



## Cal South COVID-19 Prevention and Response Protocols

### Overview:

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Cal South makes no representation and assumes no responsibility for the accuracy or completeness of this information. **Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.**

In developing these guidelines Cal South incorporated requirements from:

- Center for Disease Control and Prevention (CDC) COVID-19 Guidelines
- California Department of Public Health (CDPH) COVID-19 Guidelines
- United States Soccer Federation (USSF) Play On Policy
- USYS United States Youth Soccer (USYS) Return to Activity Guidelines

### Protocol Overview

- 1) Implementing the CS Return-to-Play Guidelines will require a cooperative relationship between the:
  - a) Leagues/Club,
  - b) Coach,
  - c) Team Officials and Administrators,
  - d) Player (including Parent/Guardians), and
  - e) Referees
- 2) This overview provides structure for a gradual approach to return to play during this unprecedented time of the COVID-19 pandemic. Included within, and between, the phases are specific steps to be considered and implemented.
- 3) Phases will be approved by counties and municipalities individually. Moreover, these municipalities may require additional restrictions. Since Cal South covers numerous counties, organizations operating in different regions will be operating under differing local regulations and thus different phases.
  - a) All phases must be first based on and compliant with your region's regulations.
- 4) A minimum amount of time is suggested to remain within each phase. This time provides the opportunity to ensure the health safety necessary for each phase.
  - a) Leagues/Clubs should carefully consider the conditions necessary to advance to the next phase and be prepared, if necessary, to stay in the current phase for longer than the timeline indicated or revert to an earlier phase to ensure the safety of all participants.
  - b) Do not proceed to the next phase if it is not compliant with your region's social distancing policies.

- 5) Leagues/Clubs and Coach are responsible for creating and maintaining a safe environment.
- 6) **Cal South COVID-19 Prevention and Response Protocol**
  - a) League/Club must distribute the **Cal South COVID-19 Prevention and Response Protocol** information sheet and obtain an acknowledgement of receipt of COVID-19 information from Club Administrators, Coaches (whether Employees or Contractors), and Volunteers, Parents/Guardians and players nineteen (19) years of age or older.
- 7) **Cal South COVID-19 Waiver**
  - a) League/Club will require a signed **Cal South COVID-19 Waiver** from Club Administrators, Coaches, (whether Employees or Contractors), and Volunteers, and Parents/Guardians and players nineteen (19) years of age or older.
- 8) If, as a parent or guardian you are not comfortable in your child's returning to play **DON'T Return To Play.**
- 9) Players must be responsible to adhere to and respecting the social distancing requirements and contact guidelines defined by each Phase. Organizations will divide participants into smaller "stable sports groups" limiting group participation to the recommended number provided by the region's jurisdiction or the Cal South current Phase guidelines (not including coaches). These groups should be consistent throughout the session and rostered as such.
- 10) All measures of State of California and individual County's Social Distancing and Sanitation Protocol must be adhered to in place and communicated to all parties involved.
- 11) A copy of this plan must be posted at each facility entrance.
- 12) Cal South will support decisions to not participate among youth, parents, guardians and adult leaders, who are uncomfortable participating for any reason.

### **Health Protocols for Facilities**

The following Health Protocols will be subject to each individual Facility and the regulations as specified by CDC and/or CDPH COVID-19 requirements and State and/or Local requirements governing the Facility.

- 1) Frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms per CDC and/or CDPH guidelines.
- 2) Each Facility/Organization shall identify how the organization will provide for disinfection of practice and drill spaces and regular cleaning of high-touch surfaces.
- 3) Each facility will require hand washing or use of hand sanitizer before allowing participation, directly after participation, and breaks may include hand washing or use of hand sanitizer during the practice/drill.
- 4) Frequently disinfect any items that comes into contact with participants per CDC and/or CDPH COVID-19 guidelines.
- 5) Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available.
- 6) Place readily visible signage to remind everyone of best hygiene practices.

- 7) Restrooms: The facility will post hand washing flyers from CDC and/or CDPH on doors and in bathrooms that include symptoms of COVID-19.
- 8) All facilities will be washed and pre-sanitized before and after each use.
- 9) All food service access, vending machines, or snack areas will be closed.
- 10) All unnecessary equipment will not be available to participants or removed from the facility such as chairs, tables, etc.
- 11) Self-serve water dispensers will be temporarily closed.
- 12) No seating will be available in the facility and all gathering areas will be closed as defined by Phase.
- 13) Where appropriate, prop open doors to the facility and restrooms.
- 14) Limit the number of participants in the restrooms and locker rooms to allow for users to easily maintain at least six feet of distance from one another at all times.
- 15) Trash cans should be touchless. Remove lids if present
- 16) Facility staff will monitor participant compliance of this safety plan while they are on the property.
- 17) Physical distancing will be enforced by staff per the State/Local COVID-19 guidelines.
- 18) Any additional sport specific or facility specific measures not included here should be listed on separate pages, which the facility should attach to this document.

