



COVID-19: RETURN TO PLAY PROTOCOLS AND ACTION PLANS

OBJECTIVE:

Eagle F.C. wants to ensure a safe environment for all who participate, and the following information will assist administrators, coaches, managers, treasurers, volunteers, and parents/players in making decisions that will likely decrease the opportunity for infection from COVID-19.

Your health/safety is our top priority, and we want to assure everyone that if an administrator, coach, manager, treasurer, volunteer, or parent/player is reluctant to return, they should not feel pressured or obligated to participate until they are ready to engage in a group setting fully.

The information below follows local, state, and federal (CDC) protocols and action plans; however, please understand that what is mentioned here does not eclipse or displace health standards or protocols that have been established by the very same local, state, and federal agencies.

These protocols and action plans must be followed until further notice. Changes to the COVID-19 landscape are likely, so check out our website (COVID-19 Tab) often for new information and the latest updates.



CLUB PROTOCOLS AND ACTION PLAN:

BEFORE EACH SESSION:

- ✓ The club will provide a training area/space appropriate for social/physical distancing (e.g., minimum distance of six (6) feet apart).
- ✓ The club will provide a substitute coach to conduct a training session for any coach feeling ill.
- ✓ The club will provide COVID-19 supervisors to make certain coaches, assistant coaches, and/or administrators are following these protocols and action plans. David Burgee and Miranda Miller are the COVID-19 supervisors.



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DURING EACH SESSION:

- ✓ The club will ensure coaches execute COVID-19 protocols and action plans at all times.
- ✓ The club will ensure that supervisors and coaches are making certain that parents and players are following COVID-19 protocols and action plans.

AFTER EACH SESSION:

- ✓ Club will give coaches the latitude to provide comments and observations concerning COVID-19 protocols and action plan
- ✓ The club will have coaches provide summary reports to the club supervisors regarding the health and welfare of their athletes to make certain that no players are showing any symptoms.
- ✓ The club will work with the Cumberland County Health and Human Services directly if Eagle F.C. is contacted by anyone inside or outside the membership about any possible COVID-19 cases (e.g., potential exposure or infection) to expedite the process of contact tracing and reporting.



STAFF/COACHES PROTOCOLS AND ACTION PLAN:

BEFORE EACH SESSION:

- ✓ The coaches will provide a training area space appropriate for social/physical distancing (e.g., a minimum distance of six (6) feet apart).
- ✓ The coaches will provide equipment (e.g., training vests, cones, balls) that has been disinfected/sanitized before each session.
- ✓ The coaches will construct training grids before the arrival of players to facilitate and reinforce social/physical distancing.
- ✓ The coaches, when called upon, will answer questions or concerns by parents/players before each session.
- ✓ The coaches will have hand sanitizer, protective masks, and surgical gloves at all times.



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DURING EACH SESSION:

- ✓ The coaches will make observations or ask each player the following questions upon arrival:
 - ❖ Has the player had close contact with anyone who is ill or has been diagnosed with COVID-19?
 - ❖ Has the player been diagnosed with COVID-19 in the last fourteen (14) days?
 - ❖ Has the player expressed feeling ill, or is the player showing any signs/symptoms of illness? If the player responds in the affirmative or is exhibiting any signs/symptoms with regards to feeling sick, they should be removed from the training environment immediately. Furthermore, they should seek medical advice or care from their physician. The player must obtain clearance from their medical care doctor before returning.
- ✓ The coaches will make certain that all players have all the necessary equipment to train (e.g., cones, training poles, etc.).
- ✓ The coaches will be wearing masks until players are at least six (6) feet away. However, it is recommended that coaches wear masks at all times, if possible.
- ✓ The coaches will provide direct instruction as to where players should go immediately after arrival (e.g., specific training space/area).
- ✓ The coaches will make certain that players do not gather (e.g., assemble) in groups while training and during breaks.
- ✓ The coaches will make certain that players' bags, equipment, and water are placed at least six (6) feet apart.
- ✓ The coaches will be responsible for handling all equipment (e.g., place, pick up, move, or put away) at all times. Players shall not touch any training equipment, including balls, with their hands.
- ✓ The coaches will remain six (6) feet away from players at all times.
- ✓ The coaches will not spit.
- ✓ The coaches will not engage in any kind of physical contact with coaches, players, and parents.



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- ✓ The coaches will make certain that players are abiding by social/physical distancing protocols.

AFTER EACH SESSION:

- ✓ The coaches will clean up the training environment. Players will not touch any of the training equipment. Furthermore, the coach is required to carry all training equipment to their vehicle.
- ✓ The coaches will clean, disinfect, and sanitize all training equipment immediately following each training session.
- ✓ The coaches will dismiss players at staggered times to reduce congestion and crowding upon leaving the field.
- ✓ The coaches will notify COVID-19 supervisors when questions or concerns arise about the protocols and action plan.
- ✓ The coaches will notify the Executive Director, David Burgee (408-858-6177), should they be contacted by members concerning a possible positive COVID-19 reporting. Eagle F.C. will work diligently with the Cumberland County Health and Human Services to expedite the identification of possible exposures/infections of individuals to assist in the contact tracing and full disclosure.



