

Keystone Oaks United Soccer (KOU) Protocol for COVID-19

Effective Date — July 11, 2020

This document provides an overview of how KOU will approach returning to play as permitted by the Commonwealth of Pennsylvania. The purpose of this document is to define the protocol and expectations for all members of KOU (Admin, Coaches, Players, Parents). All members must adhere to the expectations in order to participate in KOU activities.

Return to Play Approach

KOU will be following the guidance of PA West's phased approach to returning to play which began on June 5, 2020 Allegheny County moved to the Green Phase.

- **Pre-Phase (currently):** Virtual training. This phase includes individual fitness and technical work for players at home and with family members or with teammates via virtual solutions.
- **Phase One (June 5 — June 19):** KOU has continued with voluntary virtual training through this phase, while the following was permissible via PA West's phased approach: Intra-club activity...training and small-sided in-house activities. This phase includes small-group training within teams and small-sided games ("SSG") within teams.
- **Phase Two (Beginning June 20):** KOU has continued with voluntary virtual training through this phase, while the following was permissible via PA West's phased approach: Intra-club activity...small-sided games between teams within the clubs may be introduced in addition to training and SSG within teams.
- **Phase Three (Beginning July 5) :** KOU will introduce Intra-club activity...training, small-sided in-house games, and small-sided intra-club games. During this phase PA West is allowing for inter-club SSG (within same county); however KOU has chosen to remain intra-club during this time.
- **Phase Four:** Activity opens to include full size matches and travel beyond county limits.

Movement from each phase to the next is dependent on a team/club remaining COVID-free. Should a case of COVID occur within a team/club, movement to the prior phase should be made.

Overview

It is the expectation that all members of KOU **will follow the expectations** below to help provide a safe environment for all individuals.

- Follow all CDC Guidelines as well as those of the PA and Allegheny County Health Departments.
- Do not attend any activity (including training or game) if you are not feeling well.
- Wash your hands with soap and water and/or use hand sanitizer frequently.
- Cover coughs and sneezes with your elbow.
- Avoid touching your face.
- Do not share water bottles, snacks or equipment

Player expectations

It is the expectation that all players of KOU **will follow the expectations** below to help provide a safe environment for all individuals.

- **Players will voluntarily and truthfully participate in health checks PRIOR to participation in EACH AND EVERY training session and/or game in cooperation with a KOU designated person. Said designee will log attendance, confirm player temperature <99.5 degrees F, and confirm negative responses to all *5 health check questions on the KOU specified form. Any player not having participated in a no contact temperature assessment and/or not answering the health check questions will NOT be permitted to participate and will be asked to leave. Additionally, if the player's temperature is >99.5 degrees F, or if any of the questions have a positive response, that individual should be removed from the group and their parent or guardian notified of the documented concern for illness/fever.**

Health Check Questions

1. Have you tested positive for COVID-19?
2. Have you had any known exposure to a COVID-19-positive individual?
3. Have you been tested for COVID-19?
4. Have you had any new onset cough or shortness of breath?
5. Have you experienced any recent febrile illness? (temp > than 99.5 degrees F)

- Do not attend any activity (including training or game) if you are not feeling well.
- Wash hands and/or use hand sanitizer when entering AND exiting the fields, during breaks in training and games and after training and games.
- Leave promptly after training and matches with their parent/guardian.
- Bring a sufficient amount of water in your own water bottle; do not share.
- All team huddles (pre-game and half-time) should observe social distancing. No handshakes, high-fives, fist bumps, etc.
- Keep your bag and belongings 6 ft from others.
- No post-game handshakes or post-game team huddles should occur.
- Travel players should bring their own dark shirt AND light shirt and be prepared to change their jersey during training.
- In-house players should wear their reversible jersey to training to allow for dividing players during training. *If an in-house player does not have a reversible jersey, he or she should bring their own light shirt and dark shirt. (Players should be prepared to reverse and/or change their jersey during training.)

Below are some recommendations to help players provide a safe environment for all individuals.

- Where possible, bring hand sanitizer to every activity.
- Showering immediately upon returning home.
- Disinfect equipment after each use.
- Players should wear masks to and from the cars to the sideline
- In-house

Parent expectations

It is the expectation that all parents of KOU players will follow the expectations below to help provide a safe environment for all individuals.

Players will voluntarily and truthfully participate in health checks PRIOR to participation in EACH AND EVERY training session and/or game in cooperation with a KOU designated person. Said designee will log attendance, confirm player temperature <99.5 degrees F, and confirm negative responses to all *5 health check questions on the KOU specified form. Any player not having participated in a no contact temperature assessment and/or not answering the health check questions will NOT be permitted to participate and will be asked to leave. Additionally, if the player's temperature is >99.5 degrees F, or if any of the questions have a positive response, that individual should be removed from the group and their parent or guardian notified of the documented concern for illness/fever.

