Quakertown Soccer Club Covid-19 Return to Play Protocol

Effective: 04 Aug 2020

-Quakertown Soccer Club (QSC) Return to Play Protocol was developed in line with guidance received from U.S. Youth Soccer, Eastern Pennsylvania Youth Soccer (EPYSA), Centers for Disease Control and Prevention, Commonwealth of Pennsylvania, Pennsylvania Department of Health and Bucks County

-additional information is available at the following websites:

Centers for Disease Control and Prevention – [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)

State of Pennsylvania – [www.health.pa.gov/](http://www.health.pa.gov/)

Bucks County - [www.covid19-bucksgis.hub.arcgis.com](http://www.covid19-bucksgis.hub.arcgis.com)

EPYSA – [www.epysa.org](http://www.epysa.org)

-For all QSC COVID related policy questions and concerns, please contact [travel@quakertownsoccerclub.org](mailto:travel@quakertownsoccerclub.org)

**The below policy details the requirements for the return to play based on the Covid phase as determined by Bucks County and the stage as determined by QSC**

**Yellow Phase**

1. General
   1. All facilities and fields are closed for club activities, unless provided authorization from the Quakertown Soccer Club (QSC) Executive Board herein referred to as the QSC board
   2. There will be no QSC club or team camps
   3. No participation in any leagues permitted
   4. Masks must be worn at all times when inside of QSC buildings
   5. Masks used must fully cover the nose and mouth and secure under the chin
      1. Masks containing valves, open mesh material or holes of any kind are not acceptable
      2. Open chin bandana type face coverings are not acceptable
   6. Anyone who feels sick, has any symptoms of Covid-19 or has had close contact with a person known to have Covid-19 should not come to QSC fields or facilities until remaining symptom free for 14 days
   7. Anyone found in violation of this protocol will face disciplinary action from the QSC Board that can include suspension
2. Arrival at the Facility for Practice – N/A
3. Arrival at the Facility for Games – N/A
4. Clubhouse and Mailroom – N/A
5. Snack Stand – N/A
6. Bathrooms – N/A
7. Shed
   1. Facilities group may proceed with general maintenance activities only as required
   2. Number of personnel should be minimized
   3. Social distancing of 6 feet should be maintained at all time
   4. Personnel must wear appropriate masks
   5. All touched surfaces should be wiped down using an appropriate disinfectant after use
8. Pole Barn
   1. Facilities group may proceed with general maintenance activities only as required
   2. Number of personnel should be minimized
   3. Social distancing of 6 feet should be maintained at all time
   4. Personnel must wear appropriate masks
   5. All touched surfaces should be wiped down using an appropriate disinfectant after use
   6. Only one person in Gator or golf cart at one time
9. Parents – N/A
10. Coaches Practice Procedure – N/A
11. General Club Meetings
    1. In person meetings have been suspended, communication to the general membership will be via email
12. QSC Executive Board Meetings
    1. Board meetings will be completed remotely only
13. Positive Cases within QSC
    1. Any positive cases of Covid-19 for players, coaches or facilities crew must be reported immediately to the QSC Board
    2. When notified of a positive case the QSC Board will make a determination on the notification of players, teams or other participants following CDC guidelines and HIPAA regulations on confidentiality. The QSC board will also make a determination on any facility remediation plans or facility closures per current local and state guidelines

**Green Phase (Stage 1 – County initially entering green phase) – following official notice from Quakertown Soccer Club that practice can resume**

