



BOYS & GIRLS CLUB
OF THE COASTSIDE

HALF MOON BAY SOCCER CLUB
COVID-19 RETURN TO PLAY PROTOCOLS
MODIFIED FOR ORANGE AND YELLOW TIERS

Introduction

On February 19, 2021 the California Department of Public Health updated its memorandum titled, [Outdoor and Indoor Youth and Recreational Adult Sports](#), using these standards as a guideline, and given the decrease of COVID cases in San Mateo County and our status in the Orange Tier, the Half Moon Bay Soccer Club (HMBSC) has created protocols which outline our plans to increase activity and request approval of these protocols.

HMBSC will adhere to the following guidelines mandated by the US Soccer Federation, San Mateo County and California Department of Public Health's Outdoor and Indoor Youth and Recreational Adult Sports guidance.

Phase 3 Full Team Training & Competitions:

- San Mateo County reaches Orange (Moderate Risk) tier on the California Blueprint for a Safer Economy
- Team trainings not to exceed 18 players, 2 coaches as a stable cohort
- Physical contact to be minimized
- Inter-team competitions scrimmages allowed in the same county and the sport is permitted in that county's current tier: Orange
- No sharing of water or personal belongings
- Use of face coverings at all times
- 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
- Limit observation to immediate household members, this includes observation of practice and competition.
- Covid-19 preventing protocols in place, including frequent handwashing and disinfection of all high-touch surface areas (e.g. door handles, countertops.)

Phase 4 Full Team Training and Competitions:

- San Mateo County reaches Yellow (Minimal Risk) tier on the California Blueprint for a Safer Economy AND pending updated State guidance on Youth Sports
- Full Team Competitions can occur.
- Continue Covid-19 mitigation strategies
- Competitions must be between only two teams.
- A team can participate in only one game per day.
- Out-of-state tournaments are not permitted.
- Competitions can occur when both teams are located in the same county and the sport is permitted in that county's current tier: Orange and yellow tiers
- For Cross-County Competitions: Local Health Departments must be notified of any cross-county competitions within their jurisdiction, and reserve the right under their own discretion to deny the competition at any time in their jurisdiction. Teams participating in cross-county competitions will follow the more stringent rules if the participating teams are coming from counties that may be at different case rate thresholds. Teams must adhere to the current [CDPH Travel Advisory](#) recommendations when determining travel for competition in other counties.

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-1. A copy of this waiver is included in Appendix A.
- HMBSC's coaches and staff will be required to admit and dismiss players from six feet upon arrivals and departures.
- 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.
- 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.

Health Screening/Entry Protocol for Players and Coaches

- Coaches, players, and staff will answer the following health screening questions. Responses will be recorded on a confidential log.

COACH, PLAYER, AND STAFF HEALTH SCREENING QUESTIONS

- 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?
- If a coach, player, or staff answers **yes** to any of these questions, the individual will be isolated from others. A parent or guardian will be called to retrieve a player who has answered yes to any of these questions. The player will be unable to return to practice until it is determined that the player may safely return without posing a health risk to others.
- After answering **no** to each of the questions above, the coach, player, or staff member's temperature will be taken. If the temperature is lower than 100°F / 37.8°C, then the player/coach will be allowed to enter.
- If the temperature is higher than 100°F / 37.8°C:
 - The coach, player, or staff will be isolated from the others where they will wait for five minutes.
 - After five minutes, the temperature will be taken again.
 - If the coach, player, or staff temperature is lower than 100°F / 37.8°C, the player will be allowed to enter.
 - If the coach, player, or staff temperature is still higher than 100°F / 37.8°C, the individual will be asked to leave practice and will not be allowed to return until it is determined by Boys & Girls Club that the individual may safely do so without posing a health risk to others. Boys & Girls Club management, including the safety chair will determine the

requirements the individual must meet before they are allowed to safely return to practices.

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 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.
- 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.
- 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.

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:
- Masks must be worn at all times, except during water breaks where the players will keep six feet apart by remaining in their designated section.
- Players should take a break from exercise if any difficulty in breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player's face and obstructs breathing.
- Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.

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.
- There will be no sharing of water bottles, or any personal equipment. This includes, but not limited to shin guards, hair bands, pinnies, balls.

- Players will be required to bring their own water and not be allowed to use the public drinking fountain.
- 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.
- Coaches and club staff will disinfect all training equipment before and after each practice session.
- Players will be instructed to avoid physical contact including high-fives, handshakes, hugs, etc.
- 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; travel by private car is limited to only those within the immediate household.
- 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.

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.
 - 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.

Appendix A - Assumption of Risk and Waiver of Liability Relating to
Coronavirus/COVID-19

**BGCC and CUSD
FOR PARENTS/GUARDIANS**

Assumption of Risk and Waiver of Liability Relating to
Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and has significant person-to-person spread. As a result, federal, state, and local governments and federal and state health agencies have recommended social distancing and face covering measures and have, in many locations, required ongoing prohibitions on the congregation of groups of people of various sizes.

Boys & Girls Clubs of the Coastside (“Club”) has put in place recommended preventative measures to reduce the spread of COVID-19. These include, but are not limited to, BGCA requirements, CDPH and CDC guidelines on cleaning and disinfecting, hygiene, wellness monitoring, social distancing, and other tools. However, the Club **cannot guarantee** that you or your child(ren) will not become infected with COVID-19. Further, attending the Club **could increase** your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club or participation in Club programming while on Cabrillo Unified School District property (“Claims”).

On my behalf, and on behalf of my children, I hereby voluntarily agree to waive, release, covenant not to sue, discharge, and hold harmless Cabrillo Unified School District; the Club; and their representatives, officers, trustees, employees, successors, predecessors, attorneys, assigns, and agents (collectively “Released Parties”) from any and all Claims, including all liabilities, claims, demands, actions, damages, obligations, costs or expenses of any kind, and causes of action of any nature whatsoever. I

understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Released Parties whether a COVID-19 infection occurs before, during, or after participation in any Club program.

Signature of Parent/Guardian

Date:

Name of Parent/Guardian:

Name of Club Participant(s)