



# **RESTART 2020**

**Additional Protocols and Guidelines  
for a Safe and Gradual Return to Play  
July 20, 2020**

Since the inception of our **Restart** program, information and guidelines continue to evolve. As of this writing, all Eastern Pennsylvania counties are “**GREEN**” and soccer is returning in various stages. As stated from the beginning, the conditions of this pandemic will continue to change, and we must adapt with it.

For certain, the risks of infection still exist. In recent weeks, there has been an uptick in cases both in Pennsylvania and most of the country. Thanks to community response through the Spring, Pennsylvania is in better condition than many others, but by no means are we completely safe from the virus. Until a vaccine or cure is developed for COVID 19, we must continue to proceed cautiously and continue to monitor and comply with the Governor’s office, PA Department of Health, CDC and any other federal or local regulations.

The most recent amendment for consideration was on July 1, when the Pennsylvania Department of Health issued its universal masking order. We support this order and are all obliged to comply. In working with our legislators, we gained clarification **that athletes are not required to wear masks during training or competition.** However, they must wear them when not engaged in activity. Coaches and spectators must wear the masks and practice social distancing. Distancing is also required of players when not engaged in activity.

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We also must reinforce the importance of notification and communication to your organizational members and partners. The following will provide additional guidance regarding notifying the necessary members of your organization and associated groups when an individual becomes aware of contact with the virus or has contracted the virus.

It is imperative for public health and safety that no one knowingly exposed to the virus appears at practices or games. It endangers the lives of others and will prolong this pandemic. We must work together and comply with the prescribed mitigation and protection standards to safely play sports as well as our normal lives. Social distancing, quarantines and masks are the tools we have, and we need to use them to positively return to soccer, school or work. We must do our part to stop the spread of COVID 19.

If you have additional questions or concerns, please consult the Pennsylvania Department of Health <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx> or call them at 1-877-PA HEALTH

In addition, there are six county (Allegheny, Bucks, Chester, Erie, Montgomery, Philadelphia) and four municipal (Allentown, Bethlehem, Wiles-Barre, York) health departments that may serve you.

<https://www.health.pa.gov/About/Pages/County-Municipal%20Health%20Depts.aspx>

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## **ACTION PLAN ADDITIONS**

In our Restart 2020 plan, we directed each member organization to create an action plan and to communicate it to all families, employees and coaches. Please see the original plan, below, with amendments.

### ***Organizational Action Plan***

*As described previously, each organization must have a plan for their local reopening. The plan should contain procedures including but not limited to general hygiene, team training, access points to fields, parking lot procedures, equipment handling, reporting/tracking COVID-19 contact and illnesses. In the event of a reported exposure, parents and guardians only communicate with the organization (not the minor players). **If any other organization or referee may be affected via friendly matches or tournaments, those organizations and assigners should be notified. When providing notification to others, never use the exposed or infected person's name. That must be kept confidential. An organization's responsibility is to communicate. The PA Department of Health will be responsible for contact tracing and other notifications. Exposed individuals should quarantine for 14 days before returning to play.***

*It's imperative to educate your members and it may be an additional requirement within your community. Townships, school districts and other agencies that may provide you with funding, fields and other forms of community support may very well require your plan before providing you their usual access and support. **All organizations must transparent and make your plan available publically available via your website or other means. All visitors to your fields should have access to your plans.***

*We have provided a template for such a plan as well the many resources we engaged. Please go to our website, [www.EPYSA.Org](http://www.EPYSA.Org) under the COVID-19 tab for copy of this template. US Soccer, in its "Play On" document, provides a highly detailed outline you may wish to supplement your plan with, in addition to the PA Department of Health and the CDC.*

*Please take every opportunity to inform and educate your families and potential guests to your fields regarding local procedures as well as reinforcing federal and state protocols on hygiene.*

*As stated previously, you must be prepared for the potential shut down of operations or reverting back to a prior stage. Regardless of proceeding with all recommend precautions, it is still possible for someone to be exposed to COVID-19 and further transmit the virus.*



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## GENERAL HYGIENE AND SAFETY PROTOCOLS - ADDITIONS

In our Restart 2020 plan, we developed a list of general protocols. Please see the original plan, below, with amendments.

- Disinfect all training equipment- cones, goals (all sizes), flags etc. Only coaches should handle equipment*
- Hand sanitizer available for all at training or games*
- Goalkeeper gloves must be sanitized before/after games and training.*
- Never share GK gloves or jerseys. Keep spares.*
- Scrimmage vests washed after every training session or game. Should consider it personal equipment and provide each player with their own.*
- No shaking hands, high fives, fist bump, hugs, etc.*
- Each player with their own labeled water bottles and directed to never share with teammates.*
- Each ball sanitized before/after every practice or game.*
- No player or coach can attend if they are feeling sick.*
- Coaches must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.***
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health. Regardless of the illness being COVID related or not, it must be determined by a medical professional, they can only return with a signed note from that medical professional. Must show notice to the club.***
- 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*
- Social distancing = 6 feet apart*
- Only one coach may attend to an injured player. Must wear mask and gloves.*

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# RESOURCES

## 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>
- <https://www.governor.pa.gov/covid-19/sports-guidance/>
- <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx#:~:text=The%20Secretary's%20Order%20requires%20individuals,place%2C%20or%20near%20others%20at>

## CDC Considerations for Youth Sports

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

## United States Olympic Committee and Paralympic Committee

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

## US Youth Soccer

- [https://www.usyouthsoccer.org/assets/1/6/usys\\_rta\\_notice\\_051920.pdf](https://www.usyouthsoccer.org/assets/1/6/usys_rta_notice_051920.pdf)

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