1. General
   1. Club team practices may commence
   2. No games or scrimmages are allowed
   3. Camps designated for players within QSC only will be allowed with approval from the QSC Board
   4. No participation in any leagues permitted
   5. Masks must be worn at all times when inside of QSC buildings
      1. Masks may be removed while actively eating or drinking, but you should be stationary and maintain appropriate physical distancing of a minimum of 6ft.
   6. Masks used must fully cover the nose and mouth and secure under the chin
      1. Masks containing valves, open mesh material or holes of any kind are not acceptable
      2. Open chin bandana type face coverings are not acceptable
   7. Anyone who feels sick, has any symptoms of Covid-19 or has had close contact with a person known to have Covid-19 should not come to QSC fields or facilities until remaining symptom free for 14 days
   8. Anyone found in violation of this protocol will face disciplinary action from the QSC Board that can include suspension
2. Arrival at the Facility for Practice
   1. Drive-up procedure – Parents should maintain social distancing when arriving and parking at the practice facility
   2. Parents should remain in cars during practices and stay away from the field, coaches and other players at all times
   3. All spectators must wear an appropriate mask when outside of their vehicles at any QSC field or facility
   4. Parents must adhere to arrival and pick-up times strictly to minimize cross-over interactions between teams
3. Arrival at the Facility for Games – N/A – no games during this phase
4. Clubhouse and Mailroom
   1. Wipe surfaces used to include knobs and light switches
   2. Minimize use of mailroom and entering clubhouse
   3. Only one person in clubhouse or mailroom at a time
5. Snack Stand
   1. Snack Stand will remain closed
6. Bathrooms
   1. Bathrooms will remain closed and are not to be opened for any activities
7. Shed
   1. If field lights are needed to be turned on or equipment is needed from the shed, only one person may enter the shed at a time
   2. No players are permitted to enter the shed at any time
   3. Wipe down any surfaces touched while in the shed including knobs with disinfectant
8. Pole Barn
   1. Pole Barn is only to be accessed by facilities personnel unless approval is received in advance by the QSC Board
   2. Facilities group may proceed with general maintenance activities only as required
   3. Number of personnel should be minimized
   4. Social distancing of 6 feet should be maintained at all time
   5. If social distancing cannot be maintained, personnel must wear appropriate masks
   6. All touched surfaces should be wiped down using an appropriate disinfectant after use
   7. Only one person in Gator or golf cart at one time
9. Parents
   1. Parents should not send their player to practice unless the player has had no signs of Covid-19 for the previous 14 days
   2. Parents should not send their player to practice if the player has had a known exposure
      1. If exposed parents should wait 14 days post exposure until returning the player to practice
   3. Parents will notify the QSC Board if the player or someone in the players home is presumptive positive or tests positive for Covid-19.
      1. Player is not permitted to return to any QSC activity until 14 days post exposure with no signs or symptoms and only with a doctor’s note if player has tested positive
   4. Parents should notify their coach of any illness or medical condition immediately
   5. Parents should let the coach know if they want their player to wear a mask during practice
   6. Parents should ensure that players only have the minimal amount of gear packed for practice
   7. Players should have hand sanitizer packed with their gear
10. Coaches Practice Procedure
    1. If coaches do not feel well, they should not attend practice and should report to illness to the Travel Coordinator and can only return to in-person coaching with a doctor’s approval
       1. Coaches need to wear masks that completely cover the nose and mouth at all times during practice sessions (this includes arrival, practice, and clean-up)
       2. Players can wear masks if desired
    2. Upon arrival at practice coaches and players should immediately sanitize their hands with the team provided sanitizer
       1. Hand sanitizer must always be available and used frequently
    3. Players and coaches should then have their temperatures taken and recorded by the coach.
       1. If any players or coach’s temperature is 100.4°F or greater, they must return home immediately, the coach should notify the travel coordinator and the player can only return to practices with a doctor’s approval
       2. Coaches should submit their temperature data to the travel coordinator weekly and highlight any players that did not meet the temperature requirement
       3. Only QSC coaches are authorized to take the temperatures
    4. Following temperature monitoring the player should put and gear they have in the coaches designated gear area and all gear shall be placed a minimum of 6 feet apart from the next player
