



## PENN-TRAFFORD SOCCER CLUB

100 Kuch Lane

Claridge, PA 15623

[www.PTSoccerClub.com](http://www.PTSoccerClub.com)

[www.Facebook.com/PT SoccerClub](http://www.Facebook.com/PT SoccerClub)

# PENN-TRAFFORD SOCCER CLUB RETURN TO PLAY GUIDELINES

*Published: June 15, 2020*

## TABLE OF CONTENTS

Introduction .....	2
Overview.....	2
Role Specific Guidelines .....	4
Players .....	4
Parents/Spectators.....	6
Coaches/Team Managers .....	8
Club Administration .....	10
Facilities .....	13
COVID-19 Positive Response .....	16
Participation Waiver.....	16
Additional Information .....	18
PA West Return to Play Phased Approach.....	18
Penn-Trafford Soccer Club Protective Equipment Policy .....	19
Penn-Trafford Soccer Club Return to Play Coordinator .....	19
Revision History.....	19

## **INTRODUCTION**

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This document has been crafted to clearly outline the policies and procedures that have been implemented to ensure a safe return to soccer activities for all participating in a program with the Penn-Trafford Soccer Club. These guidelines are intended to cover all participants of our youth programs, our adult programs along with parents, spectators, coaches and club administration. It is expected that everyone must take additional steps to help ensure a safe training and playing environment. These guidelines have been created by the Board of Directors of the Penn-Trafford Soccer Club by incorporating recommendations from the Centers for Disease Control (CDC), the United States Olympic and Paralympic Committee (USOPC), US Youth Soccer, US Soccer, the University of Pittsburgh Medical Center (UPMC) Department of Sports Medicine and the Pennsylvania Recreation & Parks Society (PRPS). These guidelines are only applicable once an area has been designated “Green” by the Commonwealth of Pennsylvania as part of the “Process to Reopen Pennsylvania”. Areas designated “Yellow” and “Red” are not cleared for organized sports activity. The Penn-Trafford Soccer Club will also follow specific guidelines from state and local health departments in addition to implementing the requirements and utilizing the recommendations provided in this document. The Penn-Trafford Soccer Club may be more restrictive but cannot loosen the requirements set forth by the convening health authorities.

The 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:

1. Promoting Behaviors to Reduce Spread
2. Creating a Healthy Environment
3. Utilizing Healthy Operation
4. Preparing for Illness

These guidelines will illustrate the Penn-Trafford Soccer Club’s commitment to being compliant to the CDC’s four areas for action.

## **OVERVIEW**

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The Penn-Trafford Soccer Club is committed to implementing and promoting the requirements and recommendations as outlined in these guidelines. In addition, the Executive Board of the Penn-Trafford Soccer Club is committed to doing the following:

- Creating and distributing protocols to members
- Confirming player registration and activation with PA West Soccer
- Confirming with the state association what insurance coverage is in place
- Providing adequate field space for social distancing
- Planning and providing hand sanitizing stations and waste receptacles at fields for individual participant use

- Preparing training and game day plans in accordance with these guidelines, as well as those from state and local authorities
- Being sensitive and accommodating to players and parents who may be uncomfortable with returning to play at this time and making accommodations as needed

In addition, these guidelines offer the following additional resources with regards to the current COVID-19 situation with respect to youth sports:

- CDC Considerations for Youth Sports:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youthsports.html>
- US Youth Sports Return to Activity Notice:  
[https://www.usyouthsoccer.org/assets/1/6/usys\\_rta\\_notice\\_051920.pdf](https://www.usyouthsoccer.org/assets/1/6/usys_rta_notice_051920.pdf)
- USOPC Coronavirus Update Page:  
<https://www.teamusa.org/coronavirus>
- CDC - Symptoms of Coronavirus:  
[https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html)
- CDC - Coronavirus Prevention & Treatment:  
<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- PA West - COVID-19 Information Center  
<https://www.pawest-soccer.org/news/covid-19-info-center/>
- UPMC Sports Medicine - Youth Sports Playbook  
<https://www.upmc.com/-/media/upmc/services/sports-medicine/documents/return-to-play/youth-athlete-guidelines-pdf.pdf?la=en>
- Pennsylvania Recreation & Parks Society - Recreation & Park COVID-19 Resources  
[https://prps.org/Public/Resources/Technical\\_Resources/Recreation-and-Parks-COVID-19/Public/Publications\\_Resources/Recreation-and-Parks-COVID-19.aspx?hkey=5b2bce36-82a7-4678-9a81-3546d2309fd7](https://prps.org/Public/Resources/Technical_Resources/Recreation-and-Parks-COVID-19/Public/Publications_Resources/Recreation-and-Parks-COVID-19.aspx?hkey=5b2bce36-82a7-4678-9a81-3546d2309fd7)

