

MONTVILLE SOCCER CLUB
COVID-19 *RETURN TO SOCCER* PROTOCOL



VERSION 1.1 (Drafted July 11, 2020)

TABLE OF CONTENTS

Purpose of this Document.....	3
New Jersey Department of Health Guidelines.....	3
CDC Considerations for Youth Sports.....	4
Guiding Principles.....	4
CDC Additional Considerations.....	5
<i>Physical closeness of players, and the length of time that players are close to each other or to staff.....</i>	5
<i>Amount of necessary touching of shared equipment and gear.....</i>	5
<i>Ability to engage in social distancing while not actively engaged in play.....</i>	5
<i>Size of the team.....</i>	5
<i>Nonessential visitors, spectators, volunteers.....</i>	5
<i>Travel outside of the local community.....</i>	5
General Responsibilities for Participants.....	6
All Participants – General Responsibilities.....	6
Trainer/Coach/Staff – General Responsibilities.....	7
Parent/Players – General Responsibilities.....	8
Policy on Non-Discrimination of Participants Regarding COVID-19.....	8
MSA Return to Soccer Phases.....	9
PHASE 1: State Health Authorities require shelter in place, stay at home order.....	9
Environmental Context.....	9
Protocol for Training.....	9
Protocol for Games.....	9
PHASE 2: Public Health Authorities lift shelter in place requirements but continue to prohibit group activities.....	9
Environmental Context.....	10
Protocol for Training.....	10
Protocol for Games.....	10
PHASE 3: Public health authorities allow contact sport with limiting activities.....	10
Environmental Context.....	10
Protocol for Training.....	11
Protocol for Games.....	12

PHASE 4: Public health authorities allow contact sports to resume traditional practices and competitions	12
Environmental Context.....	12
Protocol for Training	12
Protocol for Games.....	13
Appendix A: Protocol for Notification of a Positive Diagnosis of COVID-19 and Contact Tracing	13
Appendix B: Protocol for Return to Soccer Following a Confirmed or Suspected COVID-19 Infection	14
Symptomatic player / staff with suspected or confirmed COVID-19 infection cannot attend club events until	14
Player / staff with laboratory-confirmed COVID-19 who have not had any symptoms cannot attend club events until.....	14
Appendix C: Protocol for Return to Soccer Following Exposure to a Suspected or Diagnosed Case of Covid-19	15
Appendix D: Symptoms of COVID-19 Infection	15
Appendix E: Individuals at Higher Risk for Severe Illness from COVID-19	16
Appendix F: Protocol for Cleaning Equipment	16
Appendix G: The Use of Field Space	16
Appendix H: Health Screening	17

PURPOSE OF THIS DOCUMENT

The purpose of this document is to define the protocols that will be followed by Montville Soccer Association (“MSA”) as Local, State and Federal COVID-19 restrictions on youth sports are lifted and MSA *Returns to Soccer*. This document cannot anticipate all eventualities and will be modified as the COVID-19 situation evolves.

The over-riding theme being followed by Montville Soccer Association’s *RETURN TO SOCCER* is participant health and safety, which is achieved by managing the risk of the spread of the COVID-19 illness.

To help define the activities permitted and protocols to be followed, Montville Soccer Association has aligned its *Return to Soccer* with the phases for *Returning to Play* as defined by the New Jersey Youth Soccer Association (NJYSA). These phases are based upon the activities that are permitted and/or restricted by Local/State/Federal governments at a given point in time. Montville Soccer Association will follow the below protocols, based upon the phase of permitted activities and Montville Township’s facilities being open to activities.

Please note: *The level of play and age of the player are contributing factors to the phase with-in which a player finds him/herself. Not all players in the club may advance in phase at the same pace. Older players and players playing at a higher level of soccer, may advance in phase faster than younger players or players playing at a lower level of soccer.*

The guidelines in this document are NOT intended to be a substitute for professional medical guidance for the diagnosis, treatment or advice given to individuals to manage the COVID-19 situation. At all times individuals should follow the directives of our governing authorities and use common sense and err on the side of caution should questions arise.

