
Quakertown Soccer Club Covid-19 Protocol for Indoor Activities

Effective: 12 Jan 2021

-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/

State of Pennsylvania – www.health.pa.gov/

Bucks County - www.covid19-bucksgis.hub.arcgis.com

EPYSA – www.epysa.org

-For all QSC COVID related policy questions and concerns, please contact

travel@quakertownsoccerclub.org

The below policy details the requirements for indoor QSC activities. These requirements apply to the Travel, Intramural and Academy programs offered at QSC.

1. General

- a. These policies apply to any QSC activity that occurs at any location, not just QSC facilities.
- b. QSC team practices may occur
- c. Friendlies/Scrimmages are allowed within QSC teams and with outside clubs from Pennsylvania upon approval from QSC Board
- d. QSC team organized camps or privately run sessions will be allowed with approval from the QSC Board
- e. Participation in QSC approved leagues permitted
- f. Teams are permitted to participate in tournaments upon approval from QSC
 - i. Travel for tournaments within Pennsylvania is permitted with approval from QSC Board
- g. QSC facilities are only open for scheduled and approved practices
- h. Masks must be worn at all times when involved in any QSC indoor activity including practices and games by all players, coaches, spectators, board members, committee members, etc. (activity can be at home complex or any away facility or venue)**
 - i. An athlete may remove their mask during play if the mask causes a medical condition, including a respiratory condition that impedes breathing
 1. If the activity or exertion level does not allow for a mask to be worn safely then the athlete should not wear a mask
 2. All alternatives to removing the mask should be exhausted before allowing an individual to remove their mask
 3. Proof of a condition or disability is not required
 - ii. Masks may be removed by players or coaches only while actively drinking, but you must be stationary and maintain appropriate physical distancing of a minimum of 6ft.

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- iii. Masks used must fully cover the nose and mouth and secure under the chin
 - iv. Open chin bandana type face coverings are not acceptable
 - v. For players per EPYSA: gaiters, neck warmers, plastic shields or other personal protective equipment could be considered dangerous and should not be worn to play
 - i. 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 any QSC event, fields or facilities until remaining symptom free for 14 days
 - j. Anyone found in violation of this protocol will face disciplinary action from the QSC Board that can include suspension and/or removal from the facilities
2. QSC Clubhouse Turf Use Procedures
- a. Arrival at QSC clubhouse for Practice
 - i. Drive-up procedure – Parents should maintain social distancing when arriving and parking at the practice facility
 - ii. Parents are not permitted in the clubhouse during practices, only coaches and players
 - iii. Only registered QSC players are allowed in the QSC clubhouse for practices
 - iv. **Everyone** must wear an appropriate mask when outside of their vehicles at any QSC field or facility
 - v. Parents/Players must adhere to arrival and pick-up times strictly to minimize cross-over interactions between teams
 - vi. All attendees should promptly leave the facility upon completion to allow for arrivals for the next event
 - b. Parents
 - i. Parents should not send their player to any QSC event unless the player has had no signs of Covid-19 for the previous 14 days
 - ii. Parents should not send their player to QSC event if the player has had a known exposure
 - iii. Parents will notify the QSC Board if the player or someone in the players home is presumptive positive or tests positive for Covid-19.
 - iv. Player is not permitted to return to any QSC event until 14 days post exposure with no signs or symptoms and only with a doctor's note if player has tested positive
 - v. Parents should notify their coach of any illness or medical condition immediately
 - vi. Parents should let the coach know if there are any issues with their player wearing a mask during any QSC event
 - vii. Parents should ensure that players only have the minimal amount of gear packed for any QSC event
 - viii. Players should have hand sanitizer packed with their gear
 - ix. Players should enter the clubhouse door on the pavilion side only
 - x. Players should wipe their shoes thoroughly upon entering the clubhouse and place any items on the tables at the door (all items should be clearly labeled with the player's name to minimize confusion)

c. Coaches Practice Procedure

- i. If coaches do not feel well, they should not attend any QSC event and should report the illness to the Travel Coordinator and can only return to in-person coaching with a doctor's approval
 1. Coaches must wear masks at all times during any QSC event (this includes arrival, practice time, and clean-up)
- ii. Upon arrival at practice/scrimmage/friendly/game coaches and players must immediately sanitize their hands with sanitizer
- iii. Hand sanitizer must always be available and used frequently
- iv. Players should sanitize their hands often
- v. Players and coaches should 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
- vi. Following temperature monitoring the player should put the gear they have in the designated gear area
- vii. Absolutely no sharing of drinks, snacks or gear
 1. Players must have their drinks in a labeled bottle to minimize risk of mixing up drinks
- viii. There is to be no spitting
- ix. Prior to using any equipment that is provided to the players (ball, disks) 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.
 3. Players are not permitted to touch field equipment
- x. 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.
- xi. Maximum number of players/coaches per field space for practice activities:
 1. For practices at QSC Clubhouse
 - a. 18 players and 3 coaches
 2. Adhere to the practice schedule provided by the club for times
 - a. No team is to enter clubhouse prior to 2 minutes before scheduled practice time – this includes coaches and players.
 - i. Teams can wait outside under the pavilion or in their cars

