



06 UNITED FOOTBALL CLUB
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06 UNITED FC YOUTH SOCCER ACTIVITY GUIDELINES UPDATE (03/2022)

As New Yorkers we should all understand that rules and policies related to COVID-19 are continually evolving. Many of what can and cannot be done in youth soccer is dictated by NY State, which can change with very little notice.

06UFC Youth Soccer Activities is also guided by the best practice guidelines from U.S. Soccer PLAY ON initiative. We encourage everybody to visit <https://www.ussoccer.com/playon>, review the guidelines and take the pledge.

06UFC would like to take this opportunity to provide some clarity to what is sanctioned and when. Essentially, sanctioning in larger part means providing insurance coverage. In order for any soccer activity to be sanctioned by 06UFC members must be in compliance with

- NY State regulations
- State and Local health regulations and restrictions
- Field permitting and usage policies

For any activities by members not in compliance, there is no sanctioning and no-insurance coverage.

CRITERIA FOR RETURN-TO-PLAY

06UFC is recommending the following criteria to educate its members on CDC guidelines, New York State Department of Health, and US Youth Soccer Guidelines to maintain a healthy environment once players, coaches, volunteers, and spectators return to the field:

- Participants should have no sign or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- Live in a general location for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region.
- Common Symptoms:
 - Trouble breathing
 - Pain or pressure in the chest that persists
 - Experience confusion or trouble waking up
 - Bluish lips or face
- Take temperature at home before going to training.
- Upon arriving to training, coaches or staff should ask each athlete if they are experiencing any signs or symptom of COVID-19. If the athlete has any signs or symptoms of COVID-19 they should be sent home and instructed to contact their health provider. Players will not be allowed to return to training until they are cleared by a healthcare provider. A doctor's note must be provided to return to training
- Small group training should take place in an area where physical distancing (6 ft. apart) can be maintained.
- Spectators, nonessential visitors, staff, volunteers and activities involving external groups or organizations should be limited as much as possible. Clearly designate and mark spectator viewing sites to allow for social distancing. All must practice social distancing including wearing face coverings.
- Be sure appropriate infection prevention supplies (i.e. hand sanitizer, facial tissues, facial coverings) are present in multiple targeted areas.
- Each participant will be required to have their own water bottle, towel, and personal hygiene products:
 - Hand sanitizer should be readily available and must contain at least 60% alcohol
 - Face coverings can include masks, scarfs, and bandanas over nose and mouth

- Players are not required to wear face coverings during physical activities but must wear them when arriving and leaving training.
- NO sharing personal items. Participants should use their own equipment and instructed to sanitize their equipment after each training session.
- Coaches and spectators will be required to wear face coverings when within 6 feet of others.
- Practice respiratory etiquette by covering coughs and sneezes with tissue or inside elbow.
- Tissues, wipes or disposable gloves must be properly disposed in the appropriate receptacles.
- Follow cleaning schedule protocol of equipment (cones, goals, etc.) with disinfectant before, during and after use.

Return-to-Play Guidelines

- Maintain a complete list of coaches, youth athletes, and league officials present at each event to include the date, beginning and ending time of the event, name, address and phone contact to be made available upon the request from the local health department.
- Use of shared objects and equipment should be limited or cleaned between uses by each individual if possible.
- Have an effective communication plan in place, identify strategies for working with public health to notify adult leaders, youth and their families if the organization learns a player or coach has contracted COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play too quickly.
- Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.
- Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields.
- Develop a relationship and a dialog with local health officials. (identify Risk Tolerance)

Parent Responsibilities

- Ensure child is healthy and check your child's temperature daily.
- Limited or no carpooling with other players.
- Stay in car or adhere to social distance requirements, based on state and local health requirements.
- When at practice wear mask if outside your car.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- Notify member organization immediately if your child becomes ill for any reason.
- Do not assist coach with equipment before or after training.
- Be sure your child always has sanitizer with them.

Player Responsibilities

- Take temperature daily.
- Wash hands thoroughly before and after training.
- Bring and use, hand sanitizer with you to every training.
- Wear mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, snack or bag.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, no high 5's, hugs, handshakes etc.