NEW JERSEY DEPARTMENT OF HEALTH

GUIDLINES

Executive Order No. 149

Issued on May 29, 2020, permitted sporting activities, including organized sports, to resume on June 22, 2020. Municipalities retain the discretion to open or close municipal fields or facilities. Permissible sporting activities were required to take place in **outdoor** settings only in a manner that **does not involve person-to-person contact** or routinely entail individuals interacting within six feet of one another, and may not resume until June 22, 2020 or later.

Executive Order No. 163

Issued on July 8, 2020, states that practices and competitions for Low Risk sports and no-contact practices for Medium Risk and High Risk sports are permitted in outdoor and indoor settings. Contact practices and competitions for Medium Risk sports are permitted in outdoor settings only. Contact practices and competitions for High Risk sports remain prohibited in both indoor and outdoor settings. The order requires the wearing of masks in outdoor public spaces when its not practicable for individuals to socially distance with certain exclusions. This requirement shall not apply when wearing a face covering inhibits that individual’s health, including engaged in high intensity aerobic or anaerobic activities.

This “Guidance for Sports Activities” published by the New Jersey Department of Health (NJDOH) is intended to guide organizations that oversee sports activities as they resume operations to ensure the health and safety of staff, participants, and their families. The Guidance address skill-building drills and team-based practices as described in the [Centers for Disease Control and Prevention \(CDC\) Guidance on Youth Sports](#).

The public health data on which this document is based can and do change frequently. Organizers should check back frequently for updates. NJDOH also encourages organizers to keep informed of guidance from the CDC, which may change regularly.

Sports program operators must abide by the following timeline:

<u>Risk Level</u>	<u>Examples</u>	<u>Important Dates</u>
High risk -Sports that involve close, sustained contact between participants	Rugby, boxing, judo, karate, taekwondo, wrestling, pair figure skating, football, group dance, group cheer.	No-contact practices in outdoor settings: June 22 No-contact practices in indoor settings: July 8
Medium Risk - Sports that involve some close, sustained contact, but with protective equipment in place between participants OR intermittent close contact OR group sports OR sports that use equipment that cannot be cleaned between participants.	Lacrosse, hockey, multi-person rowing, multi- person kayaking, multi-person canoeing, water polo, swimming relays, fencing, cycling in a group, running in a close group, group sailing, volleyball, soccer , basketball, baseball/softball, short track.	No-contact practices in outdoor settings: June 22 Contact practices and competitions in indoor and outdoor settings: July 8
Low Risk - Sports that can be done individually, do not involve person- to-person contact and do not routinely entail individuals interacting within six feet of one another	Archery, shooting/clay target, individual running events, individual cycling events, individual swimming, individual rowing, individual diving, equestrian jumping or dressage, golf, individual sailing, weightlifting, skiing, snowboarding, tennis, individual dance, pole vault, high jump, long jump, marathon, triathlon, cross country, track and field, disc golf, badminton.	Practices and competitions in outdoor settings: June 22 Practices and competitions in indoor settings: July 8

CDC Considerations for Youth

Sports Guiding Principles

The Center for Disease Control (CDC) has established COVID-19 *Considerations for Youth Sports*. These considerations include “guiding principles” which escalate the risk of COVID-19 spread based upon the activities being performed. Montville Soccer Association has adopted these principles to help measure the level of risk the club is assuming as it progresses the level of play.

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members
- **Increasing Risk:** Team based practice (non-contact training)
- **More Risk:** Within-team competition (team contact)
- **Even More Risk:** Full competition between teams from the same geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

CDC Additional Considerations

In addition to the “guiding principles,” the CDC has highlighted “additional considerations” for returning to youth sports. The “guiding principles” and “additional considerations” are incorporated into the protocols being followed by MSA at each phase of the *Return to Soccer*.

Physical closeness of players, and the length of time that players are close to each other or to staff

For close-contact sports (e.g., soccer), play may be modified to safely increase distance between players.

For example, players and coaches can:

- focus on individual skill building versus competition;
- limit the time players spend close to others by playing full contact only in game-time situations;
- decrease the number of competitions during a season.