### ***Health Protocols for League/Clubs Employees and Volunteers***

Leagues/Clubs must be currently registered with and sanctioned by Cal South. Participants include Team Officials, Administrators, Coaches and Volunteers (whether Employees or Contractors).

- 1) Train all League/Club Team Officials, Administrators, Coaches and Volunteers (whether Employees or Contractors), on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per Center for Disease Control and Prevention (CDC) guidelines and the California Department of Health (CDPH) requirements:
  - a) CDC: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
  - b) CDPH: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- 2) League/Clubs must distribute the Cal South COVID-19 Prevention and Response Protocol information to all participants.
- 3) League/Clubs will only allow participation by those who have completed the Cal South COVID-19 Waiver including Team Officials, Administrators, Coaches and Volunteers (whether Employees or Contractors), Parents/Guardians of minors and players 19 years of age or older.
- 4) League/Clubs must designate Administrators responsible for monitoring and tracking the adherence to the documented COVID-19 Prevention and Response Protocol at each facility.

- 5) League/Clubs must screen participants before entering facilities or fields.
- 6) League/Clubs must restrict participation by any Team Officials, Administrators, Coaches and Volunteers (whether Employees or Contractors), who have any of the signs or symptoms of possible COVID-19 as described by the CDC and/or CDPH:
  - a) CDC: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
  - b) CDPH: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- 7) League/Clubs Team Officials, Administrators, Coaches and Volunteers (whether Employees or Contractors), involved in the training should conduct a daily temperature check for low grade fever (>100.4°F) at home before training. If you have a fever, **DO NOT GO TO Training**. If thermometers are not available, conduct a daily health questionnaire in line with the "Coronavirus Self-Checker," made available by the CDC and/or CDPH.
- 8) Reporting
  - a) **Do not go to training facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms.**
    - i) Remotely communicate your health status to coaches, instructors, team administrators, or medical staff within 24 hours of your training session.
    - ii) Parents (and not the minor player) should communicate with the League/Club administrator or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.
  - b) Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine.
- 9) For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to the League/Club in order to return to full participation in sport & activity.

### **League/Club Protocol**

1. Parents should ideally drop off kids and pick them up from practice.
  - 1.1. If parents choose to stay and observe the practice, they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents
2. The League/Club Administrator will develop a specific plan for drop off and pick up that adheres to region's social distancing guidelines including:
  - 2.1. Not allowing carpooling for unrelated participants from different households,
  - 2.2. Designate lanes or direction to enter and exit for drop off and pick up.
3. League/Club administrators will create clear signs pathways into and out of the facility or field, so the Training groups are not coming into contact with other Field Participants groups upon entering or exiting the facility.
4. All practice drills activities are to focus on individual fitness and skills trainings for the Training Group in a socially distant environment as required by the State/Local guidelines as defined by Phase.
5. Instruct participants and staff that all League/Club protocols involving physical contact such as hugs, high-fives, etc. are not allowed.
  - 5.1. Facility shall encourage the use of non-contact recognition during practice and drills that meet social distancing guidelines of six (6) feet or greater as required by the State/Local guidelines and by Phase.

**League/Club Protocol**

6. Require all participants to wash or sanitize their hands before entering the facility. Hand sanitizer shall be available for each stable youth sports group throughout the facility.
7. Participants will handle and care for their own equipment. Facility staff or volunteers will not be allowed to handle individual participant's equipment.
8. All participant and staff personal items such as bags, cell phones, personal reusable water flasks/bottles and backpacks will only be allowed in the facility or on the field if proper space is maintained between all items.
9. Practice or drill times will be monitored to regulate the number of youth participants at the facility at one time to ensure social distancing between Training Groups.
10. Participants within a Training group may not arrive at the facility until the previous group has completely left.
11. At no time will the Training group or the staff assigned to that group be allowed to intermingle or move between groups.
12. Limit the number of participants in the facility at any one time that allows for participants and employees to maintain at least six (6) feet distance from one another at all times.
13. To assist with physical distancing, lines must be installed with six (6) foot markers for staff and participants to maintain safe social distances to enter or exit the facility.
14. All staff must be instructed to maintain six (6) feet of distance from participants and from other employees whenever feasible.
15. Sports equipment must be designated and marked for each Training group.
  - 15.1. This equipment must not be allowed to be used by any other Training group unless sanitized.
16. Sanitize all sports equipment necessary for practice and drills for each Training group after they are collected and before they are returned to circulation.
  - 16.1. The minimum equipment necessary must be used for practices and drills.
17. Breaks will be organized so that designated Training groups will not intermingle and social distancing of six feet or greater can be achieved.
18. Training groups must abide by the maximum number of players allowed in a "Training Group" based on State and/or Local social distancing guidelines.
19. Designated and separated practice areas and equipment for each Training Group will be pre-positioned to maintain safe social distancing.
20. All equipment will be placed so that it can be retrieved without touching anything but the equipment.
21. Participants will be required to dispose of their own trash into garbage cans.
22. Participants will be required to wash their hands immediately after drills or practice are completed.