

Penn Hills Soccer Association- COVID-19 Return To Play Safely Plan

The following lays out our COVID -19 plan to be able to play games in a safe manner. Our first priority is safety of all of our players, coaches, volunteers, and our families.

Anyone, (including but not limited to players, coaches, parents, spectators, etc.) should stay home if they are feeling sick or have a temperature of 100.4° F or higher.

Please remember that the CDC and PA Department of Health maintain recommendations of physically distancing, and wearing face coverings go far to help slow the spread of COVID-19

Should anyone be diagnosed with COVID-19:

- Call your doctor for guidance on contact tracing.
- If you have been in our facility within 48 hours of your onset of symptoms or diagnosis please contact Courtney Clayborn , President of PHSA at 412-812-9414 with the date and time you were most recently at our facility.
- You should refrain from being at our facilities for 14 days from the date of diagnosis
- All family members living with you should self-quarantine, contact their doctor for guidance, and refrain from being at our facilities until they are medically cleared.
- PHSA will contact any and all potentially exposed parties, will follow all PA state guidelines, HIPA guidelines, and keep identity of all infected individuals anonymous.

Spectators:

- Each playing field is not to exceed more than 90 people including umpires, players, coaches, spectators, and other support staff.
- In order to keep these gatherings below 90 people, we are requesting families to limit spectators to 2 members per family and that vulnerable populations should stay home.
- PHSA strongly recommends that all spectators please practice physical distancing from other families while at the fields. Families may sit together in their own groups. We remind you the Universal and Friendship parks have plenty of space to properly distance. Do not sit in the field of play.
- Please remember that the PA Department of Health recommends that face coverings be worn at all gatherings in public areas, as it helps to slow the spread of COVID-19. PHSA will adhere to all ADA restrictions from wearing a face covering.
- When the game or practice is completed please leave the facility in a quick and timely manner especially if a game or practice is scheduled on the field after your event. Please remain physically distant while exiting the facility.

- If your event follows an earlier event at one of our fields. Please wait for the crowd to disperse from the first event before finding your spot along the Sidelines
- If neighboring field is vacant it is off limits to all spectators for any reason.
- Parents/Spectators are encouraged to bring their own sanitizing wipes for restroom/personal cleanliness.

Players:

- Each player should have a face covering and hand sanitizer with them at all events. Face coverings are optional while actively in a game or practicing and should be worn while on the sidelines during down time.
- There is to be absolutely no sharing of equipment or drink bottles. All equipment and bottles must remain in bags when not in use. Drink bottles should have the player names or initials on them to protect against sharing.
- If equipment needs to be borrowed from one of the coaches, no other player can use that equipment until it is properly sanitized by the coach.
- There is to be no spitting, eating sunflower seeds, chewing gum, peanuts or eating food of any kind in on the sidelines unless it is medically necessary.
- There is to be no high fives, hand shaking, touching, huddling, team breakdowns at any time! There are no exceptions to this rule.
- Do not approach the field until the coach is ready, and the previous event has cleared from the field.

Coaches:

- Schedule all events (practices/games) with timing of other events in mind.
- Please plan to arrive early enough to be able to line and prep the field for play before players are scheduled to arrive.
- Please remember that the PA Department of Health recommends that face coverings be worn at all gatherings in public areas, as it helps to slow the spread of COVID-19. PHSA will adhere to all ADA restrictions from wearing a face covering.
- Coaches and players must maintain physical distancing at all times, except for when the ball is in play.
- When off the field, physical distancing must be maintained at all times.
- In game, on field conferencing with no more than two players is permitted, so long as physical distancing is observed. Face coverings should be worn by coaches for all conferences.
- Coaches must enforce all physical distancing rules.

- Coaches should remind all spectators and parents to remain at least 6 feet from each other and the sidelines
- Pre and Post game coaching conferences should take place in an area where proper distancing measures can be taken.
- All balls must be sanitized after use in each practice and game.
- Benches must be sanitized after each game and practice
- Coaches are needed to assist with any end of day clean up that is needed when the fields are done with use for the night.

Noncompliance:

- Noncompliance with the COVID-19 Safety Guidelines and Operating Procedures may result in a player/coach's suspension or termination from PHSA.
- Thank you in advance for your cooperation.

Please remember to keep physically distancing as much as possible!

PHSA COVID-19 Return To Play Safely Plan – Statement of Understanding

I understand the PHSA COVID-19 Return to play safety plan, and agree to abide by the rules and guidelines. I understand that this is a fluid situation and that these rules and guidelines may change, without notice, at any time. PHGSA will make every attempt to alert parents of updates to this policy, should it need to be updated.

DISCLAIMER: Participants (with parental permission), Parents, family, and spectators engaging in soccer and activities related to soccer do so with knowledge of the risk and potential exposure involved and agree to accept any and all inherent risks to their personal health.

NOTE TO ALL PARTICIPANTS AND PARENTS OF PARTICIPANTS: PHSA does not dictate when local state and metro associations can start and stop playing Soccer during the COVID-19 pandemic. Starting and stopping play will be determined by local associations working with their local governmental agencies.

Parent Name: _____

Parent Signature: _____

Player Name: _____

Age Group: _____

Player Birth Date: _____

Date: _____