



COVID-19 PROTOCOLS FOR SAFE PLAY

Colorado Ice Soccer Club

1.0 INTRODUCTION

The protocols described herein present the recommended safety measures to be implemented by Colorado Ice Soccer Club teams to minimize the risk of contracting or spreading the SARS-CoV-2 virus, the virus causing COVID-19, during the Club's youth soccer activities. These protocols include measures to be taken by coaches, parents or guardians, and players:

- Before practice or a game (including at home)
- Upon arrival at the field for player check in
- On the field during a practice or game
- At the end of a practice or game
- If a participant (player, coach, referee) tests positive for COVID-19

These protocols incorporate the requirements and suggested guidance from appropriate authorities including the City of Golden, Jefferson County, the State of Colorado, the Centers for Disease Control and Prevention, the Colorado Soccer Association, and the U.S. Soccer Federation. The requirements and guidelines for managing COVID-19 are continuously evolving. The most current version of these protocols will be maintained on the Colorado Ice website so that members can routinely check for updates. Safe play will take action by everyone.

2.0 SIGNS AND SYMPTOMS OF COVID-19

COVID-19 affects different people in different ways. Infected people have reported a wide range of signs and symptoms, from mild to severe, including any of the following:

- Cough (particularly a dry cough)
- Shortness of breath or difficulty breathing
- Fever of 100.4°F or greater
- Sinus congestion or runny nose
- Headache
- Chills
- Muscle pain
- Loss of taste or smell
- Sore throat
- Rash
- Nausea or vomiting

A player/coach who is experiencing any of these systems must not participate in practices, games, or other training. They should stay at home and contact their physician. Parents or guardians of players should closely monitor the health of their player(s), including routine temperature checks, and emphasize good hygiene practices such as frequent hand washing.

3.0 GENERAL VIRUS PREVENTION MEASURES

The following are general virus prevention measures to be followed at all times:

- Players, coaches, or spectators must not attend any training, games, or other team events if they have been in contact with someone with COVID-19 in the last 14 days.
- No one is allowed to participate in a practice, game, or other team activity if NOT feeling well, has a fever at or higher than 100.4°F, or is currently under a quarantine. If exhibiting any symptoms of COVID-19, including mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified above, they are not permitted to participate.
- Players/coaches should use hand sanitizer before and after each practice or game, and during breaks as practicable. Each player/coach is responsible for supplying their own hand sanitizer and should keep it in their bag with their other gear.
- Players must not share water bottles, sunscreen, or anything else that involves handling. Large beverage coolers should not be provided for team use.
- Coaches and other Club personnel should wear masks or face coverings whenever 6-feet social distancing is not possible before, during, and after practices, games, or team events.
- Players should wash their own uniforms, soccer balls, and other personal equipment after each use. Pennies or vests (if used) will be collected and washed by the coach after each use, or each player will be given a penny/vest for their use and care over the course of the season.
- Only coaches should handle team training equipment. The coach should clean and sanitize team equipment after each use with disinfectant wipes or disinfectant (germicide/virucidal) spray.

4.0 PLAYER CHECK-IN AT THE FIELD

Before leaving home, parents or guardians should monitor the health of their player(s) to detect any symptoms of COVID-19. Each player should have their temperature checked before coming to the field. A player with a temperature greater than 100.3°F should stay home and NOT come to the field. A player experiencing any of the COVID-19 symptoms noted above should stay home and NOT come to the field.

Players who are healthy and arrive at the field for a game or practice must be checked in to participate. The check-in process will consist of the following steps:

1. Players should remain outside the field or in their vehicle until the coach has arrived and is ready to accept players for check-in.
2. Each player age 11 and older must wear a mask or face covering through the check-in process if 6-feet social distancing is not possible.
3. The coach will have a team roster of players where the date and attendance for each event can be recorded. Attendance will be recorded by the coach or a designee. The attendance list will be retained by the coach in the event it is needed for contact tracing purposes.
4. Upon successfully being check-in, the player may enter the field and remove their mask or face covering. The player should put his/her bag, water bottle, etc. in a location designated by the coach and placed at least 6-feet away from another player's gear.
5. Parents or guardians may not accompany their player through the check-in process.

