



Swarthmore Soccer Club and Swarthmore Recreation Association

RETURN TO PLAY SAFETY PROTOCOL

SRA and the Swarthmore Soccer Club have put together the below safety protocol for teams to follow when returning to activity. This document does not replace the advice or direction of medical professionals and will be revised if the state and county direction changes. The risk of infection still exists. Until a vaccine is developed, or a cure is found for COVID-19, we must proceed cautiously and continue to monitor and comply with the Governor's guidance, PA Department of Health, CDC and any other federal or local regulations. We understand some families and individuals will have reservations about re-opening and integrating. We will be respectful and flexible as we re-start. If any parent, child, or coach is not comfortable returning to play, they should not return.

Important info regarding Hygiene and safety protocols

- All athletes, families and coaches must review the guidelines and communications on our safety plan prior to returning to play.
- Be familiar with the signs and symptoms of Covid-19. These symptoms may appear 2-14 days after exposure to the virus.
 - Fever
 - Chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - Loss of taste or smell
 - Sore throat
 - Nausea or vomiting
 - Diarrhea

If you or a family member display these symptoms or think you are infected with the virus, please stay at home and contact your medical provider.

SRA and Swarthmore Soccer Responsibilities:

- Provide cleaning and sanitizing supplies to teams
- Monitor and inform teams and families of changes in state, county, and local protocols
- Inform coaches of safety protocol
- When stagger times are not provided, encourage coaches to have players meet at a certain location away from other players leaving the fields
- Encourage coaches, families, and players to follow the guidelines

Coach Expectations:

- Review safety guidelines and review CDC guidelines regarding symptoms of COVID-19, appropriate social distancing, hygiene, hand washing and sanitizing procedures.
- Maintain social distance of 6 feet and ensure players maintain 6 feet distance
- Coaches will wear masks while on the field and while coaching
- Coaches will assess each athlete using the COVID-19 symptom checklist which has been published by the CDC and Chester County Department of Health
- Monitor players and immediately report any illness or positive cases to Commissioner and SRA Director (contacts listed below)
- No shared snacks, water bottles or equipment
- Sanitize equipment periodically
- Encourage players to practice good hygiene, use hand sanitizer or wash hands periodically
- Request that players bring their own equipment when possible (balls and 2 color shirts to act as pinnies). If families cannot afford this, please notify director
- When scheduling games/practices provide a space distanced from others to meet upon arrival
- Report issues or non-compliance to the Commissioner and/or SRA Director

Player Expectations:

- Notify a coach if you or a family member test positive or exhibits symptoms
- Check in with coach upon arrival
- Players should bring a face covering/mask and hand sanitizer in their bag
- Players should wear a face covering/mask when walking on and off the field, while on sidelines and while in a group
- Players are not required to wear face covering/masks during activity, but should do so at family's request
- Players should maintain a 6ft distance
- Players should practice good hygiene, wash hands and/or use hand sanitizer periodically
- No sharing water bottles, snacks, towels, equipment

- No high fives, handshakes, fist bumps or hugs
- Player brings own equipment when possible (soccer balls, 2 different color shirts as requested by your coach)
- Keep equipment and bags away from others when not in use

Parent/Family Expectations:

- Keep athlete home if they exhibit symptoms of illness or if a family member or close contact tests positive for COVID-19
- Report positive cases immediately to Commissioner and SRA Director (contacts listed below)
- Monitor athlete's health and notify coach, Commissioner and SRA Director immediately if athlete becomes ill
- Spectators must wear masks while on field or sidelines and while walking to and from parking areas
- All spectators must remain at least 6 feet from players and others during practices and games
- Parent and athlete have reviewed CDC guidelines to educate themselves on the symptoms of COVID-19, appropriate social distancing, hygiene, hand washing and sanitizing procedures

Guidelines and Expectations are subject to change upon new information/regulations from the federal, state or local authorities.

Positive Cases and players who are sick or have been in contact with someone who is sick should immediately be reported to the Commissioner and Director.
Any Questions or concerns should be directed to:

Brian Donovan-Swarthmore Travel Soccer Commissioner :
donovanbp+SSC@gmail.com
Cell: 215-435-3083

Colleen Murphy-*SRA Director*.
Colleen@swarthmoreRecreation.org
Cell: 484-597-0200

Informational Links:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://www.epysa.org/restart-soccer-return-to-play/>

<https://www.governor.pa.gov/covid-19/sports-guidance/>



Swarthmore Soccer Club and Swarthmore Recreation Association

ATHLETE

NAME: _____ DOB: _____

I have reviewed the CDC Guidelines on Covid-19, and understand the symptoms of COVID-19, appropriate social distancing, hygiene, hand washing and sanitizing procedures.

STUDENT INITIALS: _____

I will follow the expectations set for athletes in SSC's Return to Play Protocol.

STUDENT INITIALS: _____

I will arrive dressed to participate and bring my own personal protective equipment, sports equipment, drinks and food.

STUDENT INITIALS: _____

I will stay home if I do not feel well.

STUDENT INITIALS: _____

ATHLETE SIGNATURE: _____ Date: _____

PARENT/GUARDIAN

NAME: _____ Cell: _____

Emergency Contact: _____ Phone: _____

I have reviewed the CDC Guidelines on Covid-19, and understand the symptoms of COVID-19, appropriate social distancing, hygiene, hand washing and sanitizing procedures.

GUARDIAN INITIALS: _____

I permit my child to participate in SSC training sessions following these safety protocols

GUARDIAN INITIALS: _____

I will withhold my child from participation if they fall ill or must quarantine due to travel.

GUARDIAN INITIALS: _____



Swarthmore Soccer Club and Swarthmore Recreation Association

COACH PARTICIPATION FORM

COACH NAME: _____

I have reviewed the CDC Guidelines on Covid-19, and understand the symptoms of COVID-19, appropriate social distancing, hygiene, hand washing and sanitizing procedures.

COACH INITIALS: _____

I will modify training sessions to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and will limit contact.

COACH INITIALS: _____

I will take attendance at sessions and ask if players have exhibited fever, frequent coughing, shortness of breath, sore throat, or have come in contact with anyone who has tested positive for COVID-19.

COACH INITIALS: _____

I will stay home if I do not feel well and will quarantine due to travel, will make arrangements for another coach to run the workout or communicate that session is cancelled.

COACH INITIALS: _____

I am responsible for disinfecting any shared equipment after each session.

COACH INITIALS: _____

COACH SIGNATURE: _____ Date: _____