



RETURN-TO-PLAY

Safety Plan

Name of Business: Edge11 Academy
Industry: 713940 Fitness and Sports Recreation
Owner/Manager of Business: David W. Wright
Address: 125 Washington Street, Canandaigua, NY 14424
Contact Name: David W. Wright
Contact Phone: (585) 703-8915
Contact Email: edge11academy@gmail.com

The purpose of this document is to establish precautions to protect against the spread of COVID-19. These guidelines are based on the best-known public health practices at the time of publication, and the documentation upon which these guidelines are based can and does change frequently.

This guidance is effective July 6, 2020. The standards contained within this guidance apply to all club activities in operation during the COVID-19 public health emergency until rescinded or amended by the State of New York.

Edge11 Academy will be using host facilities for the purpose of athletic field rentals during the execution of this plan. Each of these host facilities will have a supplemental set of regulations that comply with the New York State Department of Health Interim Guidance for Sports and Recreation that must also be adhered to.

Sports Classification

Soccer, with respect to the risk for COVID-19 transmission, has been classified as a **moderate risk** sport.

This is a combination of risk resulting from both the inherent nature of the sport itself as well as the associated type of play that participants will experience.

Soccer presents its athletes with a limited opportunity to maintain social distancing, which for the purposes of this document will be defined as a distance of at least six feet in all directions from other participants. Further, soccer presents a limited ability for its participants to avoid the touching of shared equipment—namely soccer balls, to clean and disinfect the equipment between uses by different individuals, and to not use shared equipment at all.

The type of play risk can be generally defined by the following spectrum from least to greatest risk:

- Stay in place virtual training
- Individual or socially distanced group training
- Organized no/low contact group training
- Competitive team practices
- Scrimmages and games

At this point in time, competitive tournaments consisting of multiple games requiring travel are prohibited.

Step One – Preparing to Participate

Medical Clearance

For employees and team staff who have previously tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your medical professional for return to full participation in soccer is **required** before they return to participation.

It is recommend that employees and team staff who experienced any symptoms related to COVID-19 during the shelter in place period previous to returning to play receive clearance from their health care provider to confirm that they are COVID-19 free.

Any employees and team staff who have an increased risk of complications from COVID-19, including but not limited to: cardiac or respiratory conditions, hypertension, diabetes, or an immuno-compromised state are recommended to seek guidance from their medical professionals as to their level of participation.

For employees and team staff who have experienced known COVID-19 exposure in the past 14 days after official notification from the Department of Health, a 14 day home quarantine is **required**. Written confirmation of COVID-19 negative status by your medical professional is **required** before return to work.

Medical Screening

Edge11 Academy **must** implement mandatory health screening practices of their employees and team staff. Screening practices will be performed remotely (e.g. by telephone or electronic survey), before the employees and team staff report to the facility, to the extent possible; or may be performed on site in lieu of electronic survey results.

Employees and team staff should conduct a daily temperature check for low grade fever (>100.4°) at home.
If you have a fever, do not go to soccer!

Employees and team staff **must not** participate in activities if they have any of the symptoms listed below:

- COVID exposure in past 14 days
- Sore throat
- Shortness of breath/difficulty breathing
- Fever >100.4 F°
- Chills
- Headache
- Sinus congestion
- Cough persistent and or productive
- Joint aches and soreness
- Vomiting or diarrhea
- Rash

Do not go to soccer with any of the above symptoms. Speak to a physician and follow CDC guidelines on self-quarantine.

At a minimum, screening is required for all employees and team staff and completed using a questionnaire that determines whether the employees and team staff have:

- (a) knowingly been in close or proximate contact in the past 14 days with anyone who has recently tested positive for COVID-19 or who has or had symptoms of COVID-19;
- (b) tested positive for COVID-19 in the past 14 days; and/or
- (c) has experienced any symptoms of COVID-19 in the past 14 days.

Refer to CDC guidance on “Symptoms of Coronavirus” for the most up to date information on symptoms associated with COVID-19.

Edge11 Academy **requires** employees and team staff to **immediately** disclose if and when their responses to any of the aforementioned questions changes, such as if they begin to experience symptoms, including during or outside of the training environment.

If employees and team staff are or become symptomatic at any time during the implementation period of this plan, remotely communicate your health status to your club administrator within 24 hours.

Should a member of an employee or team staff's household be experiencing the symptoms above, the family member should consult a physician. Follow the recommendations listed for medical clearance outlined in this document.

