

COUGAR SOCCER CLUB

MAPLEWOOD & SOUTH ORANGE

RETURN TO PLAY RESOURCE GUIDE

(For Travel and Academy, Fall 2020)



RETURN TO PLAY OVERVIEW

At Cougar Soccer Club, our number one priority is the physical and emotional well-being of our players on and off the field. We recognize how important it is to get our players back on the field where our coaches can resume their focus on building character and teaching life lessons through sport. We want you to be comfortable once again entrusting your child to our care.

In developing these guidelines, Cougar Soccer Club is following the guidance and recommendations of

1. US Club Soccer - <https://www.usclubsoccer.org/coronavirus>
2. NJ State, NJ Department of Health, and the CDC
3. NJ Youth Soccer
4. Our training partner, Steel United.
5. Maplewood Department of Health
6. Our travel league, Northern Counties Soccer Association.

These Recommendations for Returning to Play to a training and game-play environment are provided to assist Steel United, our parent coaches, and Cougar Soccer Club in safely and gradually resuming soccer training while reducing infection risk in the setting of the ongoing COVID-19 pandemic. These recommendations do not supersede or replace any applicable local, state, regional or federal health guidelines or requirements.

Thank you in advance for your help in ensuring these steps are followed. Soccer presents its own inherent risks of disease transmission with respect to SARSCoV-2, the novel coronavirus responsible for the COVID-19 pandemic, as well as other communicable diseases.

These recommendations are intended to provide and communicate guidelines that will be implemented at Cougar Soccer for all Fall activities: Both Travel and Academy Programs, games and practices alike.

COVID REPORTING & COMMUNICATION RESPONSE PROTOCOLS

These rules are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.

Please report suspected or diagnosed cases of COVID-19 to the club immediately. Suspected cases include asymptomatic athletes.

The general definition of “exposure”, as defined by the Maplewood Board of Health:

People identified as exposed (close contacts) are those who spent at least 15 minutes within 6 feet of the case while the case was infectious (the infectious period starts 2 days before symptom onset, or 2 days before the case was tested, if they had no symptoms).

Travel Team Player tests positive or COVID

- Whole team and trainer are assessed for “exposure” and those determined to be exposed will quarantine for 14 days.
- Players/Trainers must be symptom free to return.
- Consult with healthcare professional

Academy Player tests positive for COVID

- All players from the practice session are assessed for “exposure” and those determined to be exposed to quarantine for 14 days
- Trainer of session to quarantine for 14 days
- Players/Trainers must be symptom free to return.
- Consult with healthcare professional

Player Parent or Family Member tests positive for COVID

- Player to quarantine for 14 days
- Player must be symptom free to return. Consult with healthcare professional
- Entire Team is notified, but does not need to quarantine

Steel Trainer tests positive for COVID

- If Training Travel Team: All players from Travel team assessed for “exposure” and those determined to be exposed to quarantine for 14 days

- If Training Academy Group: All players from the practice session assessed for “exposure” and those determined to be exposed to quarantine for 14 days
- Players/Trainers must be symptom free to return.
- Consult with healthcare professional

Parent Coach test positive for COVID

- Parent Coach and child of parent coach to quarantine for 14 days
- Team assessed for “exposure” and those determined to be exposed to quarantine for 14 days
- Parent Coach and child must be symptom free to return.
- Consult with healthcare professional
- All team members are notified by the Club

Travel Team Opponent Player tests positive for COVID

- Entire Cougar team is notified
- Team does not need to quarantine
- Consult with healthcare professional

Travel Team Opponent Parent/Spectator tests positive for COVID

- Entire Cougar team is notified
- Team does not need to quarantine
- Consult with healthcare professional

GENERAL HEALTH GUIDELINES

- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Regularly clean all commonly used surfaces with an antiseptic cleaner.
- Avoid touching face. Wear a face mask or covering when outside and in close proximity to others
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward
- Social distance and avoid direct contact with individuals. Do not shake hands. Maintain a minimum distance of 6 feet.
- Self evaluate regularly and stay home if you feel sick. Contact your health care provider.

PLAYER ACKNOWLEDGEMENT & HEALTH SCREENING

Health screening procedures must be followed before each in-person team activity:

- Players may attend sessions provided no signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days
- Parents must ensure your child is healthy and check their temperature at home prior to sending to each session
- Upon arrival to training, coaches or staff should ask each player if he/she is experiencing any signs or symptoms of COVID-19 including, but not limited to, cough, shortness of breath, fever, chills, sore throat, new loss of taste or smell. If the player has any signs or symptoms of COVID-19, he/she should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Parents must notify Cougar Soccer Club if child is sick or ill, has Covid 19, or has been in contact with Covid 19. Refer to Reporting and Communication Responses for more details.
- Additionally, Cougar Soccer Club will perform an on-site temperature check of each player using no-contact scanners. A player registering a temperature 100.4 or greater will not be allowed to play

PRACTICE GUIDELINES

All policies and procedures are designed to reduce the risk of spread related to COVID-19 and other communicable disease. The following guidelines and protocols will be instated for all Cougar Soccer Club practices and apply to both Travel and Academy:

- Players and families must observe all arrival and departure procedures.
- Players will only be allowed to attend during their designated practice time.
- There will be a 15-minute transition window between training times.
- Upon arrival to training, coaches or staff should ask each player if he/she is experiencing any signs or symptoms of COVID-19 including, but not limited to, cough, shortness of breath, fever, chills, sore throat, new loss of taste or smell. If the player has any signs or

symptoms of COVID- 19, he/she should be sent home and instructed to contact his/her healthcare provider as soon as possible.

