

COVID guidelines

Berkeley Heights PAL soccer has established Return to Play guidelines during the pandemic. Please review and adhere to these guidelines while participating in soccer this fall.

All Participants

- Players, parents, coaches & referees may not participate if they have a fever over 100 degrees **or** are exhibiting COVID symptoms **or** have been exposed to someone exhibiting COVID symptoms.
- Players, parents, coaches & referees that travel to one of the states or countries listed on the NJ advisory list must follow the quarantine recommendations by the state.
- Coaches will take temperatures of players & coaches upon arrival to the field each week. Anyone with over 100 degree temperature or exhibiting COVID symptoms will not be permitted to play.

Parents

- Parents are required to sign the BH PAL COVID waiver prior to the first practice/game on September 12 and hand in to their coach.
- Follow state guidelines if player is exposed to COVID & alert team coach.
- Wear a mask and maintain social distancing at all times, including to and from the field and while watching from sidelines.
- Keep attendance of other family members to a minimum. The games at Snyder Field, especially, will have limited spectator areas due to high enrollment.
- Do not bring snacks for the team to share, this will not be permitted.
- To minimize interaction with other teams at Snyder Park field, players and families should enter the field from the gate closest to the train tracks & watch the games from designated areas.

Players

- Players must wear masks to and from the field.
- Players should arrive at the field fully equipped to play. Put on team t-shirt, cleats & shin guards prior to arriving at field.

- Do not share water bottles or other equipment (soccer balls, goalie gloves, head bands, etc) with other players.
- Players must wear masks while on the sidelines during the game. Players may optionally wear masks during practice and games.
- No group celebrations during games (high fives, etc)
- Use hand sanitizer after coming off field and visiting bathroom

Coaches

- Coaches must wear masks to/from field and when within six feet of players.
- Coaches should keep hand sanitizer and disinfecting wipes (provided by league) available to players during practices and games.

Referees

- Referees must wear masks to the field and during breaks. Masks may optionally be worn during game play but are required when within six feet of players.
- Clean the game ball prior to kickoff and at the end of each quarter with disinfectant wipe (coaches will have supply).
- Do not share equipment (stop watches, phones, whistle).