These resources are just a few of the readily available resources available to handle the COVID-19 pandemic with regards to youth sports. The Penn-Trafford Soccer Club is committed to continually monitoring available resources and adjusting our protocols to ensure that we are compliant to the most up-to-date information.

## **ROLE SPECIFIC GUIDELINES**

This section of our guidelines will look at what is required versus recommended for players, parents/spectators, coaches/team managers and club administration. All items marked as “required” will be strictly enforced by the Penn-Trafford Soccer Club. We ask that everyone please follow all items marked “recommended” as well, as these guidelines have been put in place to ensure a safe environment for all. These guidelines are broken down into the four CDC outlined action areas for youth sports:

1. Promoting Behaviors to Reduce Spread
2. Creating a Healthy Environment
3. Utilizing Healthy Operation
4. Preparing for Illness

These guidelines will remain in place as long as we are under the Pennsylvania Department of Health’s “Green” designation.

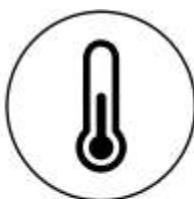
### **PLAYERS**

#### **Promoting Behaviors to Reduce Spread**

The CDC outlines the following items as important in reducing COVID-19:



Wash hand with soap and water frequently.



Do not attend practice or game if not feeling well.



Cover coughs and sneezes.



Per public health recommendations, wear masks except when playing.



Avoid touching your face.



Follow all CDC guidelines as well as those of your local health authorities.

#### **REQUIRED GUIDELINES FOR PLAYERS**

- Wash with soap and water or use hand sanitizer during breaks in training and games and after training and games
- Bring your own water bottle; do not share
- Players returning from out-of-state vacation, travel, or competition must refrain from training and games for 14 days or until they can provide two negative Covid-19 tests that were taken 48 hours apart.

#### **RECOMMENDED GUIDELINES FOR PLAYERS**

- Disinfect non-washable equipment like cleats, ball, guards, gloves
- Promptly leave after training and matches
- Avoid using locker rooms

- Avoid carpooling
- Shower immediately upon returning home
- Bring and use hand sanitizer to every training and games

## PLAYERS

### Creating a Healthy Environment

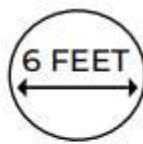
The CDC recognizes the importance the environment plays in the spread of disease. They offer several important steps toward creating a healthy environment. The goal is to provide players the safest training and playing environment possible and includes the following:



No sharing of water bottles, snacks, or equipment.



Per public health guidance, masks should be worn when at all possible.



Physical distancing should be observed by players when possible and by all others at all times.

### REQUIRED GUIDELINES FOR PLAYERS

- Strict adherence to schedule - prompt start, finish as scheduled; prompt arrival and departure
- Team “huddles” should observe social distancing; no handshakes, high-fives, fist bumps, etc.
- No post-game snacks

### RECOMMENDED GUIDELINES FOR PLAYERS

- None

## PLAYERS

### Utilizing Healthy Operation

CDC recommends establishing operational protocols that put in place the elements vital to player, parent, and staff safety.

### REQUIRED GUIDELINES FOR PLAYERS

- All state and local health guidelines and protocols should be followed

### RECOMMENDED GUIDELINES FOR PLAYERS

- None

## PLAYERS

### Preparing for Illness

CDC guidelines require having a plan in place when illness returns. The plan will help control and mitigate the effects of COVID-19.