- Cougar Soccer Club will perform an on-site temperature check of each player using no-contact scanners. A player registering a temperature 100.4 or greater will not be allowed to play
- Steel coaches and staff will not attend practice if he/she is experiencing any signs or symptoms of COVID-19 including, but not limited to, cough, shortness of breath, fever, chills, sore throat, new loss of taste or smell.
- Steel coaches and staff will perform an on-site temperature check of each other using no-contact scanners. A Steel Trainer registering a temperature 100.4 or greater will not be allowed to attend any sessions
- No sharing of water or equipment (exception for soccer balls)
- Teams and players will be directed to specific training zones.
- Do not join your team for practice if you have had any signs or symptoms of COVID-19 in the past 14 days.
- Please observe general health guidelines.
- Players must follow all signage and social distancing while entering the field.
- Players should practice proper social distancing while on the field but not engaged in training activity
- Players must wear a mask/face covering upon enter and exit of the field, until updated by club. Players do not need to wear a mask when actively engaged in training activity
- Coaches/Trainers must wear a mask/face covering upon enter and exit of the field, until updated by club. Coaches/Trainers do not need to wear a mask when actively engaged in training activity
- NO spitting of water/fluids or chewing of gum/seeds/food at the fields.
- NO cell phones to be out at practice.
- Do not touch other players personal belongings.
- Only coaches can move cones and equipment.
- Return to your designated place for breaks.

- Players must bring personal hand sanitizer.
- Bathrooms may not be available at each site, please plan accordingly.

GAME DAY PROTOCOLS

Academy Program

Cougar Soccer's Academy Program Game Day occurs on Saturdays and will be treated as a practice for the purpose of Covid Protocols. Academy players do not travel to games and no other teams are incorporated. Therefore, please refer to the above General Health, Health Screen, and Practice Guidelines above.

Parent and Spectator Protocol can be found in the next section

Travel Program

Cougar Soccer's Travel Program games occur between teams from Cougars and other neighboring towns. All policies and procedures are designed to reduce the risk of spread related to COVID-19 and other communicable disease. The following guidelines and protocols will be instated for all Cougar Soccer Club games:

- Players and families must observe all arrival and departure procedures.
- Upon arrival to training, parent coaches, trainer, or parent volunteers should ask each player if he/she is experiencing any signs or symptoms of COVID-19 including, but not limited to, cough, shortness of breath, fever, chills, sore throat, new loss of taste or smell. If the player has any signs or symptoms of COVID- 19, he/she should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Cougar Soccer Club will perform an on-site temperature check of each player using no-contact scanners. A player registering a temperature 100.4 or greater will not be allowed to play.
- No sharing of water or equipment (exception for soccer balls)
- Players and coaches will maintain proper social distancing while on the sidelines and not actively engaged in game play
- Players must follow all signage and social distancing while entering the field.

- Players should practice proper social distancing while on the field but not engaged in training activity
- Players must wear a mask/face covering upon enter and exit of the field
- Players do not need to wear a mask when actively engaged in training activity or game
- Coaches/Trainers must wear a mask/face covering upon enter and exit of the field, until updated by club. Coaches/Trainers do not need to wear a mask when actively engaged in training activity
- NO spitting of water/fluids or chewing of gum/seeds/food at the fields.
- NO cell phones to be out at the game.
- Do not touch other players personal belongings.
- Only coaches can move cones and equipment.
- Players must bring personal hand sanitizer.
- Bathrooms may not be available at each site, please plan accordingly.

PARENT AND SPECTATOR PROTOCOL

All policies and procedures are designed to reduce the risk of spread related to COVID-19 and other communicable disease. These guidelines apply to Academy and Travel games. All parents & spectators must follow the guidelines set forth:

- Keep family spectators at a minimum. Siblings should only attend games if necessary
- All individuals with suspected or laboratory confirmed cases of Covid-19 will be restricted from attending official club activity for 14 days. This includes symptomatic and asymptomatic cases.
- Please observe general health guidelines.
- Parents must comply with signage and coach instructions, and encourage all players to comply with signage and coach instructions.
- Ensure your child's equipment and water bottle is clearly labelled.

- Specific parking instructions will vary by location, please follow all specific signage and alternate parking spaces if available.
- No spectators will be allowed in close proximity to playing areas
- Parents / Spectators must practice social distancing on the sidelines