An employee or team staff who screens positive for COVID-19 symptoms **will not be allowed** to enter the training facility and should be sent home with instructions to contact their health care provider for assessment and testing. Edge11 Academy **must** immediately notify the state and local health department about the case if test results are positive for COVID-19. Edge11 Academy should provide the employees and team staff with information on health care and testing resources.

Edge11 Academy **must** review all employee and team staff responses collected by the screening process on a daily basis and maintain a record of such review. Edge11 Academy identifies David W. Wright as a contact as the party for employees and team staff to inform if they later are experiencing COVID-19 related symptoms, as noted in the questionnaire

Medical clearance and screenings **shall not** be mandated for patrons/players/spectators. Edge11 Academy is encouraged to offer optional health screenings for patrons/players/spectators.

Planning Team Training Sessions

Players and coaches **must** plan to maintain social distancing (a minimum of six feet of clearance on all sides) before, as much as possible during, and after training on the field.

The use of a face covering is **required** for all employees and team staff whenever and wherever social distancing can not be maintained before and after training, and during training regardless of the ability to maintain social distancing.

Players are recommended to use a face covering in any situations that arise both before and after training where they can not maintain social distancing.

All training sessions need to be held outside without exception at this time.

New York State Forward Guidelines for Sports and Recreation has classified soccer as a moderate risk activity. As such, the following types of activity are permitted on a spectrum from activities with the least to the most inherent risk: stay in place virtual training; individual or socially distanced group activities; organized no or low contact group training; competitive team practices; and scrimmages and games.

Coaches should manage both the inherent risk players are being exposed to from the nature of the sport as well as the type of play in the design of their programming.

Prioritize tasks that allow for social distancing over those that do not.

Consider organizing activities around limited equipment (ex. Only balls and cones during training). All equipment should be disinfected.

Coaches are encouraged to phase-in reopening activities so as to allow for operational issues to be resolved before activities return to normal levels. Coaches should consider limiting activities when first reopening so as to provide participants with the ability to adjust to the changes.

Coaches should come to the field dressed and ready to participate in the session whenever possible to avoid the need to use confined spaces like the locker rooms or restrooms at the host facility.

Edge11 Academy should conduct remote educational meetings for employees and team staff prior to returning to facilities in order to clarify new rules and practices.

Planning for Competition

Games and scrimmages (e.g. organized leagues and pick up sports) are permitted under New York State Department of Health Interim Guidance for Sports and Recreation. However, it should be noted that these activities have been identified as having the greatest risk to them with respect to the potential spread of COVID-19.

Competitive tournaments of multiple games or scrimmages requiring travel are strictly prohibited.

Player Preparation for Participation

Team coaches and staff should conduct remote educational meetings for players and their families prior to returning to facilities in order to clarify new rules and practices.

Prepare and pack an adequate amount of water for the training session. Water bottles should be for individual use only. Clearly identify your individual water bottle with a name label or identifiable symbol/logo. You should not plan on sharing water bottles. It is recommended that you NOT use public water fountains at this time.

Players are recommended to pack and bring to training personal sanitation supplies, including hand sanitizers. Sanitizing material should be clearly identified, and it is intended for that individual player's use only.

Wash your hands before departing for training.

Players should arrive to the field dressed in training gear and ready to play without needing to use a confined space like a locker room or restroom at our host facilities.

Transportation Recommendations

Travel to training with as few people as possible—carpooling or any other form of ride sharing is highly discouraged at this time.

If you must ride share and have no other alternative, please be advised that you are proceeding at your own risk. Consult and implement all current recommended federal, state, and local guidelines on ride sharing before you proceed.

Step Two – Arrival at the Athletic Field

Host Facility

All participants should be respectful of any measures our host facility puts into place to reduce bi-directional foot traffic using tape or signs with arrows in narrow aisles, hallways, or spaces, and post signage and distance markers denoting spaces of six feet in all commonly used areas and any areas in which lines are commonly formed or people may congregate (e.g. entrances, lobbies, and health screening stations).

All participants should be respectful of any signs posted throughout the facility, consistent with DOH COVID-19 signage. Signage will be used to remind individuals to:

- Cover their nose and mouth with a mask or cloth face-covering when six feet of social distance can not be maintained.
- Properly store and, when necessary, discard PPE.
- Adhere to physical distancing instructions.
- Report symptoms of or exposure to COVID-19, and how they should do so.
- Follow hand hygiene and cleaning and disinfection guidelines.
- Follow appropriate respiratory hygiene and cough etiquette.

