



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, players, parents or guardians, as well as spectators:

- Before practice or a game (including at home)
- Upon arrival at the field for player check in
- At 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. It does not mean they have COVID-19, but they should stay at home and be evaluated. 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, parents/guardians, 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 multi-gallon beverage coolers should not be used. For snacks, players should bring their own, or the snacks should be individually packaged to prevent multiple people from touching them.
- 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. For games, players should arrive no more than 30 minutes prior to kickoff to avoid interaction with teams and spectators present for the preceding game.
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/guardians may not accompany their player through check-in or onto the field.

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, referees, team personnel, and match officials 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 together 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.
- For games, referees may place teams on opposite sides of the field, and away from the assistant referee (sideline referee) for those competition levels where assistant referees are present. This is meant to help keep the teams apart, and to keep distance between the assistant referee and the players/coaches on that sideline. Coaches may also decide to place their teams on opposite sidelines, or to provide greater separation between teams when using the same sideline.
- Spectators are permitted but only allowed in designated areas for practices and home games.
 - **Rooney Road Soccer Complex.** Spectators must remain outside the fencing that surrounds the playing field. If teams are on opposite sidelines, then spectators must be outside the fencing AND at least 8 feet away from the team area on that sideline.
 - **Applewood Park, Golden Heights Park, and Southridge Park.** Spectators must stay at least 6 feet back from the sidelines and 6 feet away from the bench area.
 - **Other Parks or Areas.** For teams that use other parks or areas for practices and scrimmages, spectators should remain at least 6 feet away from the playing area.
 - **Spectators must follow any other instructions provided by the referee, coach, or match official.**
- All spectators must observe 6-foot social distancing. Members from different households should maintain at least 6 feet of physical distance from each other. Spectators at practices or games must wear masks or face coverings when 6-foot social distancing is not possible. When possible, spectators should consider staying in their vehicles.
- For **away games and tournaments**, Colorado Ice players, coaches, and spectators must follow the COVID-19 requirements in effect for those fields. The Colorado Soccer Association maintains a list of each field's requirements [here](#). The opposing club or coach may also forward the requirements to the Ice coach, who will then distribute these to the team.

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, IS PRESUMED POSITIVE, OR HAS POSSIBLY BEEN EXPOSED TO SOMEONE WITH COVID-19

The following measures should be taken if a player/coach tests positive, is presumed positive, or has possibly been exposed to someone with COVID-19.

- The player/coach should stay at home and contact their physician as needed.
- The player/coach **must notify** Colorado Ice of the possible exposure, positive test result, or presumed positive condition. 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.
- For **a possible exposure to someone with COVID-19**, the player/coach must quarantine for 14 days from the date of last exposure to that person. (Note: possible exposure requires contact with someone who has COVID-19; contact with someone who does not have COVID-19 but who may have been exposed to a third person with COVID-19 does not constitute "possible exposure.") The player/coach cannot attend in-person team activities until the quarantine period has ended and no symptoms observed, regardless of whether the player/coach has been tested and received a negative test result. However, the rest of the team does not need to quarantine and can continue to play, unless the possibly exposed player/coach in quarantine develops symptoms or tests positive for COVID-19. As always, coaches and players can elect to get tested at their discretion, as it is a personal decision.
- If a player has been instructed by their school (pre-K through grade 12) to quarantine and not attend in-person school due to a possible exposure, then the player must also stay out of in-person soccer until they are allowed to return to school.
- If a player/coach **tests positive for COVID-19 or is presumed to be positive** based on sustained symptoms, the following steps should be taken:
 - 1) The player/coach must notify Colorado Ice of the positive test result or presumed positive condition. The player/coach cannot return to in-person team activities until at least 10 days have passed since the positive test result or onset of symptoms, and the player/coach no longer exhibits symptoms including no fever within 24 hours without use of fever-reducing medication. A player with a confirmed or presumed COVID-19 infection **must obtain documented medical clearance** from a physician to return to play. This is to ensure that the player is no longer likely to be contagious, has fully recovered, and is medically capable of resuming sports participation.