Coaches can also modify training, so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

Amount of necessary touching of shared equipment and gear

It is 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 eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.

Ability to engage in social distancing while not actively engaged in play

During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

Age of the player

Older youth might be better able to follow directions for social distancing and take other

protective actions like not sharing water bottles. Older players may be able to return to play sooner than younger players.

Players at higher risk of developing serious disease

Parents and coaches should assess the level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.

Size of the team

Teams with a larger number of players may increase the likelihood of spread, compared to teams with fewer team members. Consider decreasing team and training sizes where feasible.

Nonessential visitors, spectators, volunteers

Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.

Travel outside of the local community

Traveling outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community).

GENERAL RESPONSIBILITIES FOR PARTICIPANTS

Montville Soccer Association has defined specific protocols to be followed by trainers/coaches/staff, players and parents/spectators below for each phase of our *Return to Soccer*. However, there are general practices which should be followed by all participants to help reduce the spread of infection regardless of the *Return to Soccer* phase.

All Participants – General Responsibilities

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when it is not practicable for individuals in outdoor public spaces to socially distance and keep a six-foot distance from others.
- Stay home if you feel sick and contact your health care provider.
- Avoid unnecessary physical contact with other individuals (i.e. shaking hands, high-fives, etc.)
- Maintain a distance of six (6) feet between you and others.
- **If you are diagnosed or symptomatic with COVID-19 (See Appendix D for symptoms of COVID- 19)**
 - **Remove yourself from MSA activities,**
 - **Contact a healthcare provider,**
 - **Notify your coach (players), Montville Recreation Program Director, or**

- MSA Compliance Director regarding COVID-19 symptoms,
 - Consult Appendix B for the protocol for returning to soccer.
- If you come in close contact with a person with a documented or suspected case of COVID-19
 - Remove yourself from MSA activities,
 - Contact a healthcare provider,
 - Notify your coach (players), Montville Recreation Program Director, or MSA Compliance Director regarding the contact,
 - Consult Appendix C for the protocol for returning to soccer.
- Frequently clean commonly used surfaces with an antiseptic cleanser.

Trainer/Coach/Staff – General Responsibilities

- *The Trainer/Coach/Staff (“Staff”) running a training session or game will be the responsible adult who, in addition to his/her coaching responsibilities, will be responsible for the enforcement of the MSA COVID-19 Return to Soccer protocols. The responsible adult has the authority and responsibility to terminate a session for non-compliance, if COVID-19 protocols are not being followed.*
- Trainers, Coaches and Staff who are at higher risk for severe illness from COVID-19 should avoid putting themselves at increased risk from contracting the disease. If you are at higher risk (please see Appendix E for guidance), please contact the club to make alternate arrangements for training/coaching of your teams.
- Monitor your health for COVID-19 symptoms DAILY and refrain from participating in activities if you are symptomatic. See Appendix D for symptoms of COVID-19.
- Take your temperature DAILY and refrain from participating in club activities if your temperature is above 100.4 degrees F.
- Prior to participation in any event, the responsible adult Trainer/Coach/Staff should conduct a Health-screening (see Appendix H) and confirm:
 - The Staff has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - The Staff has not had a documented case of COVID-19 in the last 14 days.
 - The Staff is not currently demonstrating or suffering from any ill symptoms.
 - The Staff does not currently have a fever in excess of 100.4 degrees F.
 - Keep equipment clean and disinfect equipment after each day’s activities. See Appendix F for protocol for cleaning equipment.
- Keep additional sanitizing hand gel available for use by players, in the event they do not have their own or run out.
- Remind players to maintain good hygiene and wash hands regularly and use sanitizing gel.
- In the event a trainer, coach, staff or player has a positive or suspected diagnosis for COVID-19, MSA will follow the MSA protocol for notification of a positive diagnoses of COVID-19 and contact tracing (see Appendix A).

