



### **Who:**

This plan covers all Lititz Youth Soccer Club (“LYSC”) travel, recreational and intramural, coaches, players, and spectators while in the Green Phase of the STATE reopening plan. This plan remains in effect until applicable restrictions are lifted or we revert to an earlier stage (yellow, red).

### **Need to Know:**

LYSC has and will continue to follow the Centers for Disease Control and Prevention (“CDC”) and Eastern Pennsylvania Youth Soccer Association (“EPYSA”) recommended guidelines to help protect players, coaches, and spectators from the spread of COVID-19. We are and will continue to require all LYSC affiliated participants and spectators to comply with EPYSA and the CDC’s updated guidelines, along with applicable government requirements and executive orders. LYSC will also abide by any additional rules established by our local governing bodies, Central Penn Youth Soccer League “CPYSL” and Lancaster Area Recreational Soccer “LARS,” and others.

**Parents to Provide:** Parents must send the following items with their player to practices and games. Players should bring their own equipment bags.

- **2 FACE MASK/COVERS – Must have available for practice and games.** Players will not be permitted to participate if they do not have a face cover.
- **Hand Sanitizer/or Wipes –** for player use before, during and after practices/games.
- **Ball**
- **Clearly Labeled Water bottle/drinks**

### **How COVID-19 Spreads:**

According to the CDC, the virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way COVID-19 spreads, but health officials are still learning more about COVID-19.



**How to Remain Healthy:** The following are best practices and must be understood by all LYSC coaches, players, and spectators. Parents are encouraged to cover these items with their players.

- Wash your hands often with soap and water for 20+ seconds especially after you have been in a public shared space, or after blowing your nose, coughing or sneezing.
  - All players and coaches should wash their hands both prior to practice and when they return home from practice.
- If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
  - Parents/guardians shall provide their players with hand sanitizer or wipes to be kept with the player for use, if needed during practices and games settings.
- Avoid contact with people who are known to be sick.
- Avoid touching your eyes, nose, and mouth at all times during practices and games.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands with soap and water for 20+ seconds (if soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol).
- Clean and disinfect frequently touched objects and surfaces.
  - Coaches shall be responsible for maintaining equipment and wiping down/washing equipment after each practice/game.
    - Balls (coaches should collect balls and place in bags)
    - Pinnies (recommended avoiding use until restrictions are lifted. If used, must not be shared and must be washed after every practice)
  - Coaches will be responsible for spacing and cleaning up of equipment.

**When to REPORT:**

- Players and coaches must promptly notify the Director of Coaching if any of the following are true (players should notify their team coach, who will then notify the Director of Coaching):
  - Player/Coach has been tested and confirmed to have contracted COVID-19.
  - Player/Coach is symptomatic and recommended to isolate (by healthcare provider or public health official).
  - Player/Coach has had significant exposure to person or persons confirmed to have contracted COVID-19.
  - Player/Coach has recently traveled to or through any other country.
  - Player/Coach lives in the same household with a person or persons who have been ordered to quarantine by a healthcare provider.
  - If a player/coach feels ill
  - If a player or coach records a temperature of 100.4 degrees or higher



- Outside of season
  - If a player/coach has contact with a Covid-19 positive person within the first two weeks before practice starts, they must quarantine until two weeks have elapsed. Return to the team will be up to the club's discretion.
  - If a player/coach falls ill within a week of the season ending, parents should contact the club Covid-19 contact (the Director of Coaching).
- LYSC must ensure:
  - A temporary suspension of general soccer activity associated with the team where exposure or positive results occurred.
  - Conduct deep cleaning of equipment associated with the team in question.
  - Player/Coaches who are ill with a fever or acute respiratory symptoms do not return to the field of play until the following occurs:
    - Must be cleared by a medical professional to return to play. Return to play note is required and must be signed by a medical professional.
- LYSC will notify all individuals to the best of our ability who had contact or were potentially exposed to the individual who tested positive with COVID-19. This includes, players, parents, coaches and opposing teams. **Individual privacy WILL be maintained.**

**Pre-Work Out Screening – (Parent Responsibility):** Parents/guardians **MUST** ask their child the following questions before attending a **½ hour** before **EACH** practice or a game. **If the answer is yes** to any of the following the player must remain home.