       1. Absolutely no sharing of drinks, snacks or gear
          1. Players must have their drinks in a labelled bottle to minimize risk of mixing up drinks
       2. There is to be no sharing of goalie gloves between players
          1. Goalie gloves are to be sanitized (using hand sanitizer) before and after each practice or scrimmage/friendly
       3. There is to be no spitting
    5. Prior to using any equipment that is provided to the players (ball, disks, mannequins) that the coach has touched, the equipment must be wiped down with disinfectant
       1. Practice pinnies must be laundered using hot water in between each use. Players should not share pinnies during practice. It is recommended that pinnies be issued to the player and kept as a part of their practice gear.
       2. Team use soccer balls are considered equipment and must be wiped with disinfectant before and after each use. It is recommended that players bring their own soccer ball and are not allowed to share personal soccer balls with any other player
       3. Players are not permitted to touch field equipment
    6. Practices should be structured in a manner that eliminates any lines or clumping of players. Players need to remain 6 feet apart during the practice session including any water breaks.
       1. There is to be no contact between players before, during practice or after practice. This includes contact drills, shaking hands, high fives, etc.
    7. No benches are to be used for players during any activities
       1. Players must physically distance (minimum of 6ft) and wear a mask when not actively engaged in soccer activities of practice or scrimmage/friendly
    8. Maximum number of people per field space:
       1. 7v7 Field – 14 players and 2 coaches
       2. 9v9 Field – 18 players and 2 coaches
       3. 11v11 Field – 22 players and 3 coaches
       4. If the field is not lined, approximate the size and make a conservative estimate
       5. Teams are not permitted to share a field when practicing at QSC
    9. If a player gets injured during practice:
       1. Only one coach may approach the player
       2. Coach must wear gloves
       3. Coach should minimize the interaction with the player as much as the situation allows
       4. If injury is minor, player should be removed from the practice area, allowed to rest and return to the practice when the player is ready
       5. If the injury is more severe, Coach should call the parent and remove the player from the practice area (if it can be done safely) and remain with the player until the parent arrives
       6. As always, for severe injuries the Coach should call 911 and inform the parent
    10. All shared equipment needs to be wiped with disinfectant at the conclusion of use
    11. If practicing back to back with other teams, adequate time needs to be scheduled in between so that all players from the concluding practice leave the field and facility prior to the next team’s arrival. If coaches are still sanitizing and loading equipment during the changeover that is acceptable but should be minimized.
    12. These guidelines for practice procedures apply to any team organized practice at QSC facilities or any other locations that the practice take place
11. Pennsylvania Listed Quarantine States and Travel
    1. Players or coaches that have traveled to the states listed on the PA Covid-19 Information to Travelers page or other official State of PA quarantine list page must abide by the following:
       1. Player or coach is not allowed to participate in any QSC activity or practice for 14 days upon their return from the quarantine listed state
       2. Player or coach can end the quarantine period before 14 days only if they meet all the requirements below:
          1. Player or coach has not had any symptoms
          2. Player or coach is tested (active virus test, not antibody test) on Day 7 since their return or later
          3. Player or coach receives a negative test result and continues to have no symptoms
    2. If conditions are met, the player or coach can submit test results to QSC and will receive clearance from QSC to return to play
12. General Club Meetings
    1. In person meetings will not occur, communication to the general membership will be via email
13. QSC Executive Board Meetings
    1. Board meetings will be completed remotely only
14. Positive Cases within QSC
    1. Any positive cases of Covid-19 for players, coaches or facilities crew must be reported immediately to the QSC Board
    2. When notified of a positive case the QSC Board will make a determination on the notification of players, teams or other participants following CDC guidelines and HIPAA regulations on confidentiality. The QSC board will also make a determination on any facility remediation plans or facility closures per current local and state guidelines
    3. QSC has the right to close the facility or cease all organized team activities as a result of positive cases within the club or local area