### REQUIRED GUIDELINES FOR PLAYERS

- None

### RECOMMENDED GUIDELINES FOR PLAYERS

- None

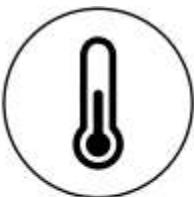
## PARENTS/SPECTATORS

### Promoting Behaviors to Reduce Spread

The CDC outlines the following items as important in reducing COVID-19:



Wash hand with soap and water frequently.



Do not attend practice or game if not feeling well.



Cover coughs and sneezes.



Per public health recommendations, wear masks except when playing.



Avoid touching your face.



Follow all CDC guidelines as well as those of your local health authorities.

### REQUIRED GUIDELINES FOR PARENTS/SPECTATORS

- Wash with soap and water or use hand sanitizer during breaks in training and games and after training and games

### RECOMMENDED GUIDELINES FOR PARENTS/SPECTATORS

- Disinfect non-washable equipment like cleats, ball, guards, gloves
- Promptly leave after training and matches
- Avoid using locker rooms
- Bring your own water bottle; do not share
- Avoid carpooling
- Shower immediately upon returning home
- Bring and use hand sanitizer to every training and games

## **PARENTS/SPECTATORS**

### **Creating a Healthy Environment**

The CDC recognizes the importance the environment plays in the spread of disease. They offer several important steps toward creating a healthy environment. The goal is to provide players the safest training and playing environment possible and includes the following:



No sharing of water bottles, snacks, or equipment.



Per public health guidance, masks should be worn when at all possible.



Physical distancing should be observed by players when possible and by all others at all times.

### **REQUIRED GUIDELINES FOR PARENTS/SPECTATORS**

- Strict adherence to schedule - prompt start, finish as scheduled; prompt arrival and departure
- Parents/spectators should remain in their cars during training and non-game activities (including tryouts)
- No post-game snacks

### **RECOMMENDED GUIDELINES FOR PARENTS/SPECTATORS**

- Parents/spectators are permitted at games; those from the same home may sit together; those from different homes must sit 6 feet apart; all should remain in their cars until shortly before kick-off and return to their cars immediately following the final whistle

## **PARENTS/SPECTATORS**

### **Utilizing Healthy Operation**

CDC recommends establishing operational protocols that put in place the elements vital to player, parent, and staff safety.

### **REQUIRED GUIDELINES FOR PARENTS/SPECTATORS**

- All state and local health guidelines and protocols should be followed.

### **RECOMMENDED GUIDELINES FOR PARENTS/SPECTATORS**

- None

## **PARENTS/SPECTATORS**

### **Preparing for Illness**

CDC guidelines require having a plan in place when illness returns. The plan will help control and mitigate the effects of COVID-19.

### **REQUIRED GUIDELINES FOR PARENTS/SPECTATORS**

- None

### **RECOMMENDED GUIDELINES FOR PARENTS/SPECTATORS**

- None

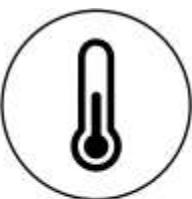
## **COACHES/TEAM MANAGERS**

### **Promoting Behaviors to Reduce Spread**

The CDC outlines the following items as important in reducing COVID-19:



Wash hand with soap and water frequently.



Do not attend practice or game if not feeling well.



Cover coughs and sneezes.



Per public health recommendations, wear masks except when playing.



Avoid touching your face.



Follow all CDC guidelines as well as those of your local health authorities.

### **REQUIRED GUIDELINES FOR COACHES/TEAM MANAGERS**

- Wash with soap and water or use hand sanitizer during breaks in training and games and after training and games
- Coaches and/or team managers returning from out-of-state vacation, travel, or competition refrain from training and games for 14 days or until they can provide two negative Covid-19 tests that were taken 48 hours apart.