Parent/Players – General Responsibilities

- Players who are at higher risk for severe illness from COVID-19 should avoid putting themselves at increased risk from contracting the disease. If you are at higher risk (see Appendix E for guidance), please contact your coach to make alternate arrangements for training.
- Complete and submit the Communicable Disease Release of Liability and Assumption of Risk waiver to Montville Soccer Association.
- Monitor your health and your child’s health for COVID-19 symptoms and refrain from participating in activities if your child is symptomatic. See Appendix D for symptoms of COVID- 19.
- Take your player’s temperature before participating in club activities and refrain from participating if the temperature is above 100.4 degrees F.
- The player should provide verbal confirmation before each activity to your coach/trainer that:
 - The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - The player has not had a documented case of COVID-19 in the last 14 days.
 - The player is not currently demonstrating any symptoms of COVID-19 (see Appendix D for symptoms of COVID-19).
 - The player is not currently demonstrating or suffering from any ill symptoms.
- Notify the club (team coach, director of coaching, Montville Recreation Program Director) if your child has been diagnosed or has a suspected diagnosis of COVID-19 or if they have been in close contact to someone with COVID-19 or is suspected of having COVID-19.

FAILURE / REFUSAL TO FOLLOW PROTOCOLS

In the event any individual refuses to follow the protocols outlined in this document, the individual will be asked to remove themselves from the activity and will not be allowed to return to an activity until they agree to follow all COVID-19 protocols. In the event the individual refuses to remove themselves from the activity, the activity will be terminated, and all participants will be instructed to wear face masks and maintain social distancing. The event will then be document and referred to Montville Soccer Association governance for appropriate disciplinary action.

POLICY ON NON-DISCRIMINATION OF PARTICIPANTS REGARDING COVID-19

Montville Soccer Association will follow a policy of non-discrimination for all individuals related to COVID-19. The purpose of this policy is to ensure players and staff that they will not be discriminated against regarding:

- (1) a diagnosis or suspected diagnosis of COVID-19,
- (2) a personal decision to not participate in any MSA activity (including training or games) due to concerns with COVID-19, or
- (3) a decision to not participate in any MSA activities due to being in a COVID-19 high risk group.

MSA RETURN TO SOCCER PHASES

The Montville Soccer Association has defined five (4) Phases for a *Return to Soccer* during the COVID-19 pandemic. The four phases increase the level of permitted activity and escalate the risk of contracting COVID-19 through contact. Each Phase defines an environmental context under which the activities in the Phase will be permitted, and then defines the protocols to be followed within the Phase for both training and games.

The four phases of *Returning to Soccer* do NOT consider the effects of COVID-19 on persons in high risk groups (see Appendix E). Persons who are in high risk groups should refrain from participation and contact their coach/trainer for alternate arrangements. Persons in high risk groups should only *Return to Soccer* when they feel comfortable to do so and the under the guidance of a healthcare professional based upon their unique situation.

PHASE 1: State Health Authorities require shelter in place, stay at home

order.

Environmental Context

- NJ State stay at home order / shelter in place
- Organized sports prohibited
- Gathering in groups prohibited
- State/County/Local parks closed for group activities
- [Social Distancing guidelines](#) in affect
 - Face covering required when in public
 - Keep six feet between yourself and others
 - Wash hands regularly
 - If exposed or sick, [self-quarantine/isolate](#) for two weeks
- NJ Youth Soccer Association has suspended sanctioned activities

Protocol for Training

- Training is provided remotely/virtually. No coaches or other athletes should be present during individual training.
 - Email, social media of weekly Techne challenges
 - Scheduled (“Live”) training sessions via video teleconference (i.e. Zoom) in the participant’s home/residence.
 - Participant uses his/her own equipment
- Communications between Trainers/Coaches/Staff and Players must follow SAFESPORT guidelines
- No in person training between trainers/coaches/staff and players
- Players must participate in events isolated from other players (non-household members).

Protocol for Games

Organized games not permitted

PHASE 2: Public Health Authorities lift shelter in place requirements but continue to prohibit group activities.

