

Introduction

To help mitigate the spread of COVID-19, governments across the world are encouraging people to stay at home when possible and adopt social distancing, use of face coverings, and special hygiene measures in public. Concurrently, health experts recognize the role of outdoor recreation and exercise in promoting mental health, physical fitness, and cognitive development. The Centers for Disease Control and Prevention (CDC) recommends daily physical activity even during the COVID-19 crisis. Being able to return to soccer practice is conducive to maintaining the physical and psychological well-being of our youth.

This document provides a concise operational plan from the Half Moon Bay Soccer Club (HMBSC) for the **first phase** of players' return to training. The plan complies with the latest official orders and guidance by the State of California, CDC and San Mateo County Health.

HMBSC understands the challenges of containing the virus in group settings. Therefore, priority consideration in this plan is given to lower-risk forms of participation, which involve individual training with no shared equipment; use of face coverings at all times indoors, as well as outdoors whenever social distance of six feet from others cannot be maintained; and organized and supervised social distancing. As COVID-19 restrictions are lifted and State and local health officers provide updated orders and guidance, we will adjust this protocol accordingly.

Return to Play Phases

HMBSC will adhere to the following phases as mandated by the US Soccer Federation, the highest soccer governing body in the country. The protocols in this document pertain to Phase 1.

Phase 1: Individual Training and Conditioning:

- San Mateo County is at Purple (Widespread Risk) tier on the California Blueprint for a Safer Economy
- Small group trainings max of 12 players and 1 coach as a stable cohort
- Maintain social distancing measures at all times
- Individual training/conditioning, no group drills
- No sharing of water or any equipment
- Players to remain a minimum of 6 feet apart
- Use of face coverings at all times while indoors (e.g. while arriving and departing), as well as outdoors whenever social distancing of 6 feet between players cannot be maintained
- Practice times should be staggered so as to allow for social distancing as players arrive / depart, and include turnover time between each training
- Sanitize all gear between each training
- No spectators allowed
- Injury risk prevention (slow ramp up for players who have had no physical activity for months)
- Covid-19 prevention protocols in place, including frequent handwashing and disinfection of all high-touch surface areas (e.g. door handles, countertops)

Phase 2 Small Group Training:

- San Mateo County reaches Red (Substantial Risk) tier on the California Blueprint for a Safer Economy

- Small group trainings max of 12 players and 1 coach as a stable cohort
- Continue to maintain social distancing measures at all times
- Passing drills allowed, no touching ball with hands including Goalkeeper
- No sharing of water or equipment
- Players to remain a minimum of six feet apart as much as possible
- Use of face coverings at all times while indoors (e.g. while arriving and departing), as well as outdoors whenever social distancing of 6 feet between players cannot be maintained
- Practice times should be staggered so as to allow for social distancing as players arrive / depart, and include turnover time between each training
- Sanitize all gear between each training
- No spectators allowed
- Covid-19 preventing protocols in place, including frequent handwashing and disinfection of all high-touch surface areas (e.g. door handles, countertops)

Communication of and Compliance with Safety Measures Prior to Commencement

- A copy of this document will be provided to all staff, parents/guardians, and players. These can be sent electronically or provided as a hard copy as well as posted on HMBSC website.
- Personal Protective Equipment (PPE) will be provided by HMBSC to staff at a level that is appropriate based on State and County guidelines.
- All parents/guardians, and players will be required to sign the agreement to comply with the safety measures set forth in this document.
- HMBSC will provide liability waivers as part of the club's commitment to this plan of action, which must be signed by all parents/guardians acknowledging that they understand the risks, symptoms, and plan of mitigation regarding COVID-19.
- players if they feel uncomfortable participating for any reason. If this occurs during a training session, there will be a designated area for these players to sit for the remainder of the session.
- HMBSC's coaches and staff will be required to admit and dismiss players from six feet upon arrivals and departures.
- There will be no physical touching permitted with any team participant or staff member and all must maintain six-foot distancing during the initial phases (Phase 1 and Phase 2 at least, unless instructed otherwise from local and state authorities) of the plan outlined within this document.
- HMBSC staff will be educated in protocols established by the Centers for Disease Control and Prevention (CDC). All HMBSC staff must be provided with the requirements of How to Protect Yourself and Others and How to Safely Wear and Take Off a Mask.
- HMBSC staff must follow San Mateo County's mandated requirements for face coverings to maintain compliance with mitigation of transmission of COVID-19.
- All HMBSC staff will be educated on how to recognize the Symptoms of Coronavirus (COVID-19), know how to act responsibly if they detect or exhibit symptoms according to CDC resources.
- Signage must be posted at the team's field entrance to inform visitors and participants that they are not permitted to enter the facility if they have a cough or fever, or symptoms of COVID-19. Signage will also include that all onsite participants (staff alike) must maintain a minimum of six-foot distance from one another.