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- xii. If a player gets injured during practice:
 - 1. Coach must wear gloves
 - 2. Coach should minimize the interaction with the player as much as the situation allows
 - 3. 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
 - 4. 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
 - 5. As always, for severe injuries the Coach should call 911 and inform the parent
 - xiii. All shared equipment needs to be wiped with disinfectant at the conclusion of use
 - xiv. 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.
 - d. QSC Turf General Use Procedure
 - i. When arriving at clubhouse do not arrive earlier than 5 minutes prior to start of practice
 - 1. If there is a team practicing prior to your session do not enter the clubhouse earlier than 2 minutes prior to practice start time
 - ii. All arriving teams must only enter the clubhouse from the snack stand side of the clubhouse. The shed side door is for exiting only.
 - iii. Once entering the clubhouse wipe your feet on the mat thoroughly to remove as much dirt and debris as possible.
 - iv. Place any items on the tables at the entrance. If there is no previous team or once the previous team exits the coach will wipe the tables with a disinfectant at the exit door of the clubhouse and all items can be moved to the exit tables. The coach will then wipe the entrance tables with a disinfectant for the next team's arrival.
 - v. The air purifier must always be running when inside the clubhouse.
 - vi. The thermostat in the clubhouse is not to be adjusted.
 - vii. Both doors to the outside of the clubhouse must be propped at least ½ way open at all times players are utilizing the facility.
 - viii. Players can wear clean turf shoes or cleats on the clubhouse turf.
 - ix. Only Futsal balls are to be used on the clubhouse turf.
 - x. Practice activities should minimize the ball from being in the air
 - 1. QSC Clubhouse space is intended for foot skill work and small passing activities
 - 2. There are to be no use of goals (Pugs), shooting activities or aerial type activities
 - 3. There is to be no kicking balls against any of the walls
 - 4. Teams are responsible for any damage to the clubhouse or contents
 - xi. Practices should conclude 2 min prior to the end of your scheduled time to allow for players to leave the practice area, gather belongings and promptly leave the clubhouse.

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- xii. Coaches should wipe any touched surfaces prior to the end of their scheduled session.
 - xiii. The last scheduled team is responsible to wipe door handles and light switches with disinfectant prior to leaving the clubhouse.
 - 1. The last team is responsible to make sure the clubhouse is closed and lights are off prior to leaving.
 - e. Clubhouse and Mailroom (General)
 - i. Wipe surfaces touched with disinfectant, including knobs and light switches
 - ii. Minimize use of mailroom
 - f. Snack Stand
 - i. Snack Stand will remain closed
 - g. Bathrooms
 - i. Bathrooms can be opened for any QSC approved activity, but the person opening the bathrooms must follow the QSC Bathroom Use and Cleaning Procedures and ensure that the bathroom are cleaned at the end of use.
 - ii. Cleaning procedure is detailed in the QSC Bathroom Use and Cleaning Procedures
 - iii. Anyone that enters the bathroom must wear a mask
 - iv. Anyone that enters the bathroom must sanitize their hands upon entry
 - v. Maintain social distancing of at least 6ft. as possible within the bathroom and if waiting for the bathroom
 - vi. There is to be no waiting inside the bathroom, if the bathroom is fully occupied you must wait outside until someone exits the bathroom
 - vii. Minimize as much as possible the touching of surfaces within the bathroom
 - 3. Pennsylvania Listed Quarantine States and Travel
 - a. Out of state play is not allowed.
 - b. Teams from out of state are not permitted for any activity at any QSC location.
 - c. Players or coaches that have traveled out of the country or 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:
 - i. Player or coach is not allowed to participate in any QSC activity, practice or scrimmage/friendly for 10 days upon their return from out of the country or the quarantine listed state
 - ii. Player or coach can end the quarantine period before 10 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
 - d. If conditions are met, the player or coach can submit test results to QSC and will receive clearance from QSC to return to play
 - 4. Positive Cases within QSC
 - a. Any positive cases of Covid-19 for players, coaches or facilities crew must be reported immediately to the QSC Board

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- b. 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.
 - c. The QSC board will also make a determination on any facility remediation plans or facility closures per current local and state guidelines. 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
5. General Club Meetings
- a. In person meetings will not occur, communication to the general membership will be via email or online meetings
6. QSC Executive Board Meetings
- a. Board meetings can be held in person at the QSC Clubhouse following the requirements of this protocol

