



## Ohio Premier Soccer Club COVID-19 Return to Play Plan

June 8, 2020

Ohio Premier Soccer Club of Dublin, Ohio, Inc. (“OP”) is concerned for the health, safety, and welfare of its players, families, and coaches, and therefore asks YOU, and all participants and spectators to cooperate with the below plan regarding hygiene as we return to play during the COVID-19 Pandemic (“Plan”). The science continues to evolve, and this Plan may change as prudent to continue following the best epidemiological and medical advice available.

### Facilities

This Plan applies to all facilities used by an OP team, including the Plain City Training Facility, located at 8820 US 42, Plain City, Ohio (“Plain City Training Facility”), Darree Fields, Thompson Park, Sunny 95 and any other facility used by an OP team.

### Players, Coaches, Parents, and Spectators

All players, coaches, parents, guardians, team administrators, club administrators, and spectators (collectively “Participants”) are expected to follow the policies in this Plan. Participants who do not follow the Plan, may be asked to leave the Facility by any coach or club administrator, until the Club Director resolves any concerns about continued participation.

### Concerns about this Plan

Any Participant that has a concern about this Plan, or the health, safety, or welfare of any player, coach, or family should notify their coach, or the Club President, Chris Baer at [president@opsoccer.com](mailto:president@opsoccer.com).

### Guiding Principles

1. **Be respectful** of the other Participants, and their individual health concerns and those of their families.
2. The best **science** available should be considered when making decisions about health and wellness.
3. It is prudent to **slowly and methodically** re-introduce group activities, as social distance is the most effective preventative measure, until a vaccine is available.

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## **Phase 1 – Non-contact Training**

### **Summary**

- Players may participate in skills training only and shall remain socially distant from other players and coaches. There shall be no contact between players.

### **Phase 1 Policies**

- Coaches shall:
  1. wash hands for at least 20 seconds, or thoroughly sanitize hands with 70%+ alcohol, before, during, and after any participation;
  2. wear a cloth covering the mouth and nose at all OP facilities;
  3. remain socially distant (minimum 6+ feet away) from all participants who do not live in the same house;
  4. choose a training plan and set cones to keep Participants socially distant during training;
  5. establish socially distant space for each player to rest and store personal equipment and water during training;
  6. limit Participants at any training session that allows a minimum of 10 yards of space per child. Preferred coach to player ratio is 1 to 9.
  7. not use shared pinnies or equipment with players;
  8. perform a self-symptom check (see below instructions) before participation;
  9. verbally confirm, and document, the self-symptom check of each player prior to training, and maintain the result as confidential;
  10. not attend any OP facility if the symptom check is positive;
  11. sanitize all equipment before and after each training session;
  12. sanitize the Port-O-Let<sup>SM</sup>, before and after each training session; and
  13. report any unsafe or continuing violations of this Plan to the Club President.
- Players shall:
  1. wash hands for at least 20 seconds, or thoroughly sanitize hands with 70%+ alcohol, before, during, and after any participation;
  2. remain socially distant (minimum 6+ feet away) from all participants;
  3. perform a self-symptom check (see below instructions) before participation;
  4. not share any equipment, except for passing a ball with the feet;
  5. not handle (use hands on) the ball before, during, or after training;
  6. not head or chest trap the ball before, during, or after training;
  7. not play goalie before, during, or after training;
  8. not spit during training;
  9. not make contact with any other player; and
  10. report any violations of this Plan to the Coach.

- Parents & Guardians shall:
  1. wash hands for at least 20 seconds, or thoroughly sanitize hands with 70%+ alcohol, before, during, and after any participation;
  2. we are not mandating but strongly encouraging parents to wear a cloth covering the mouth and nose at all OP facilities;
  3. remain socially distant (6+ feet away) from all participants who do not live in the same home;
  4. not gather or congregate before, during, or after the training;
  5. not arrive to training more than 5-10 minutes before the scheduled training;
  6. promptly pickup your players at the scheduled end of training and leave the facility;
  7. not carpool with players from other families;
  8. perform a self-symptom check (see below instructions) before participation;
  9. not attend any OP facility if the symptom check is positive; and
  10. report any unsafe or continuing violations of this Policy to the Coach or Club President.
  
- Spectators are not permitted at any OP facility during Phase 1.
  1. Siblings, if possible, should remain at home. If required to be with the parent we ask that the parent/sibling remain together and socially distanced from other families (ie no playing or using the facility).
  
- The Club, or Facility shall:
  1. Provide sanitizing wipes for use by coaches, players or parents;
  2. Provide hand sanitizer, or soap and paper towels for hand washing;
  3. Frequently perform enhanced environmental cleaning of high touch surfaces, and regularly clean all surfaces.
  4. Establish a traffic pattern for arrivals and departures; and
  5. Establish a schedule for use of each facility to allow adequate space for social distancing of all participants.