### **RECOMMENDED GUIDELINES FOR COACHES/TEAM MANAGERS**

- Disinfect non-washable equipment like cleats, ball, guards, gloves
- Promptly leave after training and matches
- Avoid using locker rooms
- Bring your own water bottle; do not share
- Avoid carpooling
- Shower immediately upon returning home

- Bring and use hand sanitizer to every training and games

## **COACHES/TEAM MANAGERS**

### **Creating a Healthy Environment**

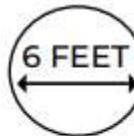
The CDC recognizes the importance the environment plays in the spread of disease. They offer several important steps toward creating a healthy environment. The goal is to provide players the safest training and playing environment possible and includes the following:



No sharing of water bottles, snacks, or equipment.



Per public health guidance, masks should be worn when at all possible.



Physical distancing should be observed by players when possible and by all others at all times.

### **REQUIRED GUIDELINES FOR COACHES/TEAM MANAGERS**

- Strict adherence to schedule - prompt start, finish as scheduled; prompt arrival and departure
- Team “huddles” should observe social distancing; no handshakes, high-fives, fist bumps, etc.
- Organize “stations” for each player at or around the bench area that are at least 6 feet apart in which players must keep all of their belongings; they shall be required to return to their “station” only during breaks
- 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, hugs, etc.
- No post-game snacks

### **RECOMMENDED GUIDELINES FOR COACHES/TEAM MANAGERS**

- If more than one team is using a field for training at the same time, training areas should be at least 20 yards apart

## **COACHES/TEAM MANAGERS**

### **Utilizing Healthy Operation**

CDC recommends establishing operational protocols that put in place the elements vital to player, parent, and staff safety.

### **REQUIRED GUIDELINES FOR COACHES/TEAM MANAGERS**

- All state and local health guidelines and protocols should be followed.

#### **RECOMMENDED GUIDELINES FOR COACHES/TEAM MANAGERS**

- Coaches alone shall be permitted to touch equipment, including training discs and cones; do not enlist help from players or parents

#### **COACHES/TEAM MANAGERS**

##### **Preparing for Illness**

CDC guidelines require having a plan in place when illness returns. The plan will help control and mitigate the effects of COVID-19.

#### **REQUIRED GUIDELINES FOR COACHES/TEAM MANAGERS**

- None

#### **RECOMMENDED GUIDELINES FOR COACHES/TEAM MANAGERS**

- None

#### **CLUB ADMINISTRATION**

##### **Promoting Behaviors to Reduce Spread**

The CDC outlines the following items as important in reducing COVID-19:



Wash hand with soap and water frequently.



Do not attend practice or game if not feeling well.



Cover coughs and sneezes. Per public health recommendations, wear masks except when playing.



Per public health recommendations, wear masks except when playing.



Avoid touching your face.



Follow all CDC guidelines as well as those of your local health authorities.

#### **REQUIRED GUIDELINES FOR CLUB ADMINISTRATION**

- Have adequate supplies of hand sanitizer

#### **RECOMMENDED GUIDELINES FOR CLUB ADMINISTRATION**

- Post signage reminding members to practice good hygiene
- Message members with reminders about good hygiene
- Disinfect non-washable equipment like cleats, ball, guards, gloves

- Promptly leave after training and matches
- Avoid using locker rooms
- Avoid carpooling

## **CLUB ADMINISTRATION**

### **Creating a Healthy Environment**

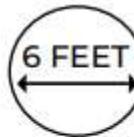
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No sharing of water bottles, snacks, or equipment.



Per public health guidance, masks should be worn when at all possible.



Physical distancing should be observed by players when possible and by all others at all times.

### **REQUIRED GUIDELINES FOR CLUB ADMINISTRATION**

- Handwashing facilities should be available when possible
- Hand sanitizer station on every bench
- Strict adherence to schedule - prompt start, finish as scheduled; prompt arrival and departure
- Restrooms should be cleaned regularly (minimum hourly) using disinfecting cleaners; use should be as directed by the manufacturer
- Parents/spectators should remain in their cars during training
- Organize “stations” for each player at or around the bench area that are at least 6 feet apart in which players must keep all of their belongings; they shall be required to return to their “station” only during breaks
- No post-game snacks

### **RECOMMENDED GUIDELINES FOR CLUB ADMINISTRATION**

- Record all attendees (participants and spectators) at practices/games by club designee (coach, asst. coach, team manager at practice/team manager, field marshal, club COVID coordinator at games) as this practice will aid in tracking if needed by public health Authorities
- Discourage the use of carpools and ride shares
- If more than one team is using a field for training at the same time, training areas should be at least 20 yards apart

- Avoid training indoors but when necessary be sure the area is well-ventilated with good air flow
- Spectators are permitted at games; those from the same home may sit together; those from different homes must sit 6 feet apart; all shall remain in their cars until shortly before kick-off and return to their cars immediately following the final whistle

## **CLUB ADMINISTRATION**

### **Utilizing Healthy Operation**

CDC recommends establishing operational protocols that put in place the elements vital to player, parent, and staff safety.

