



Hi Coaches and Parents,

These guidelines were taken from Eastern Pennsylvania Youth Soccer Association (EPYSA) RESTART 2020 Protocols and Guidelines for a Safe and Gradual Return to Play. We are sharing this with you now so we can plan and prepare for the upcoming fall season. In time, some of these guidelines may change or shift, please know that we will notify you if that occurs.

These guidelines are meant to provide direction for the immediate re-opening stages upon our county turning Green. The guidance from the Commonwealth of Pennsylvania on the Green Phase still engages in mitigation strategies for COVID-19. This means that caution is still important as we move forward with a gradual return to normalcy. Please understand that these guidelines were created by the EPYSA in consultation with those developed by the US Olympic Committee, US Soccer, US Youth Soccer, the CDC and the Commonwealth of Pennsylvania and is a collection of best practices for carefully moving forward in the COVID-19 world. This document does not replace the advice or direction of medical professionals. We recognize that many families and individuals may have reservations about re-opening and reintegrating and that is okay. As a soccer club, we will be respectful, sensitive and flexible as we restart. If a parent, child or coach in our community is not comfortable returning to play, they shouldn't, plain and simple.

These General Hygiene and Safety Protocols are to be followed regardless of which phase we are in and until further notice from PA Department of Health and the CDC.

- Wash your hands frequently
- Always have hand sanitizer available
- No sharing of water, snacks or equipment, no shaking hands, high fives, fist bump, hugs, etc.
- Social 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 and can only return with a Doctor's approval. Must show notice to the club
- Disinfect all training equipment after each practice and/or game- cones, goals, flags etc. Only coaches can touch, set up, clean up or move equipment
- Coaches to wear a face mask as per CDC/PA Dept. of Health at all times
- Players to wear face mask when not involved in soccer activities or on the bench. Player may wear mask during activity at parents or players discretion
- Scrimmage vests washed after every session. Should consider it personal equipment, and provide each player with their own
- Each ball sanitized before/after every practice or game
- Only one coach may attend to an injured player. Must wear mask and gloves
- Minimize contact with other teams before, during and after each session

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



When we reach the Green Phase, our responsibilities are:

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 or a game. 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 your child's bag
- Spectators are not essential to training and are not recommended to attend, however, we understand it might be necessary for younger players
- Comply with social distancing and mask directives with all players, fellow parents and coaches. Adhere to rules of the club regarding attending training session
- Talk to your child to refrain from sharing water, snacks or equipment with their teammates
- Notify club and coach should your child becomes ill
- Do not assist coach or coaches with equipment at the beginning or end of practice
- If a ball goes off touchline or end line allow players or coach to retrieve the ball
- Parents make the ultimate decision on their child's attendance participation so long as they are not ill or have been COVID-19 symptom free for 14 days

Coaches:

- Reinforce directives, policies and protocols as necessary with parents and children
- As players arrive, inquire about how they're feeling. If they are ill or appear to be ill, send them home
- Pack team bag with gloves, extra masks, sanitizer, and facial tissues
- Implement social distancing at all times. Each player and their equipment at least six feet from the next player
- Coaches wear masks at all times
- Players may wear masks during training at their discretion. Must wear when not engaged in soccer activity or while sitting on the bench



- Only coaches may touch, set up, clean up or move equipment. Players do not touch or move equipment

- No physical contact with the players in training
- Avoid activities involving lines and maintain social distancing in training
- Sanitize all equipment after training
- Scrimmage vests are not recommended
- Minimize interaction with other teams that train before or after you. Emphasize players should go straight to cars or to their parents depending on their age
- Be understanding, positive, fun and engaging. Help the children acclimate and reintegrate

Club:

- Communicate plan and distribute to families and coaches, provides updates on guidelines as soon as they become available

- Actions upon notification of a positive test result for a club member will result in a review to determine if practices will continue or cease until further notice for that team or the club as a whole

- Be prepared to shut down and stop operations if necessary
- Develop a plan for social distancing and adequate field space
- Minimize interactions among teams
- Consider field/training area lay out, entrance and exit from fields, managing training schedules
- Social distancing required in all areas, but not limited to sidelines, bench areas, clubhouse, parking lot
- The parent determines participation as long as their child is not ill with COVID-19 like symptoms

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 as mentioned above.

- 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:

CDC Considerations for Youth Sports <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

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>

Pennsylvanian Recreation and Park Society

<https://prps.org/common/Uploaded%20files/Resources/PRPS%20Park%20and%20Rec%20Facility%20Reopening%20Guidelines%20%2020200512.pdf>

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