- 2) Colorado Ice will notify the other members of the affected Ice team regarding a positive test result or presumed positive case within the team so that they can make personal/family decisions regarding testing or self-isolating. The Club will also assess the situation in determining the path forward. A person can be contagious 2 days before they start having symptoms. Therefore, if the person who has tested positive or is presumed positive has had no contact with the team for more than 48 hours preceding symptom onset and/or the positive test result, then the rest of the team does not have to quarantine and can continue to play. If there has been contact within the 48-hour period, a possible exposure has occurred, and the team will be instructed to quarantine for 14 days from the date of that contact and all practices and games for that team will be cancelled or rescheduled.
 - 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.
- The children or siblings of family members with COVID-19 will likely be considered close contacts because they often live in the same house as the person who has COVID-19. If so, they must also stay home for a 14-day quarantine. However, the children or siblings of family members who are in quarantine because they were possibly exposed to COVID-19 do not need to stay home or be tested unless the person in quarantine develops symptoms or tests positive for COVID-19. Parents/guardians should closely monitor all of their children for symptoms.
 - 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 possibly been exposed. If Colorado Ice is notified of a positive test result, the information will be provided to the affected Ice coach and the players' parents/guardians.
 - While COVID-19 is a serious disease, it is difficult to immediately diagnose through symptoms, given the similarity of its symptoms with those for other viruses and conditions. For example, a fever, cough, runny nose, etc. does not necessarily mean a person has COVID-19. As with any illness, the person should not participate in soccer and should monitor their health. If the symptoms have resolved themselves in 24-48 hours and stay resolved without the aid of medication, then it is unlikely that the person has COVID-19 and they can return to play.

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 and work to correct their behavior when necessary.

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. COVID-19 Guidance: Guidance for Organized Sports. Effective September 16, 2020. <https://drive.google.com/file/d/1h0RxaptK3K-4tMaNGnyJkXAAhE9ZzNfQ/view>.
5. Colorado Department of Public Health and Environment. Cases and outbreaks in child care and schools. <https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools>.
6. Colorado Department of Public Health and Environment. Guidance for outdoor events. <https://covid19.colorado.gov/safer-at-home/outdoor-events>.
7. Colorado Department of Public Health and Environment. Public Health Order 20-35 Safer at Home Dial. September 15, 2020 (Replaces Public Health Order 20-28 Safer at Home and in the Great Outdoors). <https://covid19.colorado.gov/prepare-protect-yourself/prevent-the-spread/public-health-executive-orders>.
8. 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. <https://static1.squarespace.com/static/5c547615b2cf79cd8fe3363f/t/5ec7f9bcc6e2155915d036d5/1590163900869/Return+to+Soccer+-+Colorado+Soccer+Association.pdf>
9. Colorado Soccer Association. Fall Season Begins - Colorado Field Restrictions. Letter from Nate Shotts, Chief Executive Officer, to all CSA Clubs, Coaches, Players, Parents & Referees. August 27, 2020. <https://static1.squarespace.com/static/5c547615b2cf79cd8fe3363f/t/5f483d155b4e2969d5b43828/1598569750231/Colorado+Field+Restrictions+Letter.pdf>
10. Colorado Soccer Association. Quarantine Protocol for Schools & Soccer. Letter from Nate Shotts, Chief Executive Officer, to Colorado Soccer Association Member Clubs. September 18, 2020.

11. Jefferson County Department of Public Health. Coronavirus/COVID-19 Updates and Resources. www.jeffco.us/3999/Coronavirus-Disease-2019-COVID-19.
12. Jefferson County Department of Public Health. Notice of Jefferson County Public Health Order 20-008 Requiring Face Coverings in Public Where Social Distancing Cannot Be Maintained. July 24, 2020. www.jeffco.us/DocumentCenter/View/22744/Jeffco-Public-Health-Order-20-008-Emergency-Mask-Order-072420.
13. Jefferson County Department of Public Health. Public Health Order 20-008 Requiring Face Coverings. Frequently Asked Questions. July 27, 2020. www.jeffco.us/DocumentCenter/View/22668/JCPH-Face-Covering-FAQ---Updated-7272020.
14. 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>
15. U.S. Soccer Federation. PLAY ON. Recommendation Guides and Frequently Asked Questions. www.ussoccer.com/playon.

REVISION LOG

Revision No.	Revision Date	Revision Summary
0	07/17/2020	Original issue of document
1	07/27/2020	Incorporation of Jefferson County Public Health Order 20-008 and Frequently Asked Questions
2	09/08/2020	Updates to spectator spacing requirements and the requirements in place for other fields based on Colorado Soccer Association guidance.
3	09/22/2020	Updates to comply with State of Colorado Public Health Order 20-35 Safer at Home Dial, and Colorado Department of Public Health and Environment Guidance for Organized Sports including case and outbreak guidance for schools.