Environmental Context

- NJ State stay at home order/shelter in place
- Organized sports prohibited
- Gathering in groups prohibited
- State/County/Local parks closed for group activities
- [Social Distancing guidelines in affect](#)
 - Face covering required when in public
 - Keep six feet between yourself and others
 - Wash hands regularly
 - If exposed or sick, [self-quarantine/isolate](#) for two weeks
- NJ Youth Soccer Association has suspended sanctioned activities

Protocol for Training

Training Session Management

- Training is provided remotely/virtually. No coaches or other athletes should be present during individual training.
 - Email, social media of weekly Techne challenges
 - Scheduled (“Live”) training sessions via video teleconference (i.e. Zoom) in the participant’s home/residence.
 - Participant uses his/her own equipment
- Communications between Trainers/Coaches/Staff and Players must follow SAFESPORT guidelines
- No in person training between trainers/coaches/staff and players
- Players must participate in events isolated from other players (non-household members).

Protocol for Games

Organized games not permitted

PHASE 3: Public health authorities allow contact sports, which includes soccer, with limiting activities exclusively to no-contact drills, practices, and simulations of game situations as of June 22nd.

Environmental Context

- Stay at home restrictions relaxed
 - State/County/Local parks open for small group gatherings Organized sports permitted with no contact
- State/County/Local parks closed for group activities
- [Social Distancing guidelines in affect](#)
 - Face covering required when in public
 - Keep six feet between yourself and others
 - Wash hands regularly
 - If exposed or sick, [self-quarantine/isolate](#) for two weeks
- NJ Youth Soccer Association has permitted "Non -contact" training.

Protocol for Training

- Players must positively confirm ahead of time that they will be attending a session.
- Coaches/trainers will keep accurate attendance for each session to facilitate contact tracing (if needed).
- Individuals are to only use their own personal equipment. Players are to only use their own water bottle, towel, etc. and not share personal items with other players.
- Players and coaches may contact another individual's soccer ball with their feet but should not contact it with their hands.
- During Phase 3, Goalkeepers should train as a field player and not handle anyone else's ball. In the event of goalkeeper specific technical training, goalkeeper coach should bring his/her own soccer balls; assign one soccer ball per goalkeeper being trained and the balls should not be shared. Goalkeeper gloves should be disinfected and all equipment (e.g. balls, cones, goalkeeper gloves) should be disinfected prior to the start of the session.
- Limit practice activities to those that do not involve person-to-person contact (e.g. bumping, tackling, shielding) between athletes and/or coaching staff.
- No Heading or throw-ins are permitted.
- Restrict spitting, handshakes, high-fives, team huddles, and any other close-contacting activities.
- Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities. Field sessions/training are set-ups to ensure 6+ feet of separation between participants.
- Only coaches/trainers may handle common equipment such as cones and field markers.
- The coaching staff and parents/guardians should wear cloth face coverings.
- Athletes are also encouraged to wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc.
- Field usage times are to be staggered. This is to allow player/ participant arrivals and departures to be staggered, thereby limiting overlap non-field contact.
- Players are to be designated a space for personal items (soccer bag, water bottle, towel, etc.) which allows for 6 feet of separation from other players.
- Players are asked to NOT car-pool to/from sessions.
- Parents/spectators are not permitted to remain on the field during sessions.
- One Parent/Guardian must remain at the facility in case session is required to end earlier than scheduled.
- Training open to scheduled participants only
 - No parents/spectators permitted on the field.
 - Only players scheduled for time permitted to participate (no guest players).
 - Players are to remain in the same training group for the duration of the Phase.
- Players must arrive no more than ten minutes before the scheduled session start and must depart on time with their parent/guardian at the scheduled session end.
- Coaches/Trainers/Staff are to check their health each day to confirm they are not symptomatic of COVID-19 (see Appendix D)
- Coaches/trainers exhibiting symptoms of COVID-19 are required to contact a healthcare professional and will only be allowed to return to activities once they have

