



# AllegHENY FORCE FC Return to Play Plan

# Allegheny Force FC Return to Play

## Club Responsibilities and Requirements

- Create and distribute protocols to members.
- The Club(Allegheny Force FC) before beginning to return to play, it will publish a notice to all players, parents and soccer families outlining the risks of returning and detailing how the club intends to minimize or eradicate those risks. AFFC will maintain record of parental/coach acknowledgement of risk.
- **All return to play activities must be published as being voluntary.** For example, if a child chooses not to attend tryouts, practices, trainings or games the club must accommodate that child's return at a later date.
- All club personnel and coaches must wear face masks.
- Confirm player registration and activated with your PA West Soccer registration contact.
- AFFC has a communication plan in place.
  - AFFC is prepared to notify coaches and families if the organization becomes aware of a participant or a coach/admin has developed COVID-19 and may have been infectious to others while at a youth activity.
  - Maintain participant confidentiality regarding health status.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Be prepared to shut down and stop operations.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- Develop a relationship and a dialogue with county health officials.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Follow all state and local health protocols and guidelines

## General Standards for activities/events

- Hand sanitizer station on every bench.
- No sharing of water bottles, snacks, or equipment.
- **Strict adherence to schedule. Prompt start; finish as scheduled.**
- Record all attendees (participants and spectators). Use of Google Health Screening Document created by the Club.
- No carpools or ride shares.
- Masks should be worn when at all possible.



# Allegheny Force FC Return to Play

## Coaches Responsibilities and Requirements

- Understand club policies and plans.
- Hold virtual/in person team meeting to discuss club policies and plans, as well as team policies and plans.
- Plan for the season
- Plan for the unexpected
- Before all activity (e.g. practice, tryout session, game, etc...) coach and player health assessment must be made incorporating the following elements.
  - Health Assessment will be self reported by player or parent, using The Google Health Screening Document provided by and communicated by AFFC.
  - Must ask have you been in contact with a person with COVID 19?
  - Must ask have you had a cough, fever, or loss of taste or smell?
  - **If anyone answers YES to any of these questions, they shall not be permitted to participate.** Recommended the player quarantines for 14 days or provide a negative COVID test.
- Coaches alone shall be permitted to touch equipment, including training discs and cones; do not enlist help from players or parents.
- Avoid using training bibs/vests that coach provides, players should bring their own colored shirts (light/dark) and bibs/pennies. **If for any reason a training bib/penny is used by a player, that the coach provided, it must be immediately isolated (put into a separate laundry bag) and not used again by any other individual unless and until it is laundered.**
- Physical contact outside the game must be strictly avoided; no high fives, fist bumps, etc..
- Players must use their own soccer ball. There will be no throw-ins and no activity will include picking up a ball with your hands.

Players will be discouraged from touching any soccer ball other than their own.
- **Maintain strict adherence to schedule of trainings and games. Prompt start; finish as scheduled**
- Follow all state and local health protocols and guidelines.
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Always wear a face mask, even when not actively coaching. *Active coaching is considered playing in a scrimmage, participating in a drill, or exercise..*
- Coaches should maintain social distance requirements from players based on state and local health requirements.
- **Have fun, stay positive – players and parents are looking to you for leadership**



# Allegheny Force FC Return to Play

## Parents Responsibilities and Requirements

- Understand club policies and plans.
- Understand and acknowledge the risks.
- Plan to follow the club policies and plans.
- Discuss them with your child.
- If you have concerns, express them to the club.
- Ensure your child is healthy and check your child's temperature before activities with others.
- Parents or Players will self-report using the Club Provided Google Health Screening Document.
- Parents should have hand sanitizer available for their children before and after each training session and games.
- Parents shall remain in their cars during all training activities. They may not congregate at or around the field. If they leave their car for any reason (e.g. to use a restroom) they must wear a face mask and observe social distancing.
- Parents may attend matches but must wait until kick-off to arrive on the sideline and must depart immediately following the final whistle. Parents must sit 6 feet apart.
- Should parents feel the need to communicate with a coach, it must be done via telecommunications or email.
- When at training, wear a mask if outside your car.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.

## Recommendations

- Consider not carpooling or very limited carpooling. No carpooling is recommended.
- Ensure child's clothing is washed after every training or game.
- Ensure all equipment(cleats, ball, shin guards, pennies, etc.) are sanitized before and after training or game.



# Allegheny Force FC Return to Play

## Players Responsibilities and Requirements

- Understand club and team policies and plans.
- Discuss them with your parents.
- Prepare for play.
- If you have concerns, discuss them with an adult.
- Do not attend practice or game if not feeling well.
- Parents or Players will self-report using the Club Provided Google Health Screening Document.
- Wash with soap and water or use disinfecting gel on hands during breaks in training and games and after training and games.
- Promptly leave after training and matches.
- Do not assist your coach with equipment before or after training.
- Players must wear masks prior to and immediately after training.
- Players must observe social distancing when not in play, **place bags and equipment at least 6 feet apart.**
- Players shall be required to wash or sanitize their hands prior to and after training
- Players must wash their clothes immediately up returning home.
- Players must NOT share drinks, food, equipment or clothing at any time, bring your own water bottle.
- Contact outside of play (e.g. high 5s, hugs, etc.) shall be avoided at all times.

## Recommendations

- Immediately put clothing in the wash.
- Avoid touching your face.
- Shower immediately upon returning home.
- Disinfect non-washable equipment like cleats, ball, guards, gloves.
- Take your temperature daily and especially before activities with others.
- Bring, and use, hand sanitizer with you at every training.



# Allegheny Force FC Return to Play

## Team Manager Duties

- Help ensure hand sanitizer station on every bench.
- Help maintain strict adherence to schedule of trainings and games. **Prompt start; finish as scheduled.**
- Maintain participant confidentiality regarding health status.
- Assist in train and educating all parents, players and coaches on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Assist if comfortable with disinfecting all player areas following every match and training session. Those disinfecting the player areas should follow the directions on the disinfectant label.
- Do not assist your coach with equipment before or after training.
- Record any one in attendance for training, or games, (players, coaches, spectators). Provide via TeamSnap, the AFFC Google Health Screening Document.
- Help assist in organizing “stations” for each player at or around the bench area that are at least 6 feet apart in which players must keep all their belongings.
- Provide Players pennies for training at the start of the season. These will be provided by the club(AFFC) at the start of the Season.



# Allegheny Force FC Return to Play

## Communication Plan

- Board of Directors will communicate to entire Club if a coach, player, or Club Official has tested positive for COVID 19.
- Board of Directors will communicate to the specific team that a coach, or player from that team has tested positive for COVID 19.
- The Board of Directors will not provide the personal information of the person testing positive.
- The Board of Directors will contact a team and coach if notified by another club/coach that has played an AFFC team in the last 14 days, where a player/coach/parent from that Club/Team has tested positive for COVID 19 and had direct contact.
- The Board of Directors will notify any other club where one of our players/coach tests positive for COVID 19, and had direct contact with their players/coaches.
  
- Should any player or parent test positive they should immediately contact a Club official or Board of Directors.
- Any person testing positive for COVID 19 should self quarantine for 14 days.
- Allegheny Force FC will follow the CDC recommendations regarding quarantine for other players if a player on a team tests positive and has been in direct contact with the team/players in the last 14 days.
  
- Start of Season/Resuming of Season/Return to Play – The Club will publish a notice to all players, parents and soccer families outlining the risks of returning and detailing how the club intends to minimize or eradicate those risks.
- Club will maintain record of parental/coach acknowledgement of risk, wavier to be communicated along with this document.
- Record of parental acknowledgement and Health Checks, will stored via Google Documents.
  
- The Club will use the TeamSnap app as means to mass communication.
- Individual Phone Calls or Emails will be used as needed.
- Follow all state and local health protocols and guidelines



# Allegheny Force FC Return to Play

## Games and Training

### Training:

- If more than one team is using a field for training at the same time...training areas should be at least 20 yards apart, where applicable.
- Staggered start times when multiple teams are using the same training site on the same night.
- Allow time between training sessions to permit disinfecting and avoid possible passing of the virus between teams.
  - Best practice: hold arriving team in cars until departing team has entered their vehicles.
- Training areas/equipment should be disinfected immediately after practice before the next team arrives.
- Team “huddles” should observe social distancing; no handshakes, high-fives, fist bumps, etc.
- Parents should remain in their cars during training.
- Clubs must provide hand sanitizer at each bench area for all activities.
- All player areas must be disinfected following every match and training session. Those disinfecting the player areas should follow the directions on the disinfectant label.

### Games:

- Staggered start times when multiple fields at a site are in use.
- Organize “stations” for each player at or around the bench area that are at least 6 feet apart in which players must keep all their belongings. They shall be required to return to their “station” only during breaks.
- Spectators are permitted. Those from the same home may sit together. Those from different homes must sit 6 feet apart. They should remain in their cars until shortly before kick-off and return to their cars immediately following the final whistle.
- There will be no post-game handshake or team huddles. Players should clean up their gear and join their parents in their cars promptly.
- Coaches will be sure their players have cleaned their stations and the technical area and leave promptly.
- Home club will disinfect the technical areas prior to the teams from the next game arriving.
- Pre-game and half-time huddles should observe social distancing; no handshakes, high-fives, fist bumps, hugs, etc.
- No post-game snacks.
- Record of all in attendance (players, coaches, spectators). The use of the Google Health Screening Document for every game.





# Allegheny Force FC Return to Play

## Tournaments

- Decision to attend a Tournament should be left up to the individual team coach. The coach must inform the Board of Directors the plan to attend a tournament.
- Tournament Deciding Factors
  - Should not be a known COVID 19 hotspot.
  - Review Tournament Website for Refund/Cancellation of Tournament policies.
  - Recommend fewest members of family attend tournament with the player.
  - If Tournament is in a state or location that is on a local/state quarantine list, it is recommended to quarantine upon return from that location for up to 14 days.
  - Follow all Tournament direction on COVID 19 policies.
- Team “huddles” should observe social distancing; no handshakes, high-fives, fist bumps, etc.
- All player areas must be disinfected following every match.
- Organize “stations” for each player at or around the bench area that are at least 6 feet apart in which players must keep all their belongings. They shall be required to return to their “station” only during breaks.
- Spectators are permitted. Those from the same home may sit together. Those from different homes must sit 6 feet apart.
- There will be no post-game handshake or team huddles. Players should clean up their gear and join their parents in their cars promptly.
- Coaches will be sure their players have cleaned their stations and the technical area and leave promptly.
- Pre-game and half-time huddles should observe social distancing; no handshakes, high-fives, fist bumps, hugs, etc.
- Record of all in attendance (players, coaches, spectators). The use of the Google Health Screening Document for every game.



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## Helpful Links

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

PA Department of Health <https://www.health.pa.gov/Pages/default.aspx>

PA West Soccer <https://www.pawest-soccer.org/>

US Youth Soccer <https://www.usyouthsoccer.org/>

UPMC <https://www.upmc.com/coronavirus>