5.0 MEASURES TO BE IMPLEMENTED ON THE FIELD AND SIDELINES

The measures listed below are to be followed on the field and on the sidelines. These measures apply to coaches, players, and spectators.

- Only players, coaches, and referees are allowed on the playing field (i.e., the specific field or area being used by the team or another team).
- Coaches should wear masks or face coverings whenever 6-foot social distancing is not possible. Coaches should have masks or face coverings in their possession so that they can be readily deployed when needed (e.g., in a pocket or around the neck).
- Players are not required to wear masks or face coverings while on the field. A player can choose to wear a mask or face covering but is a personal choice of the player or parent/guardian.
- Players/coaches are not required to wear gloves but may wear them as a personal choice.
- All players/coaches should maintain a minimum of 6-foot social distancing from one another whenever possible. Players who are not in the game or training activity should not congregate on the bench or in a group and should maintain 6-foot social distancing.
- Soccer is a contact sport and social distancing in the run of play will not always be possible. That said, players should remember to distance themselves from other players when possible.
- Players should not high five, fist bump, or otherwise make unnecessary contact with other players. Post-game handshakes between teams and with referees are highly discouraged.
- Spectators are only allowed in designated areas during practice or games. At the Rooney Road soccer complex, spectators must remain outside the fencing that surrounds the playing field (i.e., the area between the fence and the sidelines is off limits). For other fields (e.g., Applewood, Golden Heights, and Southridge Park), spectators must stay at least 10 yards back from the sidelines. For teams that may practice at other parks or areas, spectators should remain at least 10 yards away from the playing area. All spectators should observe 6-foot social distancing. When possible, spectators should consider staying in their vehicles.
- Spectators at practices or games must wear masks or face coverings when 6-foot social distancing is not possible.
- For away games, Colorado Ice players, coaches, and spectators should follow the requirements in effect for those locations and venues.

6.0 MEASURES TO BE TAKEN AFTER PRACTICE OR A GAME

The following measures are recommended after practices and games:

- When departing the field, players/coaches should wear masks or face coverings when 6-foot social distancing is not possible.
- Players/coaches should use hand sanitizer after each practice or game and wash their hands for at least 20 seconds as soon as possible.
- Players should wash their own uniforms, soccer balls, and other personal equipment.
- Players (or their parents or guardians) and coaches should monitor their own health after each practice or game to detect any signs or symptoms of COVID-19.

7.0 MEASURES TO BE TAKEN IF A PARTICIPANT TESTS POSITIVE OR IS BELIEVED TO HAVE BEEN EXPOSED TO COVID-19

The following measures should be taken if a player/coach tests positive or is believed to have been exposed to COVID-19.

- The player/coach should stay at home and contact their physician.
- For a possible exposure, the player/coach should quarantine for 14-days and/or be tested for COVID-19 to determine if she/he is infected. The Club should also be notified, as detailed below. The player/coach cannot attend in-person team activities until the quarantine period has ended and no symptoms observed, or until receiving a negative test result.
- If a player/coach tests positive for COVID-19, the following steps should be taken:
 - 1) The player/coach must notify Colorado Ice of the positive test result. Notification should be provided to the coach and the Executive Director (Laura Albrecht, phone: 303-279-3686, email: laura@tablemountainsoccer.org). The player's/coach's name will be kept confidential to the extent possible.
 - 2) Colorado Ice will notify the other players/coaches on the affected Ice team regarding a positive test result within the team so that they can make personal/family decisions regarding testing or quarantining. The Club will also assess the situation in determining the path forward.
 - 3) As applicable, Colorado Ice will notify the opposing team and the Colorado Soccer Association.
 - 4) A positive test result should automatically initiate a check-in by a case investigator from Jefferson County Public Health to determine the person's health and to initiate contact tracing. Unless permission is given, the name of the person who is infected will not be revealed to others, even if they ask.
 - 5) The player/coach cannot return to team activities until at least 10 days have passed since the positive test result and the player/coach no longer exhibits any symptoms. Alternatively, depending on a healthcare provider's advice and availability of testing, the player/coach may get follow-up tests to determine if COVID-19 is still present. If undergoing further testing, the player/coach can return to play after receiving two negative test results in a row, at least 24 hours apart.
- If a player or coach on the opposing team, or a game referee, receives a positive test result following a game with Colorado Ice, the coach and players for Colorado Ice may get a call from the Health Department's contact tracer to inform them that they've been exposed. If Colorado Ice is notified of a positive test result, the information will be provided to the affected Ice coach and players' parents/guardians.