- been cleared (see Appendix B).
- Parent/Guardian are to check their child’s health and report to Trainer/Coach/Staff that their child is not symptomatic of COVID-19 (see Appendix D).
- Players exhibiting symptoms of COVID-19 will be told to go home and advised to contact a healthcare professional. Players symptomatic of COVID-19 are not allowed to return to sessions until they have been cleared (see Appendix B).
- Coaches/Trainers at higher risk for severe illness (see Appendix E), as defined by the Center for Disease Control, are recommended to not participate in training.
- Players at higher risk for severe illness (see Appendix E), as defined by the Center for Disease Control, are recommended to not participate in training. Players should contact their coach/trainer for alternative training options.
- In the event of a player injury:
 - Only one coach/trainer is to approach the player to assess the injury.
 - The coach/trainer must wear a mask and new (fresh) pair of gloves when approaching the player.
 - Physical contact with the player is to be minimized and should only include the minimum contact necessary to administer first aid.
 - The parent/guardian for the player is to be notified of the injury and the actions taken as soon as possible.
- Players are advised to clean/disinfect their equipment following each session.
- Trainers/coaches/staff are to clean/disinfect equipment following each training day
- Players and trainers/coaches/staff should wear face masks and other personal protective equipment as advised by the CDC ([see CDC website](#)).
- **In the event a coach/trainer or player has a positive diagnosis for COVID-19, MSA will follow the MSA protocol for notification of a positive diagnoses of COVID-19 and contact tracing (see below).**

Protocol for Games

Organized games not permitted

PHASE 4: Public health authorities allow contact sports, which includes soccer, to resume traditional practices and competitions (expected to begin as of July 6th)

Environmental Context

- Stay at home restrictions relaxed.
- State/County/Local parks open.
- Training Facilities & Fields open.
- Organized sports permitted by State and Local authorities
- No local restrictions on the size of group gatherings.
- NJ Youth Soccer Association has permitted competitive games

Protocol for Training

- Follow the protocols listed above under Phase 3.
- No training restrictions (Heading, throw-ins, tackling)
- However, physical contact should be minimized whenever possible during training.

- Coaches, staff, visitors, and athletes will be required to abide by the gathering limitations outlined in Executive Order No. 152 (2020), or the Order in effect at the time of competition.
- Consider social distancing requirements when scheduling contests and events. Social distancing will need to be maintained on buses. Thus, multiple buses/vans and/or individual parent/guardian transportation will likely be required. Games should be scheduled at intervals that allow for proper sanitation of facilities and equipment following each game.
- Spectators permitted with proper social or physical distancing and no contact with players or teams. At-risk individuals should still take precautions.

Protocol for Games

- When competitions are permitted, coaches, staff, visitors and athletes will be required to abide by the gathering's limitations in effect at the time of competition.
- It is expected each competition/league will establish protocols to be followed for games once a return to play has been authorized.
- MSA will follow the protocols established for the competition/league within which each team plays.
- MSA will ensure the protocols each team will follow are disseminated to the players and parents.
- Games times should be sufficiently staggered to allow players time to arrive and exit the field without contacting players from other scheduled games.
- All guidelines should be followed is games are permitted and played outside the geographic region.

APPENDIX A: PROTOCOL FOR NOTIFICATION OF A POSITIVE DIAGNOSIS OF COVID-19 AND CONTACT TRACING

In the event a player or coach/trainer notifies the Montville Soccer Association that he/she is positive or suspected of being positive for Covid-19, MSA will invoke the following protocol:

1. MSA will advise the individual to remain at home and isolated per CDC guidelines.
 - a. MSA will NOT retaliate against an individual who identifies him/herself as positive for COVID-19. This includes, but is not limited to, dismissing the individual as a coach/trainer or player from a team.
2. MSA will request the individual provide a list of MSA activities (date, time, location) to which he/she has been a participant.
3. MSA will notify the Trainer/Coach/Staff for the team on which the individual is a participant and confirm which other players were present during the identified MSA activities.
4. MSA will notify all players on a team that a positive COVID-19 situation exists but will not provide the name of the individual.
5. In the event the team has played against another team, MSA will notify the competition authority of a possible COVID-19 diagnosis.
6. The individual will only be permitted to return to play when the conditions of the Protocol for Return to Soccer Following a Confirmed or Suspected COVID-19 Infection in Appendix B are met.

