

# **Responsible Safety Guidelines**

*This iSE Program Preparation Plan includes safety guidelines based on the Guidance for Sports Activities released by the NJ Department of Health to minimize the risks to COVID-19. This will be followed by all teams at all games. This also applies to visitors and spectators at all fields used for iSE events. Note: Reference to NJDOH guidance in brackets.*

## **A. GENERAL**

1. Each team will identify adult staff members or volunteers to help remind coaches, players, and staff on social distancing. A Safety team will be organized with representation from each team to review and monitor safety guidelines periodically, along with general team health to make any necessary adjustments.
2. Each team will be considered as a separate consistent group of the same staff, volunteers, athletes, and families. Mixing between groups/opposing teams should be limited. Competitions, tournaments, and events that involved interaction between athletes from the same team or between teams carry [increasing risks](#) that each team should carefully consider when implementing these guidelines.
3. Everyone must adhere to 6 feet social distancing guidelines when interacting with players, coaches, and spectators.
4. Face coverings are for the protection of those around you. Everyone should use face coverings during times and places when social distancing is not possible where you are in proximity of another person outside your immediate group (e.g. Less than 6 ft), including when arriving and departing the fields. Face coverings should NOT be used by staff or players when engaging in high intensity/vigorous activities or at times when it would inhibit the individual's health.
5. Field usage will be scheduled to limit the number of players, coaches, and spectators at the park. We will ensure staggered game start times, so that all games starts 1 hour from the previous game utilizing the same field to minimize contact between multiple teams and spectators from arriving and departing at the park, including allowing time for proper sanitation of facilities or equipment following each game.
6. Coaching staff and team will spread out along the sideline while keeping 6 ft apart.

## *B. SCREENING/MONITORING*

1. All coaches, volunteers, referees, players, and spectators attending practices & games must perform a daily self-symptom check prior leaving their home to verify that they do not currently have any flu-like symptoms. Anyone feeling sick or exhibiting symptoms **MUST** stay home. Otherwise, participants must be able to attest to the following:
  - Are not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
  - Have not traveled internationally within the last 14 days.
  - Have not traveled to a highly impacted area within the United States of America in the last 14 days.
  - Have not been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
  - Have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.
  - Are following all CDC recommended guidelines as much as possible and limiting exposure to the Coronavirus/COVID-19.
2. Temperature screening will be performed on all coaches, players, and referees upon arrival to the field. Per CDC Guidelines, a person is considered to have a fever if their temperature is above 100.4 Degrees F. Individuals with a fever or develops symptoms during any activity, must be sent home. Note: Coaches of opposing teams or designated representative need to perform temperature checks by their coach or designated representative upon arrival.
3. If one member of the team develops symptoms, they should remain home until symptoms subsides. They need to certify with their doctor whether to get tested for Covid-19 prior to returning. If verified to have Covid-19, they need to be certified by a doctor that they are cleared to return to youth sports and no longer deemed a risk of spreading Covid-19.
4. If two or more members of the team from separate families start showing symptoms, the entire team needs to be tested and quarantined for 14 days prior to returning or until it is confirmed that it is not covid-19.
5. We will maintain a record of attendance for contact tracing purposes if need by the Health Department.
  - Each team will be required to provide a roster of team members and spectators.
  - Each volunteer will be tracked.

## *C. EQUIPMENT*

1. Staff will perform periodic sterilization/disinfecting of equipment with the use of sanitizing wipes, solutions, or a combination thereof.
2. Separate game balls will be used and sanitized between games. Practice balls will be sanitized between each practice session.
3. Each team will have hand sanitizer available for team coaches & players. Coaches & players should use hand sanitizer during half time, and at the end of the practice sessions or games.
4. All bathrooms will have soap and hand sanitizer available (maintained and monitored by iSE).

## *D. PLAYERS & COACHES*

1. Each team must ensure that their players, assistant coaches, and teams spectators are aware that they must follow the COVID-19 prevention measures including, but not limited to all mentioned herein. Anyone unable to follow these guidelines must stay home.
2. All players and coaches will be required to wear face coverings when not in the field of play and if they are within 6ft of another person when interacting with other players, coaches, spectators. Face coverings should NOT be used when engaging in high intensity/vigorous activities (e.g. Warm-ups, practice drills, etc.) or at times when it would inhibit the individual's health

3. All players will maintain 6-foot distancing when not in the field of play. Bags/equipment should be spaced accordingly throughout the extended team sideline area.
4. No touch rule: Players and coaches must refrain from celebratory physical contact with each other or opponents on and off the field of play. An “air five” or similar non-contact gesture will replace post game handshakes/high fives/fist bumps/etc.
5. In case of injuries, the coach from the injured player’s team will immediately approach the player to assess and call on an immediate family member of the player to assist if needed. Face coverings should be worn, along with hand sanitizers if contact was made.
6. Must use their own equipment and have their own food, and drinks stored in their bags or when not in use.
7. Players and coaches are not permitted to share equipment, food, or drink. Oranges or team snacks are not allowed.
8. Spitting is not permitted.

## *E. REFEREES*

1. Will follow safety guidelines as instructed by the League.
2. Must adhere to 6ft distancing guidelines, including when interacting with players, coaches, other referees, or spectators both on and off the field. Wear face coverings when in proximity of other individuals, unless involved in vigorous activity or at times when it will be detrimental to the individual’s health.

## *F. SPECTATORS*

1. Adhere to 6-foot social distancing from anyone not in the same family.
2. Should always wear face coverings while watching games unless doing so would inhibit the individual's health or is under the age of two. Face coverings must be used especially during times and places when social distancing is not possible or is close to other individuals (e.g. Less than 6 ft).
3. Must not enter player areas on the field, behind the backstop, or in/around team dugouts and staging areas.
4. All family members and spectators will be remaining outside the field area and spread out along the fences to watch the games while maintaining proper social distancing.

## ***G. CONCESSION STAND***

1. Indoor concession stands and outdoor concessions should meet requirements outlined in Executive Order No 150 and DOH No. 20-1014.
2. Workers will always be required to wear mask and gloves.
3. All concession workers must perform a self-check to verify that they do not currently have any flu-like symptoms and was not in proximity of someone they know who has flu-like symptoms in the last 14 days.
4. All customers in line will maintain 6 ft separation and we will have markings on the floor for them to follow.

## **Appendix A.**

### **Good Soccer Practices & Tips**

*The following are a few good practices and tips for teams when implementing our Responsible Safety Guidelines for Covid-19.*

## *A. Arrival*

1. Designate a Team Safety lead/Coach to perform Temperature/Health Screening at the field.
2. Wear face coverings when arriving to the field and while temperature/health screening is conducted.
3. Remind players to wear face coverings when they are not playing on the field, no touch rule, and maintain distance.
4. Instruct/show players where to set up their bag along the sideline area, spacing them 6ft apart.

## *B. Post-Game*

1. Spread players out when conducting team huddle. Have a coach distribute hand sanitizer.
2. Players collect personal equipment.
3. Game/Practice/warm-up balls sanitize overnight to get ready for next session.