8.0 SPECIAL PROVISIONS FOR YOUNG AND HIGH-RISK PARTICIPANTS

Age and maturity should also be considered when implementing these protocols. Younger players will likely be less able to follow directions for social distancing and take other protective actions like not sharing water bottles. The coach may ask one or more parents to help monitor young players during practice and games.

All parents or guardians must decide if they are comfortable with their children playing soccer. Parents/guardians should assess the level of risk for their children, especially if they are at higher risk for severe illness, such as asthma, diabetes, or other health conditions. Based on communication with the coach, additional protective measures may be implemented for the individual player and/or the team, as appropriate, as long as those measures do not present alternate risks. Soccer is inherently a vigorous physical activity and a contact sport. As an alternative for higher risk players, Colorado Ice may hold skill clinics that incorporate more stringent protection measures than those presented in these protocols, such as mandatory masks or face coverings and strict 6-foot distancing during play, etc.

9.0 RACISM AND COVID-19

Viruses don't discriminate and neither should we. Violence, bullying, and harassment directed toward people of Asian descent is not acceptable. Racism or discrimination in any form will not be tolerated.

10.0 RESOURCES

Colorado Ice Soccer Club consulted the following resources in the preparation of the Club's recommended COVID-19 protocols:

1. Centers for Disease Control and Prevention. Considerations for Youth Sports. www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html.
2. Centers for Disease Control and Prevention. What to Do If You Are Sick, and When it's Safe to be Around Others After Being Sick with COVID-19. www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#discontinue-isolation.
3. City of Golden, Colorado. City Council Ordinance No. 2140. July 9, 2020. www.cityofgolden.net/media/2140FaceCoveringOrdinance.pdf.
4. Colorado Department of Public Health and Environment. Public Health Order 20-28 Safer at Home and in the Vast, Great Outdoors. June 30, 2020 (Eighth Amendment). <https://covid19.colorado.gov/prepare-protect-yourself/prevent-the-spread/public-health-executive-orders>.
5. Colorado Department of Public Health and Environment. Guidance for outdoor events. <https://covid19.colorado.gov/safer-at-home/outdoor-events>.
6. Colorado Soccer Association. Best Practices for Returning to Soccer. Letter from Nate Shotts, Chief Executive Officer, to Colorado Soccer Association Member Clubs. May 20, 2020.
7. Jefferson County Department of Public Health. Notice of Jefferson County Public Health Order 20-005 Requiring Face Coverings in Public Where Social Distancing Cannot Be Maintained. July 14, 2020. www.jeffco.us/DocumentCenter/View/22576/Jeffco-Public-Health-Order-20-005-Emergency-Mask-Order-071420?bidId=
8. Jefferson County Department of Public Health. Coronavirus/COVID-19 Updates and Resources. www.jeffco.us/3999/Coronavirus-Disease-2019-COVID-19.
9. State of Colorado. Executive Order D 2020 138. Amending and Extending Executive Orders D 2020 039, D 2020 067, D 2020 092, and D 2020 110 Ordering Individuals in Colorado to Wear Non-Medical Face Coverings. July 16, 2020. <https://drive.google.com/file/d/13S9bLuKZbMVmHPucQnekVyOY2k6gYRa9/view?usp=sharing>
10. U.S. Soccer Federation. PLAY ON. Recommendation Guides and Frequently Asked Questions. www.ussoccer.com/playon.