Safety Measures in Place for Employees

HMBSC will employ all necessary safety features and protocols to reduce the risk of infection for their coaches and staff:

- HMBSC will require all coaches and staff to wear a HMBSC issued face mask when they arrive at the field, during training and until the time they have left the field. HMBSC will have hand sanitizer and disinfectant spray for sanitizing equipment readily available at each training station on the field for coaches and staff to use.
- All coaches and staff will have their temperature checked prior to the start of each session. A designated Club staff member will ask health screening questions and document responses on a confidential log according to the employee entry protocol.

EMPLOYEE ENTRY PROTOCOL

- Have you had any COVID-19 symptoms in the last 14 days?
 - ✓ Fever(>100°F/ 37.8°C)
 - ✓ Sneezing
 - ✓ Coughing
 - ✓ Shortness of breath
 - ✓ Sore throat
 - ✓ Severe fatigue or muscle aches
 - ✓ Loss of taste or smell
 - ✓ Headache
 - ✓ Nausea or Diarrhea or vomiting
- Have you been in contact with anyone who has tested positive for COVID-19 in the last 14 days?
- Have you traveled outside the US in the last 14 days?
- Prior to the first on-field training session, Coaches will be trained with specific procedures for player health screening prior to each training session, guidelines on training and exercise with respect to social distancing guidelines, sanitization of equipment, and restroom use procedure.
- After answering NO to each of the questions above, the designated Club staff member will take the temperature of the employee. If the temperature is lower than 100°F / 37.8°C, then the employee will be allowed to enter the field.
- The coach will have to use hand sanitizer to wash their hands prior to the start of each practice. Hand sanitizer will be provided at each field training station.
- Coaches will remain with their stable cohort. If a coach is unavailable for a training session, the session will be cancelled unless a substitute coach that has not had contact with another cohort for 14 days can be identified.
- If any coach or club staff member tests positive for COVID-19, HMBSC will notify staff and players of their possible exposure while maintaining the individual's confidentiality. If a coach becomes ill due to COVID-19, he or she will need to have negative test prior to returning. Club members and staff who have been exposed to the infected individual will in turn be asked to be tested for COVID-19, self-quarantine until test results are received, and to stay away from practices for at least 14 days prior to returning.

Safety Measures in Place for Players

HMBSC will employ all necessary safety measures and protocols to reduce the risk of infection for our players. The Club's COVID-19 protocol includes the following steps:

- Parents will be encouraged to take the temperature of their player prior to arriving at the field. Any player with a temperature greater than 100°F/ 37.8°C should advise their coach and stay at home and not be allowed to participate. Players must not return to training until symptoms have been gone for 14 days.
- Players will be required to wear a face covering when they arrive at the field and pass

through the player entry protocol. Once they are ready to begin their training drills, they may remove their face covering and put it with their personal belongings in their training station (minimum 6 feet from other player training stations). Any player who arrives at the field without appropriate face covering will be sent home. Players will be educated in the proper use, removal and washing of cloth face coverings.

- Prior to any on-field training session, A designated Club staff member will ask the player (6th grade and older) or parent (for players younger than 6th grade) health screening questions about their player's health and document responses on a confidential log according to the player entry protocol.