Health Check Questions

1. Have you tested positive for COVID-19?
2. Have you had any known exposure to a COVID-19-positive individual?
3. Have you been tested for COVID-19?
4. Have you had any new onset cough or shortness of breath?
5. Have you experienced any recent febrile illness? (temp > than 99.5o F)

- Do not attend or bring your player to any activity (including training or game) if you/they are not feeling well.
- Wash hands and/or use hand sanitizer when entering AND exiting the fields and often while at fields.
- Leave promptly after training and matches with your player.
- Ensure your player brings sufficient amount of water in their own water bottle; Reinforce not to share.
- Instruct your player to keep their bag and belongings 6 ft from others.
- Maintain social distancing on the sidelines of all training and games. This includes staying safely back from the field.
- No post-game snacks are permitted to be shared with the team.

Below are some recommendations to help parents provide a safe environment for all individuals.

- Where possible bring hand sanitizer to every activity.
- Showering immediately upon returning home.
- Disinfect equipment after each use.
- Masks should be worn, when possible.
- Minimize the number of individuals attending training and games.
- Parents should have their in-house players wear their reversible jersey to training to allow for dividing players during training.

Coach/Admins expectations

It is the expectation that all KOU coaches/admins **will follow the expectations** below to help provide a safe environment for all individuals.

- **Ensure that every participant has, prior to ANY participation in trainings and/or games, has participated in health checks in cooperation with the KOU designated person. Confirming the following has been logged via the designated KOU form: player attendance, player temperature <99.5 degrees F, player negative responses to all *5 health check questions.**

Health Check Questions

1. Have you tested positive for COVID-19?
2. Have you had any known exposure to a COVID-19-positive individual?
3. Have you been tested for COVID-19?
4. Have you had any new onset cough or shortness of breath?
5. Have you experienced any recent febrile illness? (temp > than 99.5o F)

- **Any player not having participated in a no contact temperature assessment and/or not answering the health check questions will NOT be permitted to participate and will be asked to leave. Additionally, if the player's temperature is >99.5 degrees F, or if any of the questions have a positive response, that individual will be removed from the group and their parent or guardian notified of the documented concern for illness/fever.**
- Do not attend any activity (including training or game) if you are not feeling well.
- All practices and games (including changes) must be scheduled through the Fields & Equipment Coordinator or other designated representative to be named by KOU.
- Wash hands and/or use hand sanitizer when entering AND exiting the fields, during breaks in training and games and after training and games. (Gloves are not required)
- Masks should be worn at all times (unless the coach is on the field playing with the players).
- Ensure KOU provided hand sanitizer is available for your team.
- Disinfect equipment (balls, cones, etc.) after each use.
- Use of benches and shared pinnies are prohibited at the current time.
- Strict adherence to schedule. Prompt start and finish as scheduled.
- Leave promptly after training and matches.
- Ensure players keep their belongings 6 feet apart from one another in the bench area. Ensure the players return to their area during breaks.
- Ensure all players bring their own water bottle; Reinforce not to share.
- All team huddles (pre-game and half-time) should observe social distancing. No handshakes, high-fives, fist bumps, etc.
- No post-game handshakes or post-game team huddles should occur.
- No post-game snacks are permitted to be shared.
- Ensure there is at least 20 yards between teams during training when multiple teams are present.
- Only coaches are allowed to touch training equipment such as cones.
- Record and submit attendance of all players/spectators on KOU specified form.

Below are some recommendations to help coaches/admins provide a safe environment for all individuals.

- Where possible, bring personal hand sanitizer to every activity.
- Showering immediately upon returning home.

KOU expectations

It is the expectation that KOU **will follow the expectations** below to help provide a safe environment for all individuals.

- Ensure adequate supply of hand sanitizer is available and that hand sanitizer is provided to each coach for use during training and games.
- Post PA West COVID-19 and KOU "Help us limit the spread" signs around fields.
- Increase communication to members about reminders regarding good hygiene and best practices.
- Handwashing stations will be available at fields during trainings, practices and or games; however, restrooms will NOT be available.
- **Ensure that every participant has, prior to ANY participation in trainings and/or games, participated in health checks in cooperation with the KOU designated person.**
- Stagger starting times of training and games.
- No benches will be used on the sidelines.
- No flags during games.
- Ensure all players have submitted a participation waiver prior to returning to play.

COVID Positive Response

In the unfortunate case that there is a possible case of COVID reported by a KOU club member, KOU will take the following actions:

- Play will be suspended until all contact tracing is completed ensuring appropriate isolation protocols, as defined by the CDC and testing is completed for exposed individuals.
- Ensure confidentiality and protection of the identity of the individual.
- Remind the exposed individual of the CDC self-isolation instruction, the need to notify their county health department and their physician.
- Contact the Allegheny County Health Department ("ACHD"). Discuss with them the tracing needed and the appropriate response (including suspending operations). Follow direction of ACHD regarding appropriate response.
- Send a communication to the entire club indicating that there has been a case identified in the club within the appropriate age group and participants will be contacted by the health department.
- Notify PA West and the boroughs of Dormont, Castle Shannon & Green Tree

Additional Resources:

CDC Considerations for Youth Sports:

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

US Youth Sports Return to Activity Notice:

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

USOPC Coronavirus Update Page:

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

CDC—Additional Information Symptoms of Coronavirus:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Coronavirus Prevention & Treatment:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>