
Quakertown Soccer Club Covid-19 Protocol for Outdoor 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 outdoor 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 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/scrimmages/friendlies/games
- h. **Masks must be worn at all times when involved in any QSC 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

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- 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.
 - 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. Arrival at QSC or other Facility for Practice
 - a. Drive-up procedure – Parents should maintain social distancing when arriving and parking at the practice facility
 - b. Parents should stay away from the field, coaches and other players at all times
 - c. **Everyone** must wear an appropriate mask when outside of their vehicles at any QSC field or facility
 - d. All spectators must follow social distancing of a minimum of 6 feet to those not from their immediate family
 - e. 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/Games
 - a. Drive-up procedure – Parents should maintain social distancing when arriving and parking at the practice facility
 - b. 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/games to leave the facility)
 - i. Teams must not arrive any earlier than 45 min prior to their scheduled start time
 - c. **Everyone** must wear an appropriate mask when outside of their vehicles at any QSC field or facility
 - d. All spectators must follow social distancing of a minimum of 6ft to those not from their immediate family
 - e. Only four (4) parents/supporters per player are allowed to attend each scrimmage/friendly/game
 - f. All attendees should promptly leave the facility upon completion to allow for arrivals for the next event
 4. Clubhouse and Mailroom (General Use)
 - a. Wipe surfaces with disinfectant wipes used to include knobs and light switches
 - b. Minimize use of mailroom and entering clubhouse
 - c. Only one person in mailroom at a time
 - d. Social distancing must be maintained in clubhouse at all times
 5. Snack Stand
 - a. Snack Stand will remain closed

6. Bathrooms

- a. 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.
 - i. Cleaning procedure is detailed in the QSC Bathroom Use and Cleaning Procedures
- b. Anyone that enters the bathroom must wear a mask
- c. Anyone that enters the bathroom must sanitize their hands upon entry
- d. Maintain social distancing of at least 6ft. as possible within the bathroom and if waiting for the bathroom
 - i. There is to be no waiting inside the bathroom, if the bathroom is fully occupied you must wait outside until someone exits the bathroom
- e. Minimize as much as possible the touching of surfaces within the bathroom

7. Shed

- a. 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
- b. No players are permitted to enter the shed at any time
- c. Wipe down any surfaces touched with appropriate disinfectant while in the shed including knobs
- d. Wipe down any equipment from the shed (i.e. corner flags, mannequins) prior to use and upon returning to the shed

8. Pole Barn

- a. Pole Barn is only to be accessed by facilities personnel unless approval is received in advance by the QSC Board
- b. Facilities group may proceed with general maintenance activities only as required
- c. Number of personnel should be minimized
- d. Social distancing of 6 feet should be maintained when working on the fields or facility
- e. Personnel must wear appropriate masks at all times**
- f. All touched surfaces should be wiped down using an appropriate disinfectant after use

9. Parents

- a. 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
- b. Parents should not send their player to QSC event if the player has had a known exposure
- c. Parents will notify the QSC Board if the player or someone in the players home is presumptive positive or tests positive for Covid-19.
 - i. 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
- d. Parents should notify their coach of any illness or medical condition immediately
- e. Parents should let the coach know if they want their player to wear a mask during any QSC event
- f. Parents should ensure that players only have the minimal amount of gear packed for any QSC event
- g. Players should have hand sanitizer packed with their gear

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- h. **Everyone must wear a mask when at any QSC field or facility.** Spectators must practice social distancing of a minimum of 6ft to those not from their immediate family
 - i. For scrimmages/friendlies/games: 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
 - ii. Players (those not actively in game), coaches and spectators should remain behind the spectator line at all times while the scrimmage/friendly/game is in play
 - iii. Parents should bring their own hand sanitizer to the scrimmage/friendly/game and should use often
 - i. Parents are not to touch any field equipment including balls on or around the field of play. Only coaches may touch field equipment. Only coaches, players and referees may touch the soccer balls.
10. Coaches Practice/Scrimmage/Friendly/Game Procedure
- a. 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
 - i. Coaches must wear masks at all times during any QSC event (this includes arrival, practice/scrimmage/game time, and clean-up)
 - b. Upon arrival at practice/scrimmage/friendly/game coaches and players must immediately sanitize their hands with sanitizer
 - i. Hand sanitizer must always be available and used frequently
 - ii. Players should sanitize their hands each time they come off the field
 - c. Players and coaches should then have their temperatures taken and recorded by a QSC coach.
 - i. 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
 - ii. Coaches should submit their temperature data to the travel coordinator weekly and highlight any players that did not meet the temperature requirement
 - iii. Only QSC coaches are authorized to take the temperatures
 - d. 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
 - i. 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
 - ii. 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
 - iii. There is to be no spitting
 - e. 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
 - i. 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.

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- ii. 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
 - iii. Players are not permitted to touch field equipment
 - f. Practices can include body contact activities.
 - i. There is to be no contact between players outside of the soccer activities such as shaking hands, high fives, etc.
 - g. No benches are to be used for players during any activities
 - i. Players must physically distance (minimum of 6ft) and wear a mask at all times when not actively engaged in soccer activities of practice or scrimmage/friendly/game
 - ii. Individual chairs may be used but must be spaced 6 feet apart and cannot be shared by different players
 - 1. Chairs are considered equipment and must be wiped down prior to and after use
 - h. Coaches and players should remain behind the spectator line at all times while a scrimmage/friendly/game is in play
 - i. Maximum number of players/coaches per field space for practice activities:
 - i. 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
 - ii. For practices at QSC
 - 1. Adhere to the field schedule provided by the club for field location and times
 - j. If a player gets injured during practice:
 - i. Only one coach may approach the player
 - ii. Coach must wear gloves
 - iii. Coach should minimize the interaction with the player as much as the situation allows
 - iv. 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
 - v. 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
 - vi. As always, for severe injuries the Coach should call 911 and inform the parent
 - k. All shared equipment needs to be wiped with disinfectant at the conclusion of use
 - l. 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.
 - m. These guidelines for practice and scrimmage/friendly/game 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

- 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

12. 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
- 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