



Springfield FC

COVID-19 Safety and Action Guide for Return to Play During Pennsylvania's Green Phase

The purpose of this plan is to help protect the health and reduce the risk of contracting COVID-19 for the athletes, coaches and families who in engage with Springfield FC during the Green Phase. This guide is based on information and in accordance with guidelines set by Centers for Disease Control and Prevention (CDC), EPYS, Children's Hospital of Philadelphia (CHOP), the Governor and Pennsylvania Department of Health (links provided below).

a. Communication & Education

- All athletes, coaches and parents will receive communication on our safety and action plan before return to play begins.
- CDC Education materials will be shared with all participants (coaches, athletes, and parents) on behaviors that reduce the spread of COVID-19 to include but not limited to: hand hygiene, sanitizing equipment, properly covering coughs and sneezes, and staying home when appropriate.
- What are the signs and symptoms of COVID-19? Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:
 - Fever or chills (100.0 or Higher)
 - 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

- What to do if you are sick?
-If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- What to do if an athlete or Coach presents with COVID-19 symptoms during practice, event, or during transportation to or from an event?
-Every effort will be made to isolate the ill individual from others, until the athlete or coach member can leave the training, activity or game
-If athlete, parent/guardian will be contacted immediately, and arrangements will be made for the athlete to be picked up
-Ill individual will be asked to contact their physician or appropriate healthcare professional for direction
- Return of athlete or coach to team following a COVID-19 diagnosis
-Athletes or coaches will need medical clearance from their physician or appropriate healthcare professional that indicates they are no longer contagious. The individual must be fever free (without fever-reducing medicine), with no respiratory symptoms (cough, shortness of breath), and no vomiting or diarrhea
- Identification of COVID-19 exposure - Parents of participants will notify the board of Springfield FC if the participant or someone in the participant's home is presumptive positive or tests positive for COVID-19. Springfield FC will notify participants who came in contact with the individual of potential exposure following CDC guidelines and HIPAA regulations on confidentiality

b. Steps to Reduce the Spread (Some of these guidelines will change during phased reopening - see below)

- Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and coaches wearing a face covering.
- Face coverings are required for adults when they are within 6 ft of athletes to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Adults are also always required to carry Face coverings with them and during all stages of return to play as laid out below. Face Coverings will not be required for athletes while practicing or competing.
- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, when practical
- Anyone who is sick MUST STAY HOME
- Adequate cleaning schedules will be created and implemented for all bathrooms/port-a-potty to mitigate any communicable disease
- Coaches should clean all team equipment after each training session or game prior and high touch areas should be cleaned more often
- Athletes should refrain from sharing clothing/towels and they should be washed after each practice. No shared practice pinnies will be used for sessions.

- Hand Sanitizer should be used periodically as resources allow. Players are encouraged to bring their own sanitizer.
- Athletes and coaches are not allowed to spit during any activity
- Athletes MUST bring their own water bottle. Water bottles cannot be shared
- No sharing of food during any activity
- Water coolers will not be provided
- Parents are to drop athletes off at designated field no more than 10 minutes prior to start of activity
- Parents are to arrive for pick up no more than 10 minutes prior to the end of activity
- Athletes must leave the field and move directly to the driver and leave field following activity

c. Phased reopening plan

1. Stage 1 (2-3 weeks)

- County has gone from Yellow to Green
- Training permitted within organization only
- No body contact, social distance during training
- No games, scrimmages or league participation permitted
- Reduced numbers of participants. (No more than 25).
- No shared equipment
- Spectators not permitted, parents can stay in vehicle
- Adult coaches must wear masks when they are within 6 ft of participants

2. Stage 2 (2-3 weeks)

- County remains Green
- Body contact is permitted
- Scrimmages and friendly games with other clubs in same Green county permitted
- No league participation permitted
- Spectators permitted with social distance
- Adult coaches must wear masks when they are within 6 ft of participants

3. Stage 3 (2-3 weeks)

- County remains Green
- Scrimmages and friendly games with other clubs in all Green counties permitted
- No league participation permitted

4. Stage 4 (2-3 weeks)

- County continues positive progress in Green with most government restrictions lifted
- League participation is permitted
- Social distance of spectators recommended during league games

Links:

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

<https://www.chop.edu/return-youth-sports-after-covid-19-shutdown-reference-guides>

<https://www.epysa.org/restart-soccer-return-to-play/>

<https://www.governor.pa.gov/covid-19/sports-guidance/>

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>