## Phase 1 Details

### 1) General Policies.

- a) **Social Distancing** shall mean keeping a minimum of 6 feet or more between any two people. The Ohio Department of Health requires a minimum of 6 feet of social distance.
- b) **Face coverings** shall mean a cloth which covers the nose and mouth and prevents the travel of respiratory droplets from the wearer. Face coverings shall not be required of children 3 and younger, or for anyone with a disability which prevents the safe and healthy wearing of a face covering.
- c) **Hand washing** with soap and water for 20 seconds or more is preferred over the use of sanitizer, whenever possible.
- d) **Sanitizer** shall mean any product sold for hand sanitizing which contains 60% or greater ethanol or 70% or greater isopropanol alcohol.

- e) **No Shared Equipment.** There shall be no shared water bottles or drinking stations, or other shared equipment, except for the passing of a ball with the feet.

2) Coach responsibilities:

- a) Communicate the Plan and policies to the players and families, with frequent reminders, via e-mail and at training.
- b) Demonstrate compliance with the Plan and good hygiene in front of the players and families.
- c) Know and follow the Phase 1 Policies for Coaches.
- d) Understand the Phase 1 Policies for other participants and be able to explain the Plan to players and families.
- e) Ask questions to the Club President to clarify any term of the Plan that is not clear.
- f) Designate space for each player to maintain adequate social distancing during training, and while resting.
- g) Schedule training to ensure the facility has adequate space for each group to maintain adequate social distancing, and players have adequate time to arrive and depart from training without overlapping with other groups.
- h) Sanitizing equipment or facilities may be delegated to a parent volunteer, but the Coach must ensure the task is being completed.
- i) Training groups may not exceed a reasonable number that permits adequate social distancing and team management by the coach. Coaches should obtain written permission from a Club Director to train a group larger than 11.
- j) **ACTIVITY EXAMPLES:** In Phase 1, players may do individual exercises (one player one ball), group exercises (passing progressions with a partner or within the group), or fitness exercises. Players should not touch the ball with their hands. Players should not head the ball. Within this phase, goalkeepers should not use their hands, and should train as field players.

3) Player responsibilities:

- a) Know and follow the Phase 1 Policies for Players.
- b) Goal keepers shall train as field players. They shall not handle the ball, or wear gloves.
- c) Players shall not head or chest trap the ball.
- d) Players shall not handle the ball.
- e) Check your equipment bag to ensure you are bringing all of your required gear, including a ball, shin guards, water bottle, training shirt, pinnie (if required). Do not share equipment with other players.
- f) Be respectful of the Plan and follow the directions of the Coach regarding hygiene during training.
- g) Follow the facility traffic plan to reduce congestion and provide for adequate social distancing of players entering and leaving a facility.

- h) Any player who cannot follow the Plan and may present a risk of COVID-19 exposure to another participant may be asked to leave training, and prohibited from attending training until the matter is resolved to the satisfaction of the Club President.
- 4) Parent & Guardian responsibilities:
- a) Do not show up to training more than 5-10 minutes before the scheduled training, to prevent overlap with other training groups. Be sure to promptly pickup your player at the end of training, to clear the facility for the next group.
  - b) Follow the facility traffic plan to reduce congestion and provide for adequate social distancing of players entering and leaving a facility.
  - c) Any Parent or Guardian who cannot follow the Plan and may present a risk of COVID-19 exposure to another participant may be asked to leave training, and prohibited from attending training until the matter is resolved to the satisfaction of the Club President.
  - d) Ensure your player arrives with sufficient individual equipment to discourage sharing.
- 5) Club/Facility responsibilities:
- a) Outdoor training facilities are strongly preferred. Indoor facilities may be used, if they can meet all of the precautions required in the Plan.
  - b) Restrooms will be cleaned regularly, and hand washing or hand sanitizer will be available near the restroom, or the restroom will be closed.
  - c) Gates at the Plain City Facility shall be left open during all scheduled training to allow players to enter and leave without handling the gates.
- 6) Monitoring Health.
- a) All participants shall conduct a self-symptom check before attending any training.
  - b) Any player, coach, or other participant reporting or demonstrating symptoms of illness shall be removed from training, and prohibited from attending, until:
    - i) They have not had a fever (100.4 or higher) for at least 3 full days;
    - ii) It has been at least 7 days since symptoms first began; and
    - iii) They have been symptom free for at least 3 full days.
  - c) Confidentiality. Self-symptom check results, or any medical diagnosis of an individual participant shall remain confidential, except as required by law. The Ohio Department of Health may require OP to report suspected cases or exposure to the local health department. OP may also provide notice to Participants who are believed to have been exposed to anyone who is experiencing symptoms of COVID-19, is diagnosed, or is given a presumptive diagnosis of COVID-19. While this procedure does not guarantee other Participants cannot determine the participant who has caused the exposure, given the small number of participants on any team, the name of the exposed individual shall not be released by the club.

## **Phase 2 – Limited Team Training**

Generally, this phase shall retain all of the Phase 1 policies and will be implemented only after two weeks, minimum, of Phase #1 activity have been completed.

ACTIVITY EXAMPLES: Within this phase, the team may do individual exercises (one player, one ball), group exercises (passing progressions with a partner or within the group), fitness exercises, or team tactical exercises. For example, a coach may train a group of 18 players while still maintaining proper social distancing. Players should not touch the ball with their hands. Players should not head the ball. Goalkeepers should not use their hands and should train as field players.

