including, but not limited to, the Board, students, staff, volunteers, and guests;
6. The Participant assumes all of the foregoing risks and accepts sole responsibility for any injury to the Participant including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense, of any kind, that the Participant or their parent/guardian may experience or incur in connection with Participant’s use of Board Facilities or Equipment (“Claims”);
7. The Participant releases and agrees to hold harmless and indemnify the Board, its members, employees, and agents, from any and all liability, arising from negligence or otherwise, and any damages as a result of the Participant’s use of the Board’s Facilities or Equipment, including but not limited to property damage and any mental or physical bodily injury, including death; and
8. This release includes any Claims based on the actions, omissions, or negligence of the Board, its members, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after use of the Board’s Facilities or Equipment.
9. The foregoing WAIVER OF LIABILITY, ACKNOWLEDGMENT, AND ASSUMPTION OF RISK AGREEMENT is intended to be as broad and inclusive as is permitted by the laws of the State of Ohio and that if any portion thereof is held invalid, it is agreed that the remaining provisions of this Agreement shall, notwithstanding, continue in full legal force and effect.

I, the undersigned, have read the above carefully, understand its significance, and voluntarily agree to all of its terms. If the student is under 18 years of age, this Agreement must be signed by the student’s parent or guardian. For divorced/separated parents, the parent/guardian signing below attests that he/she has legal authority to provide consent for the student to attend Boardactivities and use its Facilities and Equipment and to execute this Waiver of Liability, Acknowledgment, and Assumption of Risk Agreement.

Printed Name of Student Signature of Student

Date

If student is a minor, either a parent or guardian must sign below, if they agree with the terms of this Agreement.

Printed Name of Parent/Guardian Signature of Parent/Guardian

Date