PLAYER ENTRY PROTOCOL

- Has your player had any COVID-19 symptoms in the last 14 days?
 - ✓ Fever(>100°F / 37.8°C)
 - ✓ Sneezing
 - ✓ Coughing
 - ✓ Shortness of breath
 - ✓ Sore throat
 - ✓ Severe fatigue or muscle aches
 - ✓ Loss of taste or smell
 - ✓ Headache
 - ✓ Nausea or Diarrhea or vomiting
- Has your player been in contact with anyone who has tested positive for COVID-19 in the last 14 days?
- Has your player traveled outside the US in the last 14 days?
- After answering NO to each of the questions above, the designated Club staff member will take the temperature of the player. If the temperature is lower than 100°F / 37.8°C, then the player will be allowed to enter the field.
- All players will have to use hand sanitizer to wash their hands prior to the start of each practice. Hand sanitizer will be provided at each field training station.
- All players will be advised to avoid touching their face. If caught touching their face, they will be asked to use hand sanitizer again.
- Spitting will not be allowed.
- All players will be required to enter and exit the facility wearing face coverings and following the designated entry and exit routes.
- Players will be trained in small groups. During Phase 1, training sessions will be limited to 12 players and 1 coach to maintain traceability and create stable cohorts of players.
- Players will train in the same groups every time to limit the exposure to other players and to enable contact tracing in case of a COVID-19 positive infection within the soccer club. Under no circumstances will players from one cohort be allowed to move to a different cohort.
- Players will have their personal designated training area at least 6 feet away from the next in which they will place their water bottles and other personal belongings (Figure 1). There will be no sharing of water bottles, or any personal equipment. This includes, but not limited to shin guards, hairbands, pinnies, balls. Players will be required to bring their own water and not be allowed to use the public drinking fountain.
- Players will train in their own personal training station (twelve-yard square) for the entirety of the practice no less than six feet apart from the next training station (Figure 1).
- Players will be requested to use the restroom at home prior to arriving at the training field. Restrooms will be opened by HMBSC staff only for emergency use and disinfected after each use by a club staff member.
- Although Phase I does not allow sharing of any equipment, coaches and club staff will disinfect all training equipment before and after each practice session to protect players.
- Players will be instructed to avoid physical contact including high-fives, handshakes,

hugs, etc. Their behavior will be actively monitored, and violations will have consequences for the athletes involved.

- As players exit the field, they will be required to put on their face covering and to use hand sanitizer to clean their hands.
- Parents will be required to pick up their players promptly at the conclusion of the training session in the designated pick-up zone. Carpooling will be discouraged, but if players carpool, everyone in the vehicle will be asked to wear a face mask. HMBSC will have a no congregating policy for players and parents in parking lots, at drop off zones, at entrance/exit areas to the facility, before or after training sessions.
- Players are encouraged to shower and wash their clothes immediately upon returning home.
- Parents/guardians of participants who have a fever or symptoms of COVID-19 will immediately notify the HMBSC staff (coach). Parents will be asked to contact local health officials regarding the symptoms and ensure proper testing takes place. The player will be asked to be tested for COVID-19, self-quarantine until test results are received. A negative test will be required prior to returning to training.
- If anyone is found to test positive within the cohort, the entire group will be notified immediately, trainings for the group will cease and all members of the group will be asked to be tested for COVID-19, self-quarantine until test results are received. A negative test will be required prior to returning to training.

General Safety Measures

HMBSC will deploy the following general safety measures to comply with social distancing:

- Specific parent drop-off, entry points, and exit pick up areas. (Figure 2).
- Guided player entry and exits in and out of the soccer complex through the use of signs and other visual tools.
- Explicit signs with regulations and guidelines for practices will be posted in the active areas to remind the proper behavior. We will when possible, use the signs provided by the CDC and San Mateo County websites.
- The handling of all training equipment will be limited to coaches only and will be disinfected between training sessions.
- No parents or spectators allowed on the field, only players, coaches, and club staff.
- Dedicated club staff will be 6 feet apart from coaches and players at all practices to ensure compliance with safety measures.
- If any player, staff, or coach gets infected, we will proceed to contact every player or staff member who has been in contact with the individual.

Field Set up

All team practice sessions will have the following guidelines in place during Phase 1 and 2 of Return to Play protocol. Please see figure 1 below for Team Training Placement and Team Training Format.

- Training sessions will last for a maximum of 1 hour, with an additional 15 minutes to complete the Player Entry Protocol.
- There will be a minimum of 6 feet distance between each individual player station.
- No more than 12 players per training group.
- Players on Grid A will arrive and depart 15 minutes before or after players on Grid B in order to stagger player arrival and departure.
- All exercises will be individual exercises with no shared equipment done under the supervision of a Coach.
- There will be no drills or scrimmages played that involve contact between players.
- There will be a 15-minute gap between practice sessions to disinfect all equipment (soccer balls, cones, ladders, hurdles, etc).