## **Phase 3 – Full Team Training**

Generally, this phase will add goalkeeper ball handling and throw-ins. Limited player contact may be permitted. Phase 1 hygiene policies shall remain in effect.

There are no restrictions on training activities.

## **Phase 4 – Return to Competition**

Local competition shall be permitted, with continued Phase 1 hygiene policies. Indoor training facilities may be used, so long as they are maintained in accordance with the Plan requirements. Local competition shall be permitted, so long as all teams commit to similar hygiene practices. Out-of-state competition may be permitted when health departments indicate it will be safe to do so.

## Procedures

### Self-symptom check

1. Do you have a fever, defined as a body temperature of 100.4 or higher?
2. Have you had close contact (within 6 feet) of any individual believed to have COVID-19, or any symptoms of COVID-19 at the time of contact?
3. Have you been diagnosed, or given a presumptive diagnosis, of COVID-19 in the past 14 days?
4. Are you currently, or within the past 3 days, demonstrating any symptoms of COVID-19?

This check is **Negative**, if, you do not have a fever and you can answer the above questions, “no”.

This check is **Positive**, if, you have a fever or you answer any of the above questions, “yes”.

If your self-symptom check is **Positive**, you may not participate in any in-person OP activities, until:

1. You have not had a fever (100.4 or higher) for at least 3 full days;
2. It has been at least 7 days since your symptoms first began; and
3. You have been symptom free for at least 3 full days.

**Confidentiality:** Self-symptom check results shall remain confidential, except as required by law.

### Symptoms of COVID-19 (from the CDC):

- Fever or chills
- 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

### General Hygiene Recommendations

- Avoid touching your face, or wash your hands before and after touching your face.
- Frequently wash hands with soap and water for at least 20 seconds, or use a hand sanitizer (70%+ alcohol), and thoroughly dry hands.
- Cover mouth and nose with arm or elbow, and not your hands, when coughing or sneezing, and wash your hands afterwards.
- Remain socially distant (6 feet or more) from those who do not live in your home.
- If you have any COVID-19 or upper respiratory symptoms, wear a cloth covering your mouth and nose when outside your home.
- When you cannot adequately remain socially distant from others, wear a cloth covering your mouth and nose.
- Frequently clean high touch surfaces, such as door knobs, pens, phones, game controllers, with an EPA approved cleaner.
- Avoid physical contact with other individuals, such as shaking hands, high fives, and hugs.



- Stay home if you feel sick, or have felt sick in the past 3 days.

**Equipment Sanitization**

Soccer Balls: Shall be wiped down with a sanitizing cloth or washed with soap and water before and after each training session.

Cones & other equipment: Shall be wiped down with a sanitizing cloth or washed with soap and water before and after each training session.

Port-O-Let<sup>SM</sup>: All high touch surfaces shall be sanitized, including the outside handle area, the inside handle area, any hand sanitizer or soap dispenser, and seat. Empty dispensers shall be reported as soon as practical. Coaches may delegate sanitizing to a parent volunteer, but must confirm the task is completed.

Pinnies, jerseys, and kit: shall be washed with laundry detergent and dried completely after any player use.

Shinguards: shall be washed with laundry detergent and dried completely after any player use.

Indoor facilities: door knobs, push surfaces, and pull bars shall be wiped down with a sanitizing wipe or cleaner and paper towel before and after each training session.

Sanitizers shall be used according to the manufacturer's label, and shall be listed on EPA List N for use against SARS-CoV-2, paying particular attention to the List N contact time for effectiveness.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

## Resources

Ohio Department of Health, Responsible RestartOhio Skills Training for All Sports:

<https://coronavirus.ohio.gov/static/responsible/Skills-Training-All%20Sports.pdf>

Ohio Department of Health Director's Order Regarding Skills Training for All Sports, Dated May 22, 2020.

<https://coronavirus.ohio.gov/static/publicorders/Order-on-sports-activities.pdf>

OSYSA Return to Activity Presentation:

[https://www.osysa.com/assets/59/6/recomended\\_soccer\\_guidelines\\_-\\_ohio\\_north-south\\_\(updated\\_gh\\_5.29.20\).pdf](https://www.osysa.com/assets/59/6/recomended_soccer_guidelines_-_ohio_north-south_(updated_gh_5.29.20).pdf)

ECNL Recommendations for Returning to Play in a Training Environment:

<https://www.eliteclubsnationalleague.com/wp-content/uploads/2020/05/ECNL-x-Return-to-Play-Recs.-V5-Doc.pdf>

EPA Approved Cleaners (List N): <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

CDC Considerations for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

CDC Coronavirus (COVID-19) General Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Madison County Public Health (regulates the Plain City Facility):

740.852.3065 | [info@MadisonPublicHealth.org](mailto:info@MadisonPublicHealth.org) | <https://MadisonPublicHealth.org>

Franklin County Public Health (regulates most of Dublin and UA):

[fcph@franklincountyohio.gov](mailto:fcph@franklincountyohio.gov) | <https://covid-19.myfcph.org/>