**Green Phase (Stage 2 – County continuing in green phase) (Date to be confirmed by club prior to any team following Stage 2 requirements)**

1. General
   1. Club team practices may continue
   2. No games or scrimmages are allowed with outside clubs (scrimmages within QSC are allowed)
   3. Camps designated for players within QSC only will be allowed with approval from the QSC Board
   4. No participation in any leagues permitted
   5. Masks must be worn at all times when inside of QSC buildings
      1. Masks may be removed while actively eating or drinking, but you should be stationary and maintain appropriate physical distancing of a minimum of 6ft.
   6. Masks used must fully cover the nose and mouth and secure under the chin
      1. Masks containing valves, open mesh material or holes of any kind are not acceptable
      2. Open chin bandana type face coverings are not acceptable
   7. Anyone who feels sick, has any symptoms of Covid-19 or has had close contact with a person known to have Covid-19 should not come to QSC fields or facilities until remaining symptom free for 14 days
   8. Anyone found in violation of this protocol will face disciplinary action from the QSC Board that can include suspension
2. Arrival at the Facility for Practice
   1. Drive-up procedure – Parents should maintain social distancing when arriving and parking at the practice facility
   2. Parents should stay away from the field, coaches and other players at all times
   3. All spectators must wear an appropriate mask when outside of their vehicles at any QSC field or facility
   4. Parents/Players must adhere to arrival and pick-up times strictly to minimize cross-over interactions between teams
3. Arrival at the Facility for Games – N/A – no games during this phase
4. Clubhouse and Mailroom
   1. Wipe surfaces with disinfectant wipes used to include knobs and light switches
   2. Minimize use of mailroom and entering clubhouse
   3. Only one person in clubhouse or mailroom at a time
5. Snack Stand
   1. Snack Stand will remain closed
6. Bathrooms
   1. Bathrooms will remain closed and are not to be opened for any activities
7. Shed
   1. If field lights are needed to be turned on or equipment is needed from the shed, only one person may enter the shed at a time
   2. No players are permitted to enter the shed at any time
   3. Wipe down any surfaces touched with disinfectant wipes while in the shed including knobs with disinfectant
8. Pole Barn
   1. Pole Barn is only to be accessed by facilities personnel unless approval is received in advance by the QSC Board
   2. Facilities group may proceed with general maintenance activities only as required
   3. Number of personnel should be minimized
   4. Social distancing of 6 feet should be maintained at all time
   5. If social distancing cannot be maintained, personnel must wear appropriate masks
   6. All touched surfaces should be wiped down using an appropriate disinfectant after use
   7. Only one person in Gator or golf cart at one time
9. Parents
   1. Parents should not send their player to practice unless the player has had no signs of Covid-19 for the previous 14 days
   2. Parents should not send their player to practice if the player has had a known exposure
      1. If exposed parents should wait 14 days post exposure until returning the player to practice
   3. Parents will notify the QSC Board if the player or someone in the players home is presumptive positive or tests positive for Covid-19.
      1. Player is not permitted to return to any QSC activity until 14 days post exposure with no signs or symptoms and only with a doctor’s note if player has tested positive
   4. Parents should notify their coach of any illness or medical condition immediately
   5. Parents should let the coach know if they want their player to wear a mask during practice
   6. Parents should ensure that players only have the minimal amount of gear packed for practice
   7. Players should have hand sanitizer packed with their gear
   8. If an intra-club scrimmage is being held spectators are allowed but must comply with social distancing; people living in the same home may stay in close distance to each other; all others should be at least 6 ft apart, this includes keeping a minimum of 6 ft apart from any assistant referees (sideline referees). If a six-foot distance can’t be maintained then spectators must wear a mask that covers their nose and mouths.
   9. See section 11 for Pennsylvania Quarantine States and Travel details
10. Coaches Practice/Scrimmage Procedure
    1. If coaches do not feel well, they should not attend practice and should report to illness to the Travel Coordinator and can only return to in-person coaching with a doctor’s approval
       1. Coaches need to wear masks that completely cover the nose and mouth at all times during practice sessions and scrimmages (this includes arrival, practice, and clean-up)
       2. Players can wear masks if desired during play
       3. Players must wear a mask if sitting on the sideline, on the bench when not actively involved in the scrimmage or practice and for arrival and departure from the practice or scrimmage
    2. Upon arrival at practice coaches and players should immediately sanitize their hands with the team provided sanitizer
       1. Hand sanitizer must always be available and used frequently
    3. Players and coaches should then have their temperatures taken and recorded by the coach.