PARENT/LEGAL GUARDIAN PROTOCOLS AND ACTION PLAN:

BEFORE EACH SESSION:

- ✓ The parent(s)/legal guardian(s) will keep the child(ren) home from training whenever ill or showing signs/symptoms of any illness whatsoever.
- ✓ The parent(s)/legal guardian(s) will evaluate their child(ren) 's health before participating in training sessions.
- ✓ Parent(s)/legal guardians(s) will take the temperature of their child(ren) before attending any training session. Have the child(ren) refrain from participation if they have a fever higher than 100.4 degrees Fahrenheit. DO NOT utilize fever-reducing



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medications. Temperature readings must be below 100.4 for at least three (3) days (e.g., 72-hours) since the resolution of fever.

- ✓ Furthermore, there must be the resolution (e.g., three [3] days/72-hours and at least ten [10] days have passed since signs/symptoms first appeared) of following signs/symptoms:
 - ❖ More common signs/symptoms: Fever, Cough, Shortness of Breath.
 - ❖ Less common signs/symptoms: Sore Throat, Congestion, Nausea or Vomiting, Diarrhea, Headache, Muscle-Joint Pain, Sudden Loss of Taste/Smell, Rash, and Chills
- ✓ Parent(s)/legal guardian(s) will promote frequent hand washing and advise their child(ren) to not touch any part of their face.
- ✓ Parent(s)/legal guardian(s) will provide hand sanitizer and masks for their child(ren).
- ✓ Parent(s)/legal guardian(s) will make certain that all equipment (cleats, shin guards, athletic clothing, ball, etc.) is cleaned, disinfected, and sanitized before each training session.
- ✓ Parent(s)/legal guardian(s) will ensure that their child(ren) have plenty of water. Sharing water is prohibited.

DURING EACH SESSION:

- ✓ Parent(s)/legal guardian(s) will adhere to social/physical distancing at all times.
- ✓ Parent(s)/legal guardian(s) will be encouraged to remain in their automobiles during training sessions, scrimmages, friendlies, and sanctioned matches.
- ✓ Parents(s)/legal guardian(s) will make certain their child(ren) arrive on time and patiently wait in their automobiles until their respective training session begins.
- ✓ Parent(s)/legal guardian(s) will not be allowed on the sidelines near coaches and players. If the parent(s)/legal guardians decide to be outdoors, they must practice social/physical distancing at all times. If outside, parent(s)/legal guardian(s) are encouraged to wear masks.
- ✓ Portable bathrooms or bathroom facilities may not be accessible, so please be sure to plan accordingly.



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AFTER EACH SESSION:

- ✓ Parent(s)/legal guardian(s) shall leave the training area immediately following the conclusion of the practice session.
- ✓ Parent(s)/legal guardian(s) will make certain that all personal training equipment (e.g., cleats, shin guards, athletic clothing, ball, etc.) is cleaned, disinfected, and sanitized after each training session.
- ✓ Parent(s)/legal guardian(s) will ensure their child(ren) will have plenty of hand sanitizer at all times.
- ✓ Parent(s)/legal guardian(s) will notify the Executive Director, David Burgee (408-858-6177), concerning any possible or confirmed case of COVID-19. Eagle F.C. will work diligently with the Cumberland County Health and Human Services to expedite the identification of possible exposures/infections of individuals to assist in the contact tracing and full disclosure.



PLAYER PROTOCOLS AND ACTION PLAN:

BEFORE EACH SESSION:

- ✓ Players will take their temperature before participating in a training session.
 - ❖ If feeling ill, please notify the parent(s)/legal guardian(s) before the session begins. Also, notify coaches.
- ✓ Players will account for all personal training equipment (e.g., cleats, shin guards, athletic clothing, ball, etc.) before arriving at a training session.
- ✓ Players will make certain they have hand sanitizer at all times.
- ✓ Players will make certain they have a mask at all times.
- ✓ Players will make certain they have plenty of fluids (e.g., water).

DURING EACH SESSION:

- ✓ Players will follow all social/physical distancing protocols (e.g., a minimum of six [6] feet apart at all times).



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- ✓ Players must wait in their automobiles until the start of their training session.
- ✓ Players should go immediately to the training area without delay. Do not gather (e.g., assemble) at any point in time.
- ✓ Players will abide by coaches' instructions and directions at all times. Personal equipment (e.g., bags and water bottles) should adhere to social/physical distancing protocols (e.g., a minimum of six [6] feet apart) at all times.
- ✓ Players will not place, pick up, handle, or move any training equipment, including goals. Coaches are fully responsible for managing all equipment.
- ✓ Players will follow social/physical distancing protocols (e.g., a minimum of six [6] feet apart) when not on the field of play.
- ✓ Players will not share water or equipment at any point in time.
- ✓ Players will avoid physical contact with anyone: no handshakes, high fives, fist pumps., hugs, or group huddles.
- ✓ Players should not spit on the field.
- ✓ Players should wear masks when not participating in the training session (e.g., before, during breaks, and after each training session). Try not to touch the face with hands.
- ✓ Wash/sanitize hands before and after each training session.
- ✓ Players will not utilize their hands or head the ball during training sessions.

AFTER EACH SESSION:

- ✓ Players will not place, pick up, move, or handle any training equipment (e.g., cones, balls, coaching poles, etc.). Coaches are responsible for managing all training equipment.
- ✓ Players shall leave the training area immediately following the conclusion of the practice session. Please do not gather (e.g., assemble) as it will create congestion and will reduce the ability to practice social/physical distancing protocols.
- ✓ Players must clean, disinfect, and sanitize all personal training equipment (cleats, shin guards, athletic clothing, water bottle, ball, etc.) immediately following each training session.