If a participant is using the restroom at a host facility, then they must respect practices for adequate social distancing in small areas, such as restrooms and locker rooms, and observe all signage and systems (e.g. flagging when occupied) to restrict occupancy when social distancing can not be maintained in such areas.

Limit in-person presence to only those staff who are necessary to be on site

Face Coverings

Edge11 Academy **must** ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings when they are within less than six feet of other individuals, unless a physical barrier is present. Additionally, employees **must** wear face coverings any time they interact with patrons/players/spectators, regardless of physical distance.

Edge11 Academy **must** advise employees and team staff to wear face coverings in common areas including when traveling around the facility.

Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.

Coaches and team staff may use their own face coverings as long as they conform to the standards listed above. However, in compliance with New York State Department of Health Interim Guidance for Sports and Recreation the Edge11 Academy **must** procure, fashion, or otherwise obtain acceptable face coverings, and provide such coverings to their employees and team staff while at no cost to the employee or team staff. An adequate supply of face coverings, masks and other required PPE should be on hand in the event an employee needs a replacement.

Face coverings **must** be cleaned or replaced after use and may not be shared. Please consult the CDC guidance for additional information on cloth face coverings and other types of PPE well as instructions on use and cleaning.

Edge11 Academy **must** train their employees, players, and team staff on how to adequately put on, takeoff, clean(as applicable), and discard PPE, including but not limited to, appropriate face coverings.

Edge11 Academy should encourage individuals, including players and their families, to adhere to CDC and DOH guidance regarding the use of PPE, specifically face coverings, when a social distance of six feet can

not be maintained, through communication.

Field Preparation

Field set-up should aim to use minimal equipment to limit transmission of virus. Players should not pick-up field equipment, move goals or handle other necessary training equipment.

Where able, Edge11 Academy will provide soccer balls for training. The coach should ensure that the balls are sanitized before and after each training. Players are not recommended to bring their own balls. Should the training be structured whereby players bring their own balls, a parent or adult should ensure it is sanitized before and after training.

Players are not required to have an individual designated ball for training. The use of shared balls between players is allowed in foot drills with avoidance of the use of hands. Field players should not handle soccer balls with their hands unless wearing gloves. A notable exception to this recommendation is for goalkeepers.

For goalkeeper training, soccer balls should not be shared. Plan for one soccer ball per goalkeeper.

All field equipment (e.g. balls and cones) should be disinfected prior to the start of the session with anti-bacterial of at least 60% ethanol or 70% isopropanol.

Where possible, general team bibs should not be used. The coach is recommended to make a plan in advance of training and as necessary suggest a specific training gear color for players to arrive in. Alternatively, clubs could temporarily issue team bibs to players for their continuous use in the training environment. Players would be responsible for bringing these bibs to training and washing them after training. Issued bibs should be clearly labeled and not shared or rotated among players during training. If team bibs are used, they should only be used by one player and not shared or rotated among players. If team bibs are used, they should be placed at personal station ahead of player arrival, instead of handed out by coaches/staff. Any team bibs used should be washed by the club afterwards in order to decrease the transmission of the virus. Employees and team staff must ensure that items requiring laundering be done at the warmest appropriate water setting, per CDC guidelines.

Player Arrival to Training

Each team will be assigned specific dates, times and field locations for training sessions. Players should be dropped off as close to their designated field as possible. Parents/guardians should try to drop off players in a manner that allows them to establish social distancing when they leave their automobile.

Preparation Areas

Personal preparation areas will be designated outside the touchlines of the designated training field. Personal preparation areas will be designated by a line of cones six feet apart in an area to the side of the training field. Arrange one cone per participant. When a player arrives at the field, they should establish a cone as their personal preparation station for the duration of the training session. The individual should place their bag, water bottle, towel, etc. at this cone.

Player Check-In

Edge11 Academy **can not** mandate that patrons/players/spectators complete a health screen or provide contact information but may encourage patrons/players/spectators to do so.

Step Three - The Training Environment

Training Sessions Considerations

Edge11 Academy **must** ensure a distance of at least six feet is maintained among individuals at all times, **unless** safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, **unless** players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are **required** to wear a face covering, regardless of social distancing.

Acceptable face coverings for COVID-19 include but are not limited to: cloth-based face coverings and disposable masks that cover both the mouth and nose.

Edge11 Academy should modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities.

Edge11 Academy **must** ensure that employees use face coverings when interacting with patrons/players/spectators, regardless of physical distance.