       1. If any player’s or coach’s temperature is 100.4°F or greater, they must return home immediately, the coach should notify the travel coordinator and the player can only return to practices with a doctor’s approval
       2. Coaches should submit their temperature data to the travel coordinator weekly and highlight any players that did not meet the temperature requirement
       3. Only QSC coaches are authorized to take the temperatures
    4. Following temperature monitoring the player should put the gear they have in the designated gear area and all gear shall be placed a minimum of 6 feet apart from the next player
       1. Absolutely no sharing of drinks, snacks or gear
          1. Players must have their drinks in a labelled bottle to minimize risk of mixing up drinks
       2. There is to be no sharing of goalie gloves between players
          1. Goalie gloves are to be sanitized (using hand sanitizer) before and after each practice or scrimmage/friendly
       3. There is to be no spitting
    5. Prior to using any equipment that is provided to the players (ball, disks, mannequins) that the coach has touched, the equipment must be wiped down with disinfectant
       1. Practice pinnies must be laundered using hot water in between each use. Players should not share pinnies during practice. It is recommended that pinnies be issued to the player and kept as a part of their practice gear.
       2. Team use soccer balls are considered equipment and must be wiped with disinfectant before and after each use. It is recommended that players bring their own soccer ball and are not allowed to share personal soccer balls with any other player
       3. Players are not permitted to touch field equipment
    6. Practices can start to introduce body contact activities.
       1. There is to be no contact between players outside of the soccer drill such as shaking hands, high fives, etc.
    7. No benches are to be used for players during any activities
       1. Players must physically distance (minimum of 6ft) and wear a mask when not actively engaged in soccer activities of practice or scrimmage/friendly
    8. Maximum number of people per field space:
       1. 7v7 Field – 14 players and 2 coaches
       2. 9v9 Field – 18 players and 2 coaches
       3. 11v11 Field – 22 players and 3 coaches
       4. If the field is not lined, approximate the size and make a conservative estimate
       5. Teams are not permitted to share a field when practicing at QSC
    9. If a player gets injured during practice:
       1. Only one coach may approach the player
       2. Coach must wear gloves
       3. Coach should minimize the interaction with the player as much as the situation allows
       4. If injury is minor, player should be removed from the practice area, allowed to rest and return to the practice when the player is ready
       5. If the injury is more severe, Coach should call the parent and remove the player from the practice area (if it can be done safely) and remain with the player until the parent arrives
       6. As always, for severe injuries the Coach should call 911 and inform the parent
    10. All shared equipment needs to be wiped with disinfectant at the conclusion of use
    11. If practicing back to back with other teams, adequate time needs to be scheduled in between so that all players from the concluding practice leave the field and facility prior to the next team’s arrival. If coaches are still sanitizing and loading equipment during the changeover that is acceptable but should be minimized.
    12. These guidelines for practice and scrimmage procedures apply to any team organized practice at QSC facilities or any other locations that the practice take place
11. Pennsylvania Listed Quarantine States and Travel
    1. Players or coaches that have traveled to the states listed on the PA Covid-19 Information to Travelers page or other official State of PA quarantine list page must abide by the following:
       1. Player or coach is not allowed to participate in any QSC activity, practice or scrimmage/friendly for 14 days upon their return from the quarantine listed state
       2. Player or coach can end the quarantine period before 14 days only if they meet all the requirements below:
          1. Player or coach has not had any symptoms
          2. Player or coach is tested (active virus test, not antibody test) on Day 7 since their return or later
          3. Player or coach receives a negative test result and continues to have no symptoms
          4. If conditions are met, the player or coach can submit test results to QSC and will receive clearance from QSC to return to play
12. General Club Meetings
    1. In person meetings will not occur, communication to the general membership will be via email
13. QSC Executive Board Meetings
    1. Board meetings will be completed remotely only
14. Positive Cases within QSC
    1. Any positive cases of Covid-19 for players, coaches or facilities crew must be reported immediately to the QSC Board
    2. When notified of a positive case the QSC Board will make a determination on the notification of players, teams or other participants following CDC guidelines and HIPAA regulations on confidentiality. The QSC board will also make a determination on any facility remediation plans or facility closures per current local and state guidelines
    3. QSC has the right to close the facility or cease all organized team activities as a result of positive cases within the club or local area

