



OLGC CYO  
Safety Expectations & Requirements  
September 2020

General Reminders:

- On July 1<sup>st</sup>, 2020, the Pennsylvania Department of Health issued its universal masking order. We support this order and are obliged to comply. Participants are not required to wear masks during training or competition.
- Sports-related activities in green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening – currently this is 250 max for outdoor gatherings or 25 max for indoor gatherings. This will be enforced for any CYO activity occurring in school gym.

For Coaches:

- No coach or other approved team volunteer can attend practice if they are feeling sick. No exception. Temperature self-checks should be done prior to each CYO activity.
- If a coach or other approved team volunteer receives a positive COVID-19 test or has had direct contact or exposure with an individual who has received a positive COVID-19 test they must quarantine as required by the CDC/PA Dept. of Health for a minimum of 14 days. If such action is necessary, the coach will immediately notify the Sport Coordinator and Athletic Director to assist in contact tracing.
- In accordance with the July 2<sup>nd</sup>, 2020 PA Department of Health recommendation, any individual, including coach or other approved team volunteer, returning from a state with high numbers of COVID-19 cases should self-quarantine for 14 days upon return to Pennsylvania and prior to any sanctioned team activity. A list of states to which the quarantine recommendation apply can be found on the [PA DOH Travelers Information Website](#).
- Keep accurate records of those participants and approved volunteers who attend each CYO activity in case contact tracing is needed.
- As participants arrive, ask how they are feeling. If they are ill or appear to be ill, send them home. Parents will be instructed in a similar manner.
- Social distancing of at least 6 feet should be maintained at all times, where feasible.
- Coaches should mark off space using cones or other suitable place markers to create individual areas for each participant and their equipment that is at least six feet from the next participants' space. No participants or their equipment should be sitting together in a group.
- Social distancing should be maintained on the sidelines when not in training.
- Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions or practices.

- Each coach is required to carry a medical kit or bag equipped with gloves, extra face covering, sanitizer and facial tissues. Only one coach may attend to an injured player during which they must wear facial covering and gloves.
- Coaches or other approved volunteers are required to wear face covering at all times when 6 foot social distancing is not possible.
- Participants/players may wear face covering during active training at their discretion but must wear face covering when not engaged in athletic activity and 6 foot social distancing is not possible.
- No unnecessary physical contact such as high fives, handshakes, fist bumps or hugs.
- Avoid activities involving lines in order to maintain social distancing in training.
- Consider conducting workouts in “pods” of same participants always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Only coaches may touch or move equipment.
- Clean and disinfect frequently touched surfaces and equipment after training.
- No shared scrimmage vests or pinnies allowed. Coaches can request participants to bring a white and dark shirt to each practice or teams may elect to purchase pinnies that each participant keeps, takes home to clean and brings back for each practice. No sharing of pinnies, equipment, or clothing.
- All water or related liquid brought by team participants must be labeled to reduce risk of accidental shared use.
- No spitting.
- Remember that parents determine their child’s participation – if they are not comfortable returning to play under these requirements, they should be allowed to return when comfortable without repercussions.
- Please allow for the team before you to exit the field prior to you entering, social distancing needs to continue to be maintained as teams transition within the facility.

For Parents/Guardians (A family’s role in maintaining safety guidelines for themselves and others):

- A symptom-screen at home prior to attending any OLCG CYO activity will be required. The screening should be documented on the provided [Health Survey form](#) and presented to the coach upon arriving at any CYO activity. The symptom screen will include:

- Temperature check and no fever present 100.4 degrees or higher
- Cough
- Shortness of breath
- Runny nose
- Headaches
- Muscle aches
- Loss of taste or smell
- Diarrhea / abdominal pain

If any of the above symptoms are identified prior to the CYO activity, the player/person must stay home and not attend such activity. Coaches will be required to check with each player that this symptom-screen has been done and survey form submitted BEFORE the player participates in that day’s activity. Players will be unable to participate in CYO activities if survey form not submitted.

- Participants should have no signs or symptoms of COVID-19 in the past 14 days and no known exposure before sending him or her to training. Participants who are sick or showing symptoms must stay home (if there is doubt, stay home).
- A participant who has received a positive COVID-19 test or who has been exposed to an individual with a positive COVID-19 test must quarantine as required by CDC/PA Dept. of Health for a minimum of 14 days and can only return to training with doctors approval provided to the club and team in advance of the return. If such action is necessary, parent/guardian will immediately notify the coach to assist in contact tracing.
- In accordance with the July 2<sup>nd</sup>, 2020 PA Department of Health recommendation, any individual returning from a state with high numbers of COVID-19 cases should self-quarantine for 14 days upon return to Pennsylvania and prior to any sanctioned team activity. A list of states to which the quarantine recommendation apply can be found on the [PA DOH Travelers Information Website](#).
- Coaches, participants and spectators must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet.
- Individuals are not required to wear face coverings while actively engaged in workout and competitions that prevent the wearing of face coverings, but must wear face coverings on the sidelines and anytime 6 feet of social distancing is not possible.
- Participants and their equipment will be spaced along the field at 6 foot intervals to help maintain appropriate social distancing when not actively engaged in soccer activity.
- Provide clearly labeled personal items for your participant including hand sanitizer and face covering.
- Disinfect personal equipment and uniforms after each game or practice as needed.
- Direct your participant to never share water, snacks or equipment.
- Only coaches may touch or move equipment.
- Do not assist coaches with equipment at the beginning or end of practice.
- Parents make the ultimate decision on attendance and participation – if not comfortable returning to play under these requirements, participants will be allowed to return when comfortable without repercussions.
- No parent will be allowed inside the school building/vestibule for CYO activities occurring inside the school gym. Drop-offs are to occur outside in gym parking lot. A coach will greet the participant upon arrival inside the school building.
- Hand sanitizer will be provided to the participant upon arrival at CYO activity, and when being dismissed. Hand sanitizer can also be utilized on breaks during practice as appropriate.