Form of Notification - Exposure to a Participant who has been diagnosed with COVID-19:

Please be advised that we have learned that one of our participants has been diagnosed with COVID-19. Your child participated within a club activity while this same individual was present within 14 days prior to the individual's diagnosis. Families of all involved participants are being notified in accordance with state and local privacy and confidentiality laws and regulations. The Centers for Disease Control (CDC) advises for 'those who have had close contact with a person diagnosed with COVID-19 to stay home, self-monitor for symptoms, and to follow CDC guidance if symptoms develop.' Links to CDC pages that can that bring greater clarity to the purpose of this notification can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>; and <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>.

APPENDIX B: PROTOCOL FOR RETURN TO SOCCER FOLLOWING A CONFIRMED OR SUSPECTED COVID- 19 INFECTION

Symptomatic player / staff with suspected or confirmed COVID-19 infection cannot attend club events until:

- a) At least 3 days (72 hours) have passed since resolution of fever (defined as > 100.4 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath), **AND**
- b) At least 14 days have passed since symptoms first appeared.

OR:

- c) Resolution of fever without the use of fever-reducing medications, **AND**
- d) Improvement in respiratory symptoms (e.g., cough, shortness of breath), **AND**
- e) Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens).

OR:

- f) Written medical clearance is provided from a healthcare practitioner that the individual is safe to return to soccer.

Player / staff with laboratory-confirmed COVID-19 who have not had any symptoms cannot attend club events until:

- a) 14 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop, then management should be guided as above for symptomatic individuals.

OR:

- b) Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens).

OR:

- a) Written medical clearance is provided from a healthcare practitioner that the individual is safe to return to soccer.

APPENDIX C: PROTOCOL FOR RETURN TO SOCCER FOLLOWING EXPOSURE TO A SUSPECTED OR DIAGNOSED CASE OF COVID-19

Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 14 days and monitor for any symptoms consistent with infection.

If asymptomatic after 14 days since last exposure, the player/staff member can return to participation.

In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more.
- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, for example).

APPENDIX D: SYMPTOMS OF COVID-19 INFECTION

Individuals with COVID-19 can exhibit symptoms ranging from mild to life threatening. Please consult the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) for latest details on COVID-19 symptoms

CDC Website URL: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html

Symptoms associated with infection include:

- Fever (> 100.4 degrees F)
- Cough
- Shortness of breath
- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint pain
- Sudden loss of taste or smell
- Chills

APPENDIX E: INDIVIDUALS AT HIGHER RISK FOR SEVERE ILLNESS FROM COVID-19

The CDC has provided the following guidance for individuals who are at higher risk for severe illness from COVID-19. These individuals should take extra precautions to avoid contracting COVID-19.

CDC Website URL: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

APPENDIX F: PROTOCOL FOR CLEANING EQUIPMENT

PERFORM A “TOP TO BOTTOM” DEEP CLEAN TO DISINFECT EVERY SURFACE INCLUDING **ALL** EQUIPMENT FOLLOWING TRAINING AND GAMES.

- Wash hands for at least 20 seconds prior to initiating cleaning of equipment.
- Use an EPA registered hard surface cleaner and disinfectant which meets the EPA criteria for use against the novel coronavirus. See EPA website at: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>
- Wear appropriate personal protective equipment when using cleaning products.
- Use at the proper dilution ratio, as referenced on the EPA label of the product.
- Practice the appropriate dwell, contact or kill time of listed pathogens on the EPA label of the product.
- Ensure all surfaces are cleaned including all soccer balls, cones, field markers.
- Wash hands for at least 20 seconds following completion of equipment cleaning.
- Ensure all clothing worn is washed (laundered) prior to next training session.
- Ensure all training vests are washed (laundered) after each use.

APPENDIX G: THE USE OF FIELD SPACE

Training areas should be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).

Appropriate signage should be employed at each facility to facilitate the traffic of players entering and leaving a facility to maintain six feet of separation between individuals.

Signage/designations should be employed in common areas to facilitate six feet of separation between individuals.

