



COVID-19 REOPENING PLAN

DROP-OFF & PICK-UP

CHECK-IN PROCESS

When players arrive, they should check in with their head coach. If there is a line, please stand at least 6 feet from the player in front of them. Parents/guardians will be asked to verify the following:

- They took their child's temperature either before coming to the fields or upon arrival at the fields. (Non-contact thermometers will be available if you are unable to take their temperature at home.)
- The child does not have a fever 100.4 F or higher, shortness of breath or cough.
- They must show us their child's mask.
- Parents/guardians must wear masks or cloth face coverings when at the fields or at any YMCA facility.

Coaches will do the following when campers arrive:

- Make a visual inspection of players for signs of illness, which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue or extreme fussiness.
- Check in the player and show them where to place their belongings.
- Ensure players use hand sanitizer after checking in.

PICK-UP PROCESS

Players and parents should exit the fields right after practice. Please wear face masks and follow appropriate social distancing at all times.

HEALTH & SAFETY PROTOCOL

MASKS / FACE COVERINGS

- Coaches should wear masks or cloth face coverings when feasible.
- Players must always have a mask or cloth face covering with them.
- Players do not need to wear a mask when playing soccer.

HAND WASHING / SANITIZING PROTOCOL

All staff, coaches and players should bring their own hand sanitizer and must use it:

- When entering and exiting YMCA property.
- Upon arrival and before departure from the fields.

SOCIAL DISTANCING

It is recommended to stay at least 6 feet (about 2 arm lengths) from other people, when possible.

DAILY CLEANING PROTOCOLS

- All hard surfaces and equipment are wiped down prior to and after training use with bleach solution.
- All equipment is wiped down, sprayed or soaked (material dependent) prior to and after use.

SYMPTOMATIC & CONFIRMED CASES

IF A COACH OR PLAYER BECOMES SICK, BELIEVES THEY HAVE BEEN EXPOSED TO COVID OR HAS RECEIVED A POSITIVE TEST, THEY SHOULD NOTIFY THE SPORTS DIRECTOR IMMEDIATELY AND SELF-QUARANTINE.

If a coach becomes ill or begins to show signs of COVID-19 while at the fields, the following protocol is in place:

- Coach may self-quarantine in the isolation area (outside the Concession Stand) until they can arrange for transportation, or they may leave immediately to seek medical advice.
- The coach should inform Y staff of all areas of contact within the last 48 hours.
- Y administration will notify coaches and players of the potential exposure.
- The Carlisle Family YMCA will arrange for professional sanitization company to service the fields.
- Coaches may not return to the fields until they have been fever-free for 3 days (suspected case).
- Coaches may not return to the fields until they have been symptom-free for 10 days (positive case).

If a player becomes ill or begins to show signs of COVID-19 while at the fields, the following protocol is in place:

- The player will be self-quarantined in the isolation area (outside the Concession Stand) until they can be picked up by a parent or guardian to seek medical advice.
- Y staff will collect information regarding all areas of contact with the player within the last 48 hours.
- Y administration will notify coaches and players of the potential exposure.
- The Carlisle Family YMCA will arrange for professional sanitization company to service the fields.
- The player may not return to the fields until they have been fever-free for 3 days (suspected case).
- The player may not return to the fields until they have been symptom-free for 10 days (positive case).

ADDITIONAL RECOMMENDATIONS BY EPYSA

STAGE III UPDATES

- Typical pre-season activity may occur
 - Scrimmages, friendlies etc. may be played with clubs from any Green county.
 - Local protocols and procedures should be shared with any visiting team.
 - Play Days with multiple teams/clubs not recommended. But if held responsibly, must be within the limits of public gathering size.
 - Strongly recommended to stay local.
 - Limiting travel still recommended.
 - No inter-state travel permitted. Must stay within Pennsylvania.
- No goal celebrations involving physical contact with others
 - No pregame/post game line-ups, handshakes or fist bumps
 - Spectators allowed at the fields and must comply with social distancing to each other. Same applies to the sideline. Maintain 6-foot distance from assistant referee and players.
 - Pack hand sanitizer in your child's bag.
 - Players may not share water, snacks or equipment.
- All players should bring their own soccer ball.
 - Players should not shake hands or give high fives, fist bumps, hugs, etc.
 - All participants should maintain social distance when not actively engaged in team activities.
 - No player or coach can attend if they are feeling ill.
 - Sick players or coaches must quarantine as required by the CDC and PA Department of Health, and can only return with a doctor's approval. They must show notice to the club.
 - Disinfect all training equipment after training.
 - Only coaches can touch or move equipment.
 - Coaches should wear a face mask at all times as per CDC / PA Department of Health guidelines.
 - Players should wear face masks when not involved in soccer activities or on the bench. Players may wear masks during activity at parents' or player's discretion.
 - Scrimmage vests are not recommended.
 - Minimize contact with other teams before, during and after each session. Players should go straight to their cars after training.
 - Parents make the ultimate decision on their child's participation.