- **Fever or chills.** (Parents take temp. prior to practice/game and stay home if **100.4 or greater**)
- Cough
- Sore Throat
- Shortness of Breath
- Loss of taste or smell
- Vomiting/Diarrhea
- Close contact with someone who is sick, or has been exposed to COVID-19

The player **may not** return to the team until:

- A medical provider/test determines otherwise and approves return to play is safe. Appropriate signed medical return note/documentation must be shared with the coach to approve return to play.

**Cloth Face Mask/Appropriate Face Coverings:**



- Per EPYSA, coaches are required to cover their nose and mouth with a face mask or other appropriate face-covering **AT ALL TIMES** during soccer activities.
- Players will be required to wear face mask/coverings to and from the field, during stretching activities, or when they are not actively participating in drills, and when seated on the sidelines during games and during team meetings.
- It is up to the parent or guardian if they wish that their player wears a cloth face covering while practicing or playing in a game. If a parent/guardian requires this of their player, please alert the coach.
- Spectators **MUST** wear cloth face coverings or face shields when attending events, or practices and social distance (spectators may be asked to leave if they are not following these guidelines). Masks shall be worn from the time a spectator exits the vehicle until she or he returns to the vehicle.

**Social Distancing:** The CDC defines social distancing as "remaining out of congregate settings, avoiding mass gatherings and maintaining distance (approximately 6 feet) from others when possible." The following requirements will be implemented to help enforce social distancing practices in both the practice and game settings.

- **Coaches** will be required to social distance from players at all times. This includes:
  - During practice and drill demonstrations
  - During games while on the sidelines.
  - An injured player may be attended to by one coach if attention is needed. If the player's parent is available, and if requested by the coach, the parent may attend to the player. A face mask **MUST** be worn if the coach is to attend to the player.
- **Players**
  - Players will be required to maintain social distance at all times outside of drills or games where contact is not required.
  - Players will maintain social distance on sidelines or when seated on a bench. This may require players to be seated on the ground in game settings.
  - Players must social distance during team meetings.
  - No player contact, such as high-fives, fist bumps or celebrations involving physical contact at practices or games.

#### **Hydration:**

- Players **MUST** bring their own clearly marked water bottle. Water bottles **MUST** not be shared.



### **Equipment:**

- Players are strongly encouraged to bring their own balls to practice.
- Team balls may be used for specific drills, but players should use their own equipment for individual drills like foot skills.

### **Team Snacks:**

- Team snacks are not permitted at this time

### **Returning to the Field:**

In accordance with the Commonwealth of Pennsylvania **recreational and amateur sports can only operate in Green**. Sanctioned soccer activity can only take place in Green. LYSC will not participate in soccer activities in the yellow phase or red phase. As Lancaster County is currently in the Green phase, we have returned our programs following the Four Stage layout below as provided by EPYSA. At any-time Lancaster County reverts to an early PHASE, all soccer activity will be immediately suspended and only resume when the GREEN PHASE is reached again. Intention of stages 1-3 progressing over a two to three-week period following Lancaster County reentering the green phase.

- **STAGE 1 Club members only.** Strictly local, community based. Acclimate and reintegrate. Increasing Risk. Smaller numbers. (single team practices, no contact, acclimation stage)
  - Fields must be legally open
  - Play is limited to our LYSC players for the 2020/2021 season.
  - Small group training permitted, no more than 25 per field, 1:9 ratio coach to player recommended.
  - Car-pooling not recommended
  - Social distancing required
  - No activities with Body Contact
  - Spectators not recommended to be at fields during practices
  - Coaches must wear masks/face coverings. Players must wear masks when not engaged in activity.
- **STAGE 2 Full teams may be integrated for training.** Contact may be allowed. Increased risk. Scrimmages may be played internally with other teams within your club. Higher numbers (normal single team practices, inner club scrimmages).
  - Full teams may be integrated for training.
  - Body contact is allowed in training.