Multiple teams may share a field, but the training area should be large enough to ensure social distancing between players before, during and following training sessions. Teams will follow the guidelines for the maximum number of participants at a field/location as set by the authorizing entity for that field (e.g. Morris County Parks Commission, Montville Parks & Recreation Department, etc.).

APPENDIX H: HEALTH-SCREENING

The following health screening assessment will be conducted on all players and adult participants when stipulated as a requirement by the governing authority for the field in use. Upon arrival, all players will approach the adult Trainer/Coach/Staff in charge of the session to submit a completed *Health-screening Assessment*.

Health-screening Assessment

- The adult Trainer/Coach/Staff will obtain a health screening assessment form on all players in an area of the field where six feet of separation can be maintained between players in a queue. The field should be marked with a field marker to maintain six feet of separate for players in a queue.
- The adult Trainer/Coach/Staff in charge of the session will confirm with the player the following questions (questions may be updated as guidance is changed):
 - **Have you traveled internationally or outside of the State of New Jersey in the last 14 days? (Yes/No)**
 - ***If yes, See next Question.***
 - ***If no,*** proceed to next question.
 - **Within the last 14 days, have you been exposed to, or come into contact with, anyone you know: (a) who has COVID-19, (b) who is/was being tested for COVID-19, (c) who had symptoms consistent with COVID-19, or (d) who was exposed to someone with COVID19? (Yes/No)**
 - ***If yes, See next Question.***
 - ***If no,*** proceed to next question.
 - **Do you have Covid-19 or symptoms of Covid-19 (Symptoms: Have you had any signs or symptoms of a fever in the past 24 hours such as chills, sweats, felt "feverish," or had a temperature that is elevated for you or 100.4F or greater?)**
 - ***If yes,*** the player will be instructed to return home and to contact a health care professional. The player will be instructed they cannot return to soccer until they satisfy the requirements of Appendix B
 - ***If yes,*** the adult Trainer/Coach/Staff will initiate the protocol in Appendix A.
 - ***If no,*** proceed to next question.
 - Have you had COVID-19 within the last 14 days, or have you been tested for it within the last 14 days? (Yes/No)
 - ***If yes,*** the player will be instructed to return home and to contact a health care professional
 - ***If no,*** proceed to next question.

- **Within the last 14 days have you been in close contact with someone who is currently sick with a suspected or confirmed case of COVID-19?** (*Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes without appropriate PPE*)
- **Are you currently feeling sick or exhibiting any of the symptoms of COVID-19, which are:**
 - • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Atypical muscle pain or body aches • Headache • New loss of taste or smell • Sore Throat • Congestion or runny nose • Nausea or vomiting • Diarrhea
 - **If yes**, the player will be instructed to return home and to contact a health care professional
 - **If no**, proceed to next question.
- **Within the last 14 days have you had a fever in excess of 100.4 degree F?**
 - **If yes**, the player will be instructed to return home and to contact a health care professional
 - **If no**, proceed to next action.
- **If required by the facility operator or local jurisdiction, a temperature screening will be done by the adult Trainer/Coach/Staff using a contactless thermometer appropriate for outdoor use.**
 - If the player's temperature is in excess of 100.4 degrees F the player will be instructed to remain in the shade for 10 minutes and will not perform any activities. A second temperature check will then be performed on the player after 10 minutes.
 - If the second temperature check is in excess of 100.4 degrees, the player will be instructed to return home and to contact a health care professional.
 - If the first or second temperature check is NOT in excess of 100.4 degrees, or if a temperature check is not required, the player will be allowed to attend training.
- The healthcare screening will be conducted for all players and adult trainers/coaches/staff involved with the training session. The adult responsible for the session is permitted to self-administer the assessment. If the adult responsible identifies that it is not appropriate for him/her to continue with the session, and no authorized adult who has successfully completed a health check is available, the session will be cancelled.
- Regardless of how you answer the questions provided in this survey, if you have symptoms consistent with COVID-19 or feel you may be developing symptoms consistent with COVID-19, you cannot attend or participate in any youth soccer activities and should contact a local healthcare professional.