**Green Phase (Stage 3 – County continuing in green phase) (Date to be confirmed by club prior to any team following Stage 3 requirements)**

1. General
   1. Club team practices may continue
   2. Friendlies/Scrimmages are allowed within QSC and with outside clubs from any Pennsylvania Green Phase counties
   3. Camps designated for players within QSC only will be allowed with approval from the QSC Board
   4. No participation in any leagues permitted
   5. Teams are permitted to participate in tournaments upon approval from QSC
      1. Teams are not permitted to participate in out of state tournaments
   6. QSC facilities are only open for scheduled and approved practices/scrimmages/friendlies
   7. Masks must be worn at all times when at any QSC field or facility
      1. Masks may be removed while actively eating or drinking, but you should be stationary and maintain appropriate physical distancing of a minimum of 6ft.
   8. Masks used must fully cover the nose and mouth and secure under the chin
      1. Masks containing valves, open mesh material or holes of any kind are not acceptable
      2. Open chin bandana type face coverings are not acceptable
   9. Anyone who feels sick, has any symptoms of Covid-19 or has had close contact with a person known to have Covid-19 should not come to QSC fields or facilities until remaining symptom free for 14 days
   10. Anyone found in violation of this protocol will face disciplinary action from the QSC Board that can include suspension
2. Arrival at QSC or other Facility for Practice
   1. Drive-up procedure – Parents should maintain social distancing when arriving and parking at the practice facility
   2. Parents should stay away from the field, coaches and other players at all times
   3. All spectators must wear an appropriate mask when outside of their vehicles at any QSC field or facility
   4. Parents/Players must adhere to arrival and pick-up times strictly to minimize cross-over interactions between teams
3. Arrival at QSC or other Facility for Scrimmages/Friendlies
   1. Drive-up procedure – Parents should maintain social distancing when arriving and parking at the practice facility
   2. All attendees should adhere to the arrival time and remain in their vehicles until the allotted time to use the field (to allow teams and supporters at previous practice/scrimmage/friendly to leave the facility)
   3. All spectators must wear an appropriate mask when outside of their vehicles at any QSC field or facility
   4. We strongly recommend that only one (1) parent/supporter per player attend each scrimmage/friendly
   5. All attendees should promptly leave the facility upon completion to allow for arrivals for the next practice/scrimmage/friendly
4. Clubhouse and Mailroom
   1. Wipe surfaces with disinfectant wipes used to include knobs and light switches
   2. Minimize use of mailroom and entering clubhouse
   3. Only one person in mailroom at a time
5. Snack Stand
   1. Snack Stand will remain closed
6. Bathrooms
   1. Bathrooms can be opened for any QSC approved activity
   2. Anyone that enters the bathroom must wear a mask
   3. Anyone that enters the bathroom must sanitize their hands upon entry
   4. Maintain physical distancing of at least 6ft. as possible within the bathroom and if waiting for the bathroom
      1. There is to be no waiting inside the bathroom, if the bathroom is fully occupied you must wait outside until someone exits the bathroom
   5. Minimize as much as possible the touching of surfaces within the bathroom
7. Shed
   1. If field lights are needed to be turned on or equipment is needed from the shed, only one person may enter the shed at a time
   2. No players are permitted to enter the shed at any time
   3. Wipe down any surfaces touched with appropriate disinfectant while in the shed including knobs
   4. Wipe down any equipment from the shed (i.e. corner flags, mannequins) prior to use and upon returning to the shed
8. Pole Barn
   1. Pole Barn is only to be accessed by facilities personnel unless approval is received in advance by the QSC Board
   2. Facilities group may proceed with general maintenance activities only as required
   3. Number of personnel should be minimized
   4. Social distancing of 6 feet should be maintained when working on the fields or facility
   5. Personnel must wear appropriate masks at all times
   6. All touched surfaces should be wiped down using an appropriate disinfectant after use
   7. Only one person in Gator or golf cart at one time
9. Parents
   1. Parents should not send their player to practice unless the player has had no signs of Covid-19 for the previous 14 days
   2. Parents should not send their player to practice if the player has had a known exposure
   3. Parents will notify the QSC Board if the player or someone in the players home is presumptive positive or tests positive for Covid-19.
      1. Player is not permitted to return to any QSC activity until 14 days post exposure with no signs or symptoms and only with a doctor’s note if player has tested positive
   4. Parents should notify their coach of any illness or medical condition immediately
   5. Parents should let the coach know if they want their player to wear a mask during practice
   6. Parents should ensure that players only have the minimal amount of gear packed for practice
   7. Players should have hand sanitizer packed with their gear
   8. If a scrimmage or friendly is being held spectators must wear a mask when at any QSC field or facility. Spectators must practice physical distancing of a minimum of 6ft to those not from their immediate family
      1. For scrimmages/friendlies: Players and Coaches should be on same sideline as their spectators and should be on the opposite side of the field as opposing teams players and spectators
      2. Parents should bring their own hand sanitizer to the scrimmage/friendly and should use often
   9. See section 11 for Pennsylvania Quarantine States and Travel details
10. Coaches Practice/Scrimmage/Friendly Procedure
    1. If coaches do not feel well, they should not attend practice and should report the illness to the Travel Coordinator and can only return to in-person coaching with a doctor’s approval
       1. Coaches need to wear masks at all times during practice sessions and scrimmages/friendlies (this includes arrival, practice/scrimmage time, and clean-up)