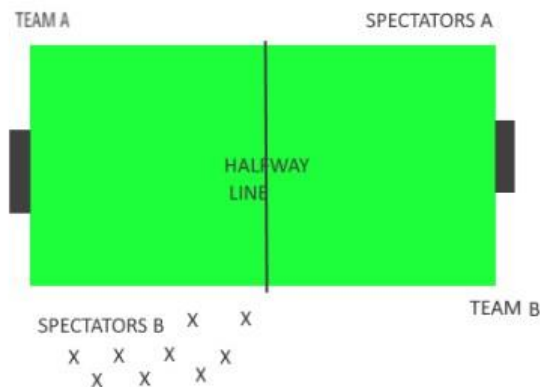
- Scrimmages, friendlies etc. may be played within our club.
  - Acclimate players to build up towards competitive play. Train appropriately to reduce the risk of injury.
  - No competitions i.e. league play or tournaments.
  - No goal celebrations involving physical contact with others.
  - No pregame/post game line-ups handshakes or fist bumps.
  - Spectators allowed at the fields and must comply with social distancing to each other. Same applies to the sideline- maintain six-foot distance from Assistant Referee and players.
- **STAGE 3 Friendlies/Scrimmages in any Green counties.** Typical pre-season type activity. Higher Risk. Out of state travel not permitted. Increasing numbers and geography. (Teams will return to playing in LARS, or CPYSL sanctioned events, normal game schedules)
    - Typical pre-season activity may occur.
    - Scrimmages, friendlies etc., may be played with clubs from any Green county.
    - Local protocols and procedures should be shared with any visiting team.
    - Play Days with multiple teams/clubs not recommend, but if held responsibly, must be within the limits of public gathering size.
    - Strongly recommended to stay local.
    - Limiting travel still recommended.
    - No inter-state travel permitted. Must stay within Pennsylvania
- **STAGE 4 All counties are green.** Most government restrictions are lifted. Full and regular Highest Risk. Competitions may occur. Limited inter-state and regional travel recommended (ex. tournament play may resume).
    - Most Government restrictions have been lifted.
    - Eastern Pennsylvania member leagues may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel.
    - Eastern Pennsylvania sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel. Also subject to restrictions on public gathering size.
    - Teams will be permitted to participate in out of state or regional leagues, provided the game will be played in an open state.
    - Teams will be permitted to participate in out of state tournaments provided the tournament will be played in an open state.



- Be advised travel outside of your area is still comes with caution. Limited travel still recommended.

**Sidelines:** When Play resumes, LSYC requests that at all home games, parents sit on the sideline of their team where possible. (see field layout below)

- Spectators **MUST** wear face masks/face coverings and social distance while attending games.
- Only 2 spectators per child are allowed to be positioned on the sidelines. All other spectators must social distance behind the first row of spectators if needed. Face masks/face coverings and social distancing protocols must be followed regardless of vantage point with respect to the field.
- If for health reasons a spectator cannot safely wear a mask, they are not permitted at the sideline. They must sit in a row behind all other rows sufficiently distanced from other spectators for their safety.
- We ask that opposing teams avoid sitting on the home team's sideline and remain socially distanced from the home teams' spectators at all time.



**Field Parking:** LYSC has an appropriate amount of parking at our field locations. LSYC will request that game start times are staggered appropriately by league schedulers, where possible to limit the amount of between game intermixing in the parking lot areas between groups of people.

- LYSC asks that you respect others individual space in parking lot settings.
  - Wait for others to enter or exit their vehicles.
  - Wear face masks and maintain social distancing while walking to and from the fields of play.
  - Do not gather and converse in parking areas.



- Do not mingle following games. Please leave the game fields promptly following the end of the game. This will limit the total number of people intermixing between game times.

LYSC club believes this plan meets the requirements for a safe return to play for the players and families associated with the club. **Allowing a player to participate in youth soccer during this time is the sole discretion of the parent/guardian and the parent/guardian is both understanding and assuming the potential risk involved with returning and participating in a youth sports during the COVID-19 Pandemic.** The parent/guardian has the discretion and right to keep their player from soccer activities as they see fit. It is also the responsibility of the parents/guardians to help protect others and keep their player(s) home and report to the club, if they believe they are sick or have been exposed to someone who is sick. By following these guidelines and accepting responsibility where it is needed, we, as a soccer community, believe we are able to provide a safe environment for our players to safely return to play.