

# Cheswick Warriors Futbol Club

## COVID-19

### Return to Play Protocol



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The Cheswick Warriors Futbol Club (CWFC) Covid-19 Return to Play protocol is based upon requirements and guidance from US Soccer, USYS, USASA, and directives from Allegheny County Health Department, the PA Governor's Office, the Centers for Disease Control and Prevention (CDC). All Cheswick Warrior Futbol Club participants are required to read the Return to Play document and asked to adhere to the plan described herein.

These guidelines are only applicable when an area has been designated "Green" by the Commonwealth of PA. Areas designated "Yellow" and "Red" are not cleared for organized sports activity. We must also follow requirements set forth by Allegheny County. Clubs may be more restrictive but cannot loosen the requirements set forth by the convening health authorities. Note that this plan will be updated as necessary to reflect changes mandated by the PA Governor's Office, the CDC, and Allegheny County. At a minimum, the plan will be reviewed prior to the start of each sponsored activity. All changes to this plan will be communicated to CWFC members and posted to the CWFC website.

Pennsylvania Department of Health's "Green" designation requires following the CDC Guidelines for COVID-19. CDC Guidelines offer four areas for action in youth sports: Promote Behaviors to Reduce Spread, Creating a Healthy Environment, Utilizing Healthy Operations, and Preparing for Illness.

### **CDC Guidance #1 - BEHAVIORS TO REDUCE THE SPREAD**

- Wash hands with soap and water or use hand sanitizer during breaks in training and games and after training and games. Hand sanitizer should be used immediately upon arriving for activity, when coming off field, after restroom use, and before and after drinking water.
- Do not attend practice or games if not feeling well.
- Cover coughs and sneezes.
- Masks can be used at the discretion of the player and or coach. Players and parents can choose whether to wear a mask indoors during events unless directed by the given host location and their given policies.
- Avoid touching your face.
- CWFC will provide adequate supplies of hand sanitizer
- Message members with reminders about good hygiene
- Disinfect non-washable equipment like cleats, ball, guards, gloves.
- Promptly leave after practices and matches

- Players should bring their own water bottle, do not share
- Participants should shower immediately upon returning home
- Bring and use hand sanitizer to every training and game. Players should make this a part of required soccer supplies they bring like a water bottle.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating game time snacks.
- Players should refrain from bringing unnecessary items to practices and games and keep their belongings in a bag. Whenever possible, equipment and personal items should have proper separation and should not be shared.
- Coaches will set up and tear down equipment such as cones and move/place goals as needed. Players will not assist in order to avoid contact with the equipment.
- Players playing in the goalie position shall wear gloves when practicing and playing games in the goalie position. Goalies shall own and bring their own gloves and shall not share with other players.

## **CDC Guidance #2 – CREATE A HEALTHY ENVIRONMENT**

- A Participation Waiver is required prior to participation in any CWFC activity by every coach, player and referee acknowledging the risks of possible exposure to illness from infectious diseases including COVID-19. This waiver form is incorporated into the CWFC Winter 2021 registration form.
- No sharing of water bottles, snacks, or equipment. Water bottles should be clearly labeled with players name.
- Masks are at the discretion of the parent, unless noted by the host of the location. If masks are to be worn, please ensure mouth and nose coverages.
- Physical distancing of at least 6 feet should be observed by players when possible and by all others at all times.
- Strict adherence to schedule. Prompt start, finish as scheduled and prompt departure should occur for training and games.
- Team huddles should observe social distancing. No handshakes, high-fives, fist bumps, etc. Incorporate other methods: gestures, “air high-fives”, dance, etc. (coach and player responsibility).
- Organize “stations” for each player at or around the bench area that are 6 feet apart in which players keep belongings. They shall be required to return to their “station” during breaks.

- No half-time or post-game snacks.
- There will be no post-game handshake or team huddles. Players should clean up their gear and join their parents in their cars promptly.
- Pre-game and half-time huddles should observe social distancing, no handshakes, high-fives, fist bumps or hugs. Use alternative gestures to celebrate.
- Hand sanitizer station on every bench. All coaches and referees will be provided hand sanitizer. It is recommended that each player carry his/her own hand sanitizer as well.
- Organize “stations” (cones) for each player at or around the bench area that are 6 feet apart in which players keep belongings. They shall be required to return to their “station” during breaks.
- Record all attendees (participants and spectators) at practices/games by club designee (coach, assistant coach, team manager, field marshal, **club COVID coordinator** at games). This practice will aid in tracking if needed by public health authorities. This tracking will occur in Team Reach app.

