

## WASC COVID-19 Safety and Action Plan

### Introduction

The Wyomissing Area Soccer Club (WASC) COVID-19 Safety and Action Plan includes guidance and recommendations from multiple sources, including:

- Federal Government and Centers for Disease Control (CDC)
- State Government and PA Department of Health (PADOH)
- US Soccer and Eastern PA Youth Soccer Association (EPYSA)
- Reading Berks Junior Soccer League (RBJSL)

The knowledge regarding COVID-19 is constantly changing as new information and treatments become available. When necessary, this Safety and Action Plan will be updated, with the goal of decreasing the risk of exposure for our clubs, teams, families, and other participants. It is important to note that this document does not take the place of medical or legal advice.

### WASC COVID-19 Point of Contact

For all WASC COVID-19 related policy questions and concerns, our primary point of contact is: Wyomissing Area Soccer Club Board Member, Christopher Valente.  
Contact information posted on WASC Website.

### Minimum Standards

Each participating Club must meet the minimum standards outlined in this section before teams may participate in RBJSL games.

### Team COVID-19 Point of Contact

Each participating team must have a designated COVID-19 Point of Contact. This may be the team coach or other designees. The name and contact information of each team's Point of Contact must be made available to the WASC Board via email.

Each participating Club's COVID-19 Point for Contact is responsible for ensuring that each participant has signed a Communicable Disease Participation Waiver.

## WASC COVID-19 Safety and Action Plan

### Education of Participants

In accordance with EPYSA guidelines, all participants (coaches, players and their families, game officials), will receive a copy of this safety and action plan as a means of education.

All participants should employ risk mitigation procedures to reduce the spread of COVID-19. These behaviors include, but are not limited to hand hygiene, wearing protective face coverings unless exempted, physical distancing, sanitizing equipment, and sanitizing equipment.

## Pre-Screening for Symptoms of COVID-19

In addition, all-participants must be pre-screened prior to each game or practice. It is the responsibility of adult participants and the parent/guardian of the player to perform this pre-screening. This pre-screen should include evaluation for any symptoms of COVID-19, including but not limited to the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may appear **2-14 days after exposure to the virus**. This list does not include all possible symptoms. Please refer to the CDC website (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) or PA Department of Education (<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolReopeningGuidance/ReopeningPreKto12/PublicHealthGuidance/Pages/default.aspx#screening>) for a more complete list of symptoms.

It is also recommended that participants perform a temperature check at home, prior to travelling to a game or practice.

If any participant is feeling unwell, has any symptoms consistent with COVID-19, or has a fever (temperature equal to or greater than 100.3°F) he/she/they should remain at home. If any participant becomes unwell, manifests symptoms or is determined to have a fever when checked at the field he/she/they should immediately return home. It is the duty of the participant or parent of participant in association with the team COVID-19 Point of Contact to notify the WASC COVID-19 point of contact immediately so contact tracing can be performed.

Any participant who is in quarantine because of potential COVID-19 exposure or travel to/from designated states should not report to practices or games. If participants under quarantine do report to the field, they must be sent home immediately.

Pennsylvania quarantine list.

(<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>)

For travel games, each club will perform pre-game screening of their own participants.

When playing home games, the Wyomissing club coach or COVID-19 Point of Contact will confer with game officials to ensure pre-screening has been performed. If the game officials are sent home, the normal RBJSL game official no-show procedures are followed. No volunteer linesmen will be permitted to assist with out-of-bounds calls.

## RBJSL Practice/Gameday Modifications

### Field preparation

When playing home games, the involved Wyomissing club is responsible to ensure that goals are properly anchored, corner flags are in place, etc., so that they do not need to be touched by any other participants.

### Arrival at the field

Participants should try to refrain from entering the field/venue until after all participants from the previous game have departed. Game schedules will be adjusted accordingly.

### Coaches

-Coaches must either demonstrate proof of vaccination or wear face coverings at all times. Coaches may pull down their face coverings to give instructions to their players on the field, provided they pull their mask up immediately afterwards.

-It is the responsibility of the involved Wyomissing club team's coach, not the referees, to enforce compliance with COVID protocols among players, bench personnel, and spectators. Failure to comply can result in disciplinary sanctions up to and including dismissal of the coach (i.e., the coach is shown a red card and sent off the field).

NOTE: It is expected that the visiting club's coach will take responsibