



# NEW PROVIDENCE SOCCER CLUB

## NPSC COVID-19 SAFETY PROTOCOL

This Safety Protocol is based on CDC Guidelines and the New Jersey Department of Health Guidance for Sports Activities issued February 8, 2021. According to the New Jersey Department of Health, soccer is a “Medium risk” sport. At present, contact practices and competitions are permitted in outdoor and indoor settings, so long as the gathering limits are observed.

For the safety of everyone participating in New Providence Soccer Club (“NPSC”) programs and activities, the following safety protocols are in place. These protocols may change as new guidance is issued by the state of New Jersey, and changes will be communicated to all participants. The most recent version of the Safety Protocol can be found on our website for your reference.

### Waiver:

All NPSC players, coaches and managers must hand in a completed waiver **before attending their 1<sup>st</sup> session**. You can download this waiver from the NPSC Website. Submit your completed forms to [covidtracking@npsoccerclub.org](mailto:covidtracking@npsoccerclub.org).

### Screening and Health Questionnaire:

All NPSC players and coaches must hand in a signed health questionnaire online **at least 1hr before every session**. This is to ensure that coaches have the time to check that all questionnaires have been completed and that all answers are in line with expectations. The link to your questionnaires will be provided by your coach/manager.

All NPSC players and coaches will have their temperature checked before every session.

### Attendance:

Any person (players, coaches, volunteers, or visitors) who is sick, or in the last 10 days has exhibited symptoms of COVID-19, or has been diagnosed with/tested positive for COVID-19 should stay home. Any person who has traveled outside of New Jersey (other than to New York, Connecticut, Pennsylvania or Delaware) should stay home for the period recommended by the State. Players, coaches, or volunteers who have had close contact with a person who has exhibited symptoms of COVID-19, or has been diagnosed with/tested positive for COVID-19, in the last 10 days, should also stay home and follow CDC and NJ DOH recommendations for testing and isolation.

If a player, coach, or volunteer is diagnosed with COVID-19, the Club may suspend that individual, or that team temporarily (for 10-14 days), or for the season, depending on the circumstances.

### COVID Policy and Reporting:

The following policies in place are consistent with current CDC Guidance as well as New Jersey Department of Health Guidance. NPSC practices and games will follow the gathering limits in effect that apply to indoor/outdoor sporting events.



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Any person (players, coaches, volunteers, or visitors) who is sick, or in the last 10 days has exhibited/experienced symptoms of COVID-19, or has been diagnosed with/tested positive for COVID-19, will not be permitted to participate in any NPSC program.

Players, coaches, or volunteers who have, in the last 10 days, had close contact (6 feet or closer for at least 15 minutes) with a person who has exhibited/experienced symptoms of COVID-19, or has been diagnosed with/tested positive for COVID-19, will not be permitted to participate in any NPSC program.

Any person who has traveled outside of New Jersey (other than to New York, Pennsylvania, Connecticut, and Delaware), will not be permitted to participate in any NPSC program, unless they have met the New Jersey guidelines for self-isolation of 10 days after return of travel, or after 7 days if they have received a negative test result (test must occur on day 5 or later). Please note this reduced timeframe assumes that there was no known close contact with an individual who had COVID-19.

## Return to Play:

Any person who was not permitted to participate because they were diagnosed with/tested positive for COVID-19 or because they exhibited/experienced symptoms of COVID-19 will be allowed to participate after following the CDC Guidelines for when it is safe to be around others. Currently those guidelines are that the person may be around others after: (i) 10 days since symptoms first appeared **and** (ii) 24 hours with no fever without the use of fever-reducing medications **and** (iii) other symptoms of COVID-19 are improving. People who are severely ill with COVID-19 or are immunocompromised should talk to a healthcare professional before being around others.

Any person who was not permitted to participate because of an illness (unrelated to COVID-19) will be allowed to participate after they have been symptom-free for 2 days, or received clearance from a healthcare professional.

Any person who was not permitted to participate because of close contact with a person who has exhibited/experienced symptoms of COVID-19 or has been diagnosed with/tested positive for COVID-19, will be allowed to participate after 10 days have passed without exhibiting/experiencing any symptoms of COVID-19, so long as that person continues to monitor for symptoms. All persons participating in NPSC practices and games should follow the isolation and testing recommendations set forth by the NJ DOH.

Any exposure to COVID-19 should be reported to NPSC immediately ([covidtracking@npsoccerclub.org](mailto:covidtracking@npsoccerclub.org)). The board will convene to discuss notification and action plans which may include training and game suspension and/or season suspension. NPSC is required to and will abide by contact tracing protocols. All reports of potential or confirmed COVID-19 cases will be kept confidential to the extent possible, and no personally identifying information will be released other than as may be required by the local health department.

## **Session (training/game) Protocols:**

- All persons should stay 6 feet apart from one another whenever possible
- Do not arrive more than 5 minutes before your session's start time.
- Parents cannot be on the field at any time.



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- Players should sanitize hands before and after session.
- Players will be given and must bring their own bib (pinnie).
- Players must bring their own water bottles/drinks. There will not be a team cooler.
- Players must check in with coach at the start of each session and get temperature tested. The health questionnaire must be submitted online. Players cannot participate in any NPSC session without completing a questionnaire online.
- The coach will instruct players where to place their belongings (rest area). Cones will be spaced appropriately to allow for proper social distancing before and after sessions as well as during water breaks.
- Masks must be worn until players reach their designated rest area.
- Masks should be placed in the player's bag when the player takes the field.
- All equipment provided by the coach will be sanitized before each session.
- Players will be allowed to scrimmage during sessions.
- NPSC Coaches will wear masks during training sessions and games.
- During water breaks, players must remain in their designated rest area.
- Players are prohibited from sharing water or touching other's belongings.
- Masks are not required during breaks, but physical distance should be maintained.
- At the end of each sessions, players will wait at their designated rest area until released by the coach.
- Players cannot assist in equipment pickup.
- Once dismissed, players must walk immediately to their car.
  - U9-U10 a parent can approach the field as long as they are masked and maintain social distancing.
  - U11-up players should walk directly to their car.
- Players and parents may not socialize in parking lots or on fields after practice.
- Masks should not be removed until players are in their car.

## **Responsibilities:**

- All Persons
  - Maintain and follow guidelines for masks and social distancing
  - Read and understand safety protocols, and stay apprised of updates
  - Stay home if you are experiencing COVID-19 symptoms, or if you've had close contact with someone who is being tested for or has been diagnosed with COVID-19
  - Report any exposure to COVID-19 to [covidtracking@npsoccerclub.org](mailto:covidtracking@npsoccerclub.org)
- Club Responsibilities
  - Develop and maintain updated safety protocols
  - Distribute and post safety protocol to all members
  - Be understanding to parents/players that may delay return to play
  - Provide adequate field space for physical distancing
  - Have an effective communication plan



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- Train coaches and volunteers in enforcing the return to play protocol and how to address situations in which social distancing or other protocols are challenged by players, parents/guardians, or visitors
- Have hand sanitizer and disinfecting wipes readily available on site
- Coach Responsibilities
  - Follow and enforce all safety protocols
  - Stay at home if not feeling well
  - Send home players if they are not feeling well
  - Provide adequate physical distancing at all times
  - Ensure all players are not sharing water/equipment (ball permitted)
  - Wear a face mask when coaching
  - Only coach handles equipment, and conducts routine cleaning/disinfecting of shared equipment
  - Be understanding to parents/players that may delay returning to play
- Parent Responsibilities
  - Truthfully fill out the health questionnaire before each session
  - Check your child's temperature before any team related event
  - Notify your club immediately if your child becomes ill
  - Ensure your child has sanitizing products and plenty of water
  - Stay in car or adhere to mask and social distance requirements
  - Ensure washing (e.g. hands) takes place before and after every training and game
  - Ensure clothes and equipment are sanitized before and after every training and game
- Player Responsibilities
  - Bring and use hand sanitizer
  - Be open and transparent with coach
  - Place bags and equipment at least 6 feet apart
  - Do not touch or share anyone else's equipment, water, food or bags
  - No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
  - Respect and practice physical distancing
  - Wear mask when not engaged in vigorous activity, such as when sitting on the bench
  - Wash hands thoroughly and immediately after events
  - Wash and sanitize all equipment before and after events

Any questions about the Safety Protocol and any policies or practices thereto should be directed to: [covidtracking@npsoccerclub.org](mailto:covidtracking@npsoccerclub.org).

## **ACKNOWLEDGMENT**

I, \_\_\_\_\_ (name) acknowledge that I received, read, understood, and agree to comply with the above Safety Protocols, as they may be modified from time to time. I understand that updates will be posted on the website and communicated by e-mail and that I have the responsibility to stay informed and adhere to these protocols.

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Date