

## **Claremore Soccer Club Return to Play Policy 2020**

These are the recommended guidelines for the fall 2020 season. Every community in Oklahoma may have different restrictions and requirements on the resumption of sports activities. Please follow the Federal, State and local government directives with the goal the safety and welfare of participants, volunteers and spectators.

The following applies to games and practices:

**1. No one should attend practice or a game if NOT feeling well**, has a fever or is currently under a quarantine. The health and safety are the responsibility of all players, volunteers, and spectators.

- Do not play or attend games or practice:
  - If exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
  - Have been in contact with someone with COVID-19 in the last **14 days**.

**2. Players are encouraged to not engage in the standard celebrations and comradery of the game.**

- Avoid unnecessary touching such as high fives, hugs, and group “pile on” in goal celebrations.
- The customary handshakes before and after the game with opponents, coaches, and referees.
- Coaches’ refrain from high fives and hugs with players during substitutions or after an outstanding achievement.

**3. Players, uniforms, and equipment.**

- Players when off the field should maintain social distancing of 6 feet.
  - This includes seating area’s for players and personal gear.
- Players should not share water bottles and drink containers. This includes dunking water bottles into a cooler to refill bottles.
- It is recommended that players have their own hand sanitizer for personal use.
- Uniforms should be washed as soon as possible after the game.
- Benches should be wiped down with a disinfectant prior and after the game.
- Soccer balls after the game or practice also sprayed with a disinfectant.
- Shin guards and scrimmage vests should not be shared.
- If they need to be shared, its recommended to spray them down with a disinfectant before sharing.

**4. Coaches.**

- Ask each player on arrival to practice or game if they are feeling well and/or exhibiting any symptoms of COVID-19.
- Avoid having large group team meetings before or after the game.
- Pregame, halftime, and post-game instructions should be kept to a minimum and have players practice social distancing rather sitting next to each other on a bench.
- Only coaches should pick up team equipment or move practice equipment.
- Have sanitizer available for player and coaches use. (CLSC will provide)

## 5. Parents and spectators.

1. The most vulnerable group are people over 65 years of age or those with underlying medical conditions. It is recommended not to attend games or practices or remain in your vehicle as a safe avenue to watch soccer.

- Please provide a minimum distance of 6 feet on the sidelines or end lines between families. If behind the goal, you must be back 15 yards from the end line.
- If sitting in bleachers, practice social distancing.
- Vehicles are excellent and comfortable sitting areas to watch games.

## 6. Fields and Facility cleaning.

### a. Restrooms –

- Cleaned and disinfected regularly, particularly high-touch surfaces such as faucets, toilets, doorknobs, and light switches. Clean and disinfect restrooms daily or more often if possible. Ensure safe and correct application of disinfectants and keep products away from children.
- More information can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/parksrec/park-administrators.html>

### b. Concessions

- Should follow standard Health Department and CDC requirement on concession operations with more frequent cleaning.
- Concession workers will wear masks and gloves.
- Ordering and sitting areas should maintain 6 feet social distancing.

### c. Field spacing -

- If possible, field play should be staggered and not next to each other and game time also staggered to minimize large group gathering.

### e. Club house

- Central on-field facility structures will be cleaned and disinfected daily, as well as any railings attached to nearby/attached stairs. To limit traffic these areas we ask that players/parents/coaches enter these facilities only for official business with coaches or staff.

Any person **experiencing any symptoms of COVID19** should do the following:

- Stay home and not report to team training, games, or events.
- Contact team coach and/or manager alerting the team leader of symptoms.
  - Team Leader should contact team members via team communication process to alert all team members of the teammate who is experiencing symptoms.
- Document when symptoms began and inform team leader of any potential contact with team members.
- Remain isolated from team members, team events including practice and games, for a period of at least **14 days** from onset of symptoms.
- Team coach should email [clsccovid@gmail.com](mailto:clsccovid@gmail.com) to notify the club.
  - Include team name
  - Last time team members were in contact with person

Any person **testing positive for COVID19** should do the following:

- Stay home and not report to team training, games, or events.
- Contact team coach and/or manager alerting the team leader of date of positive test.
  - Team Leader should contact team members via team communication process to alert all team members of the teammate testing positive and date of test.
- Document date of COVID19 positive test, inform team leader of any potential contact with team members.
- Remain isolated from team members, team events including practice and games, for a period of at least **14 days** from date of positive test.
- Team coach should email [clsccovid@gmail.com](mailto:clsccovid@gmail.com) to notify the club.
  - Include team name
  - Last time team members were in contact with person

Any person in "**close contact**" with a person who tested positive for COVID19

- Stay home and not report to team training, games, or events.
- Contact team coach and/or manager alerting the team leader of date of contact with person testing positive for COVID19.
  - Team Leader should contact team members via team communication process to alert all team members of the teammate's date of contact with a COVID19 positive test person.
- Document when contact with the person with COVID19 happened, inform team leader of that date of contact, inform team leader of any potential contact with team members.
- Remain isolated from team members, team events including practice and games, for a period of at least **14 days** from date of contact with the person testing positive for COVID19.
- Team coach should email [clsccovid@gmail.com](mailto:clsccovid@gmail.com) to notify the club.
  - Include team name
  - Last time team members were in contact with person

Many of these recommended protocols are common sense. If we work together to minimize exposure to the COVID-19 virus, then we can all stay safe and healthy and continue to enjoy sport activities this fall. These protocols may be adjusted as the need arises.