Figure 1 - Field Graphic to Ensure Player Safety

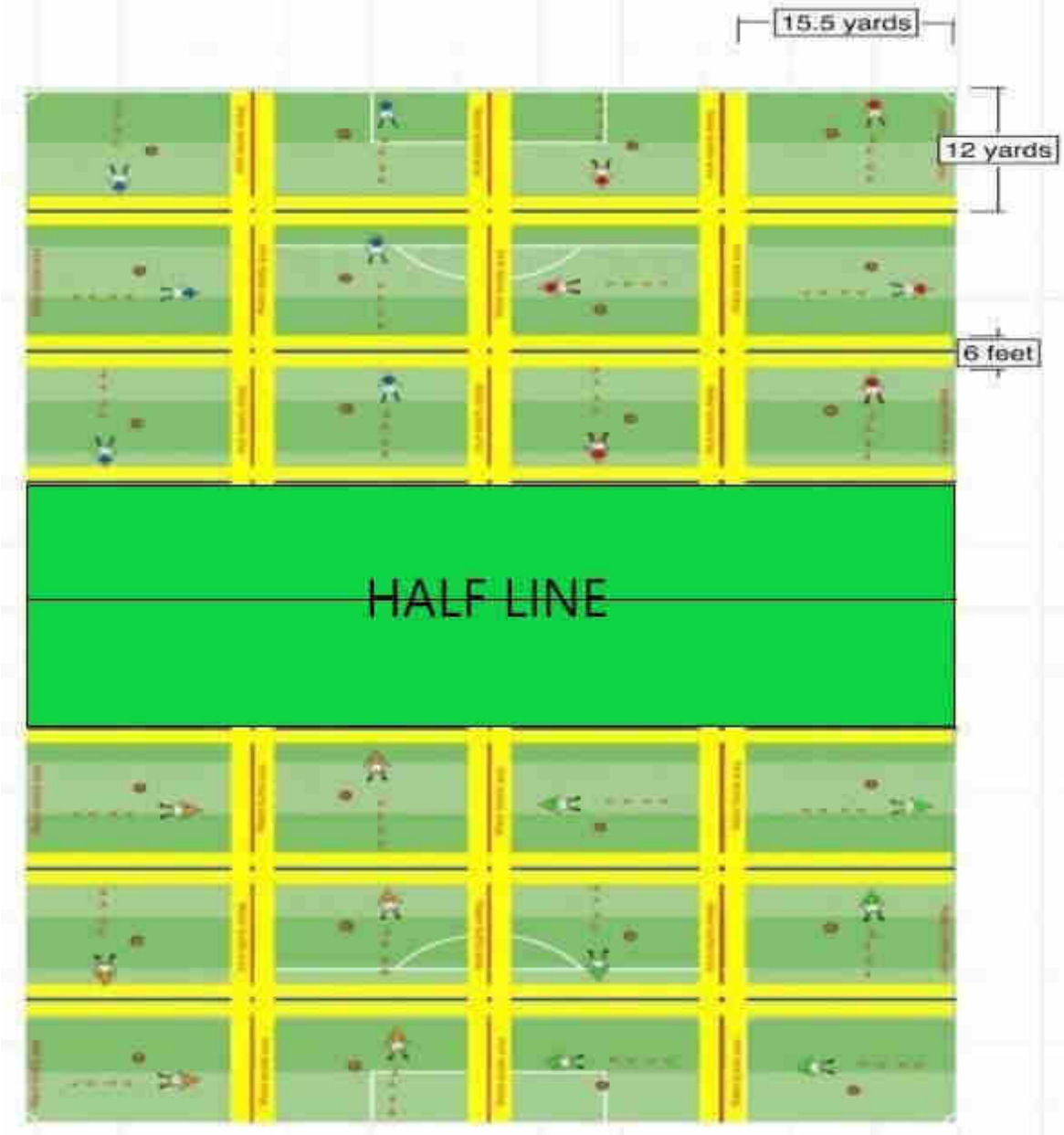


Figure 2 - Facility Map