       2. Players can wear masks if desired during play
       3. Players must wear a mask if sitting on the sideline, on the bench when not actively involved in the scrimmage/friendly or practice and for arrival and departure from the practice or scrimmage/friendly
    2. Upon arrival at practice/scrimmage/friendly coaches and players should immediately sanitize their hands with sanitizer
       1. Hand sanitizer must always be available and used frequently
    3. Players and coaches should then have their temperatures taken and recorded by a QSC coach.
       1. If any player’s or coach’s temperature is 100.4°F or greater, they must return home immediately, the coach should notify the travel coordinator and the player can only return to practices with a doctor’s approval
       2. Coaches should submit their temperature data to the travel coordinator weekly and highlight any players that did not meet the temperature requirement
       3. Only QSC coaches are authorized to take the temperatures
    4. Following temperature monitoring the player should put the gear they have in the designated gear area and all gear shall be placed a minimum of 6 feet apart from the next player
       1. Absolutely no sharing of drinks, snacks or gear
          1. Players must have their drinks in a labelled bottle to minimize risk of mixing up drinks
       2. There is to be no sharing of goalie gloves between players
          1. Goalie gloves are to be sanitized (using hand sanitizer) before and after each practice or scrimmage/friendly
       3. There is to be no spitting
    5. Prior to using any equipment that is provided to the players (ball, disks, mannequins) that the coach has touched, the equipment must be wiped down with disinfectant
       1. Practice pinnies must be laundered using hot water in between each use. Players should not share pinnies during practice. It is recommended that pinnies be issued to the player and kept as a part of their practice gear.
       2. Team use soccer balls are considered equipment and must be wiped with disinfectant before and after each use. It is recommended that players bring their own soccer ball and are not allowed to share personal soccer balls with any other player
       3. Players are not permitted to touch field equipment
    6. Practices can include body contact activities.
       1. There is to be no contact between players outside of the soccer activities such as shaking hands, high fives, etc.
    7. No benches are to be used for players during any activities
       1. Players must physically distance (minimum of 6ft) and wear a mask when not actively engaged in soccer activities of practice or scrimmage/friendly
    8. Maximum number of players/coaches per field space for practice activities:
       1. For practices at non-QSC facilities
          1. 7v7 Field Space– 14 players and 2 coaches
          2. 9v9 Field Space– 18 players and 2 coaches
          3. 11v11 Field Space– 22 players and 3 coaches
          4. If the field is not lined, approximate the size and make a conservative estimate
          5. Teams are not permitted to share a field when practicing
       2. For practices at QSC
          1. Adhere to the field schedule provided by the club for field location and times
    9. If a player gets injured during practice:
       1. Only one coach may approach the player
       2. Coach must wear gloves
       3. Coach should minimize the interaction with the player as much as the situation allows
       4. If injury is minor, player should be removed from the area of play, allowed to rest and return to the activity when the player is ready
       5. If the injury is more severe, Coach should call the parent and remove the player from the area of play (if it can be done safely) and remain with the player until the parent arrives
       6. As always, for severe injuries the Coach should call 911 and inform the parent
    10. All shared equipment needs to be wiped with disinfectant at the conclusion of use
    11. If playing back to back with other teams, adequate time needs to be scheduled in between so that all players from the concluding activity leave the field and facility prior to the next team’s arrival. If coaches are still sanitizing and loading equipment during the changeover that is acceptable but should be minimized.
    12. These guidelines for practice and scrimmage/frindly procedures apply to any team organized practice at QSC facilities or any other locations that the practice take place
11. Pennsylvania Listed Quarantine States and Travel
    1. Players or coaches that have traveled to the states listed on the PA Covid-19 Information to Travelers page or other official State of PA quarantine list page must abide by the following:
       1. Player or coach is not allowed to participate in any QSC activity, practice or scrimmage/friendly for 14 days upon their return from the quarantine listed state
       2. Player or coach can end the quarantine period before 14 days only if they meet all the requirements below:
          1. Player or coach has not had any symptoms
          2. Player or coach is tested (active virus test, not antibody test) on Day 7 since their return or later
          3. Player or coach receives a negative test result and continues to have no symptoms
          4. If conditions are met, the player or coach can submit test results to QSC and will receive clearance from QSC to return to play
12. General Club Meetings
    1. In person meetings will not occur, communication to the general membership will be via email or online meetings
13. QSC Executive Board Meetings
    1. Board meetings will be completed remotely only
14. Positive Cases within QSC
    1. Any positive cases of Covid-19 for players, coaches or facilities crew must be reported immediately to the QSC Board
    2. When notified of a positive case the QSC Board will make a determination on the notification of players, teams or other participants following CDC guidelines and HIPAA regulations on confidentiality. The QSC board will also make a determination on any facility remediation plans or facility closures per current local and state guidelines
    3. QSC has the right to close the facility or cease all organized team activities as a result of positive cases within the club or local area