Progressions between activities should be set up prior to players arriving to enable smooth transition and negate the need for players to move equipment. The players should not move or set up equipment.

No participants should touch each other before, during or after training. This includes hugs, high-fives or as part of training activities.

Individual team staff members may provide medical treatment as appropriate, while ensuring appropriate PPE is used by such staff member for level of medical treatment provided, and while minimizing physical contact to the greatest extent possible.

Communication During Training

Team communication in confined spaces **must** be avoided.

Team talks during practice **must** only take place in an open space and with all participants maintaining social distancing.

Coaches should always wear PPE when communicating with players to prevent COVID-19 particles spreading in the air.

Tactical discussions should be provided in digital format, if possible.

Team meetings in closed environments **must** be avoided at all costs. If necessary, to be held indoors, everyone must wear a mask.

Parents and Guardians

Parents and guardians should be thoroughly aware of all safety recommendations, and ensure their family follows them.

Parents and guardians should support the coach and organization in adhering to all safety recommendations.

Edge11 Academy **must** limit spectators to no more than two spectators per player.

Edge11 Academy **must** ensure spectators maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained, so long as they are over the age of two and medically able to tolerate such covering.

Edge11 Academy may facilitate appropriate distancing through the use of markings on the ground or seating areas.

Edge11 Academy **must** ensure that, among all spectators, no individual group exceeds the gathering limit that is currently in place for the region.

Edge11 Academy may facilitate appropriate gathering size through the use of signage and/or staff to ensure groups are aware of and adhere to guidelines

Parents or guardians should have the contact information of relevant staff.

Contact Log

To the extent possible, Edge11 Academy should maintain a log of every person, including employees, who may have close contact with other individuals at the site; excluding patrons/players/spectators.

Log should contain contact information, such that all contacts may be identified, traced and notified in the event an employee is diagnosed with COVID-19. Edge11 Academy must cooperate with state and local health department contact tracing efforts.

Edge11 Academy shall provide and maintain an option for patrons/players/spectators to provide names and contact information so they can be logged and contacted for contact tracing, if necessary.

Edge11 Academy **may not** mandate that patrons/players/spectators leave their information and may not require identification before providing services or deny services if identification is not required.

Step Four – Post-Training

Edge11 Academy **must** provide and maintain hand hygiene stations on site for employees and team staff. For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where hand washing facilities may not be available or practical

As players exit the field they should focus on maintaining social distancing as they return to their personal preparation areas.

When players leave the field they should **immediately** move to the parking lot where they enter their parent or guardian's vehicle. If the parent or guardian's vehicle is not immediately available, then they should make every effort to establish and preserve social distancing in the parking lot while they wait. It is recommended that players should use face coverings whenever social distancing can not be maintained.

All individual training gear should be cleaned and disinfected after every session.

All personal equipment should be cleaned, disinfected and properly stored after every session. This includes cleats, shin guards and headbands (if re-usable).

Upon arrival home, players should immediately wash hands, bathe including washing hair, and launder/ clean items used.

Step Five – Required Communications

Tracing and Tracking

Edge11 Academy must notify the state and local health department immediately upon being informed of any positive COVID-19 test result by an employee or team staff in training sessions.

In the case of an employee or team staff testing positive, Edge11 Academy must cooperate with the state and local health department as required to trace all contacts in the workplace, and the state and local health department where the host facility is located must be notified of all individuals who entered the site dating back 48 hours before the employee or team staff first experienced COVID-19 symptoms or tested positive, whichever is earlier. Confidentiality must be maintained as required by federal and state law and regulations.

Local health departments may, under their legal authority, implement monitoring and movement restrictions of infected or exposed persons including home isolation or quarantine.

Employees and team staff who are alerted that they have come into close or proximate contact with a person with COVID-19, and have been alerted via tracing, tracking or other mechanism, are required to self-report to their employer at the time of alert and shall follow the protocol referenced above.

Communication Plan

Edge11 Academy should develop a communications plan for employees, players, and team staff that includes applicable instructions, training, notifications, and a consistent means to provide employees, players, and team staff with information.

Edge11 Academy must designate a site safety monitor whose responsibilities include continuous compliance with all aspects of the site safety plan, for employees, players, and team staff.

Employees, players and team staff should refer to DOH's "Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure" regarding protocols and policies for employees, players and team staff seeking to return to work after a suspected or confirmed case of COVID-19 or after the employee, player or team staff had close or proximate contact with a person with COVID-19.

Notice

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly. You should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