#### ***REQUIRED GUIDELINES FOR CLUB ADMINISTRATION***

- Staggered start times when multiple teams are using the same training site on the same night; staggered start times also apply on game day
- Home club will clean the technical areas with a disinfectant cleaner (follow manufacturer's usage instruction) prior to the teams from the next game arriving
- Before a club or team may begin to return to play, it must publish a notice to all players, parents and soccer families outlining the risks of returning and detailing how the club intends to minimize or eradicate those risks; the Penn-Trafford Soccer Club will require a participation waiver be signed by all participants and shall maintain this waiver as the record of parental acknowledgement of risk
- All 'return to play' activities must be published as being voluntary; for example, if a child chooses not to attend tryouts for teams, the club must accommodate that child's return at a later date
- All state and local health guidelines and protocols should be followed
- Clubs must provide hand sanitizer at each bench area for all activities
- Before any and all activity (e.g. practice, tryout session, etc.) coach and player health assessment must be made and documented incorporating the following elements:
  - Must ask- have you been in contact with a person with COVID-19?
  - Must ask- have you had a cough, fever, or loss of taste or smell?
- Stated club policy on all club personnel and coaches wearing protective gear (masks, gloves, etc.)

#### ***RECOMMENDED GUIDELINES FOR CLUB ADMINISTRATION***

- Record all attendees (participants and spectators) at practices/games by club designee (coach, asst. coach, team manager at practice/team manager, field marshal, club COVID coordinator at games) as this practice will aid in tracking if needed by public health authorities
- Plan for all player areas to be disinfected following every match and training session; training for those disinfecting the player areas should follow the directions on the disinfectant label
- Provide adequate outdoor space for training

- Coaches alone shall be permitted to touch equipment, including training discs and cones; do not enlist help from players or parents

## ***CLUB ADMINISTRATION***

### ***Preparing for Illness***

CDC guidelines require having a plan in place when illness returns. The plan will help control and mitigate the effects of COVID-19.

### ***REQUIRED GUIDELINES FOR CLUB ADMINISTRATAION***

- Have a communication plan in place
- Prepare to notify coaches and families if the organization becomes aware of a participant or a coach/admin has developed COVID-19 and may have been infectious to others while at a youth or adult activity
- Maintain participant confidentiality regarding health status
- Have an action plan in place, in case of notification of a positive test result
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information
- Be prepared to shut down and stop operations
- Develop plans for temporary closure of indoor facilities and cancellation of outdoor activities or camps for proper disinfection

### ***RECOMMENDED GUIDELINES FOR CLUB ADMINISTRATION***

- None

## **FACILITIES**

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The Penn-Trafford Soccer Club is taking the following steps with regards to facilities to help promote the CDC's outlined action areas for youth sports:

### **1. Promoting Behaviors to Reduce Spread**

- Signage will be added around the entire Bushy Run Soccer Complex to stress the importance of promoting behaviors such as social distancing and good hygiene
- Weekly emails will be sent to all families reminding them of practicing social distancing and proper hygiene while also reminding them of our requirements and recommendations as outlined in this document
- Coaches and Team Managers will be given necessary training to comply to the requirements and recommendations as outlined in this document.