### **CDC Guidance #3 – UTILIZE HEALTHY OPERATIONS**

- Before any and all CWFC activity which includes training, games and meetings, a coach and player health assessment must be made by completing screening questions in TeamReach. Players who do not have screening complete will not be admitted to practice or game. Screening questions will incorporate the following elements:
  1. Must ask- “Within the past 14 days, have you been in close physical contact (6 feet or closer for a cumulative total of 15 minutes) with”:
    - Anyone who is known to have laboratory-confirmed COVID-19?  
OR
    - Anyone who has any symptoms consistent with COVID-19?
  2. Must ask- “Are you waiting on a COVID-19 result?”
  3. Must ask- “Have you experienced any of the following symptoms in the past 48 hours?”:
    - fever or chills (Fever of 100.4<sup>0</sup> (38.0<sup>0</sup>C) or above\*
    - cough
    - shortness of breath or difficulty breathing

- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- Diarrhea

*\*Players who have fever of 100.4° (38.0°C) or above should not attend practice. If a player does have a fever they should not participate in training or games until 24 hours fever free (<100.4 degrees F) without use of fever-reducing medicines and no symptoms.*

- Staggered start times will be implemented when multiple teams are using the same training site on the same day, this applies to game days as well.
- Only coaches are permitted to touch equipment including training discs and cones, do not enlist help from players or parents.

## **CDC Guidance #4 – PREPARE FOR ILLNESS**

- Have an action plan in place in case of a notification of a positive test result. (See below).
- Communication plan in place:
  - CWFC will notify coaches and families if the organization becomes aware of a participant or coach/administrator who has developed COVID-19 and may have been infectious to others while at a youth or adult activity.
  - CWFC will maintain confidentiality of any participant involved.
- Train and educate all coaches on protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.
- Be prepared to shut down and stop operations.

### **Actions for CWFC of possible COVID-19 infection:**

- In the event of a suspected or positive case of COVID-19, the affected family is required to notify the coach, who will then notify Matt Leiberton. Individuals who have been in close contact

with the affected family will be notified and quarantine requirements will be reviewed. Confidentiality will be maintained.

- If a player, or any family member in the same household is directed to be tested for COVID 19, the player may not return to practice – even if asymptomatic – until medically cleared. A letter from the family’s physician must be provided to return to play. CWFC Board will need proof of medical clearance.
- Any player recommended to get a COVID test by a doctor also means that the age group he/she is in (including coaches) will be on hold for 14 days or until a clear test is reported back to CWFC.
- Any exposed or ill player or parent must follow the CDC self-isolation instruction and to contact their physician.
- Allegheny County Health Department will be notified of the exposure or illness and confirm the necessary steps. Cheswick Warriors Futbol Club will take Allegheny County Health Department’s direction on notification of all individuals with possible exposure.
- Adjustments to training schedules and games may be necessary if an exposure occurs within the club.

## **RESOURCES**

1. <https://www.ussoccer.com/playon/guides/indoor-considerations>
2. [www.health.pa.gov](http://www.health.pa.gov)
3. [www.pa.gov/](http://www.pa.gov/)
4. [www.cdc.gov/coronavirus/2019](http://www.cdc.gov/coronavirus/2019)
5. <https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19.aspx>
6. [https://www.alleghenycounty.us/uploadedFiles/Allegheny\\_Home/Health\\_Department/Resources/COVID-19/Docs/0723%20Isolation-Quarantine%20Basic%20Guidance.pdf](https://www.alleghenycounty.us/uploadedFiles/Allegheny_Home/Health_Department/Resources/COVID-19/Docs/0723%20Isolation-Quarantine%20Basic%20Guidance.pdf)
7. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
8. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html#ScreenChildren>
9. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#discontinue-isolation>
10. <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
11. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
12. <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx#:~:text=If%20you%20have%20traveled%2C%20or,days%20upon%20return%20to%20Pennsylvania> Reference on travel PA DOH