### **2. Creating a Healthy Environment**

- Handwashing stations will be made available in both the men's and women's bathrooms and will have anti-bacterial soap available
- Each team will be provided with an allotment of hand sanitizer that the coach/team manager will make available to players during practices and games
- Bathroom shall be cleaned and sanitized on a regular schedule with the frequency dependent on the number of games/practices occurring per day
- All Penn-Trafford Soccer Club representatives (administration, coaches, team managers) will work to ensure practices and games start and end at scheduled times and remind everyone to vacate the facility promptly when activities have ended
- Parents/spectators are not permitted to be on the field during non-game events (i.e. practices, tryouts, etc.) and are encouraged to remain in their car during such events
- Coaches and Team Managers will be trained and provided with the proper resources to organize the bench area into "stations" as required by this guideline
- The Penn-Trafford Soccer Club shall break apart training areas so that each team is given an adequate amount of space while maintaining 20 yards of distance between training groups
- The Penn-Trafford Soccer Club will institute a maximum 10-person training group size limit (i.e. 9 to 1 ratio of players to coaches) for any non-game activities; if more than 9 players are in attendance they must be split into separate groups with a minimum of 1 coach per group and adequately spaced per this guideline
- All non-players will be asked to wear a mask when visiting the Bushy Run Soccer Complex until the wearing of masks recommendation is discontinued by the CDC

### 3. Utilizing Healthy Operation

- The Penn-Trafford Soccer Club will stagger start/end times for non-game events as well as games (this may result in shorter than normal practice times to accommodate all teams)
- All common areas will be cleaned and sanitized daily and certain items that are typically shared such as team benches will no longer be provided
- The seating at the pavilion will be decreased to 50% capacity to align with the requirements of dining establishments in the "green" phase
- The concession stand will operate with a limited staff (3 workers at a time, one per each window) and all staff will be required to wear masks
- The offerings at the concession stand will be limited to help maintain a health operation, and the sharing of items (i.e. bottles of condiments) will be discontinued and replaced with single serve items
- Complete copies of the Penn-Trafford Soccer Club's return to play guidelines will be posted on our website ([www.PTSoccerClub.com](http://www.PTSoccerClub.com)) and copies will be available at the field upon request

### 4. Preparing for Illness

- If the Penn-Trafford Soccer Club is notified of an COVID-19 illness a “shut-down” of the Bushy Run Soccer Complex will occur until it is deemed to be safe to return
- A communication of any such “shut-down” will occur via posting as well as direct communication to our members.

## **COVID-19 POSITIVE RESPONSE**

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The Penn-Trafford Soccer Club is committed to properly handling any COVID-19 positive responses brought to our attention. This plan is to provide the basis for planning and preparing for a possible COVID-19 case in our club. This plan will identify the steps before and after being alerted to a possible COVID-19 case.

### **Before possible infection:**

- Contact your county health department to determine their requirements for minimizing possible infection and reporting a possible or confirmed infection
- Plan to provide information about all participants and attendees to aid tracking
- Plan trainings in a manner to minimize exposure and spread through staggered starts
- Plan a notification process
- Plan to assess all participants prior to all activities
- Plan adjustments to training schedules if notified of possible exposure
- Instruct all coaches/admin on the assessment plan
- Notify all participants and parents of the club plan

### **After possible infection:**

- Remind the exposed or ill player or parent of the CDC self-isolation instruction and the need to contact their physician
- Contact the county health department of the exposure or illness and confirm necessary steps
- Follow county health department direction on notification of all individuals with possible exposure
- Redouble disinfecting measures at all affected facilities and equipment
- Institute adjustments to training schedules
- Respect individual’s confidentiality

The Penn-Trafford Soccer Club pledges to take any positive result of a COVID-19 test seriously and asks that anyone with such information inform us immediately at [info@PTsoccerClub.com](mailto:info@PTsoccerClub.com) so that we may begin our remediation plans.

## **PARTICIPATION WAIVER**

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The Penn-Trafford Soccer club will require all who register to play in any program offered to complete and participation waiver on page 16. A hard copy of this waiver must be in possession of the Penn-Trafford Soccer Club prior to anyone participating in any games or non-game events. A copy of this participation waiver will be sent to PA West while the Penn-Trafford Soccer Club will keep the original on file.



### PARTICIPATION WAIVER

I understand and acknowledge that \_\_\_\_\_'s participation in the athletic program and related events and activities, including tournaments and games, offered by and in connection with **PA WEST SOCCER ASSOCIATION** and the **PENN-TRAFFORD SOCCER CLUB** may pose dangers and risks of possible exposure to and illness from infectious diseases, including but not limited to influenza and COVID-19. I understand that while particular rules and procedures may be in play and may reduce risk, the risk of serious illness or death exists. I understand that the **PA WEST SOCCER ASSOCIATION** and the **PENN-TRAFFORD SOCCER CLUB** assumes no responsibility for any and all illness, disability, death or loss of damage to person or property in connection with my participation. I hereby waive, release, and discharge the **PA WEST SOCCER ASSOCIATION** and the **PENN-TRAFFORD SOCCER CLUB** from any and all liabilities or claims, financial or otherwise, made as a result of participation in the athletic program and related events and activities.

\_\_\_\_\_  
Participant Name (printed)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Signature, if age 18 or over

\_\_\_\_\_  
Date

## **ADDITIONAL INFORMATION**

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This section outlines additional information that is critical for the implementation of these guidelines and that may be modified if needed. All Penn-Trafford Soccer Club members will be notified if any of the following conditions are met:

- The Commonwealth of Pennsylvania moves our county to another phase (i.e. back to the yellow phase)
- If any modifications of these guidelines have been made so that all parties are provided with the current version of the guidelines
- If the guidelines are being removed and normal operating procedures are being restored

### **PA West Return to Play Phased Approach**

One of the primary methods of lowering the risk of exposure to COVID-19 is maintaining physical distance from others. Soccer, like all contact sports, requires players to be in close physical proximity during some aspects of training and during play. In conjunction with steps outlined in our primary Return to Play Guidelines, we're taking a phased approach to return to play. This approach involves a gradual movement from individual activities to full team activities involving travel beyond your own community.

Phase	Effective Dates for PTSC	Requirements
Pre-Phase	Up to June 4, 2020	Individual and virtual training. This phase includes individual fitness and technical work for players at home and with family members or with teammates via virtual solutions.
Phase One	June 5, 2020 to June 18, 2020	Intra-club activity, small-sided games between teams within the clubs may be introduced in addition to training and small sided games within teams.
Phase Two	Beginning June 19, 2020	Intra-club activity, small-sided games between teams within the clubs may be introduced in addition to training and small sided games within teams.
Phase Three	TBD (Target August 2020)	Inter-club and Intra-club activity, training, small-sided inhouse games, and small-sided inter-club games (within same county).
Phase Four	TBD (Target September 2020)	Activity opens to include full size matches and travel beyond county limits.

Movement from each phase to the next is dependent on a team/club to remain COVID-19 free. Should a case of COVID occur within a team/club then movement to the prior phase should be made.

### **Penn-Trafford Soccer Club Protective Equipment Policy**

It is the policy of the Penn-Trafford Soccer Club that all coaches and club administrators will be required to wear masks during all activities. Activities include, but are not limited to, meetings, training sessions, games. The Penn-Trafford Soccer Club does not require any other protective equipment; however coaches and club administrators may opt to use other gear as they see fit.

### **Penn-Trafford Soccer Club Return to Play Coordinator**

All communication regarding the Penn-Trafford Soccer Club is approved by the Board of Directors of the Penn-Trafford Soccer Club. Any modifications to these guidelines must be approved by the Board of Directors. Under the direction of the board of Directors, the following Executive Board member has been identified as the Penn-Trafford Soccer Club's Return to Play Coordinator. This person will be the point person for all matters relating to these guidelines as well as ensuring that all players, parents/spectators, coaches/team managers and club administrators are abiding by these guidelines. Any questions or concerns about these guidelines as well as any positive response communication can be directed to the Return to Play Coordinator.

**Return to Play Coordinator: John Daykon**

**Contact Email: [info@ptsoccerclub.com](mailto:info@ptsoccerclub.com)**

**Contact Phone Number: 412-418-9228**

### **Revision History**

The following is the revision history of these guidelines:

Revision No.	Revision Date	Revision Made	Revised by
0	6/14/2020	Initial publication	J. Daykon
1	7/9/2020	Added 14-day restriction for players, coaches and team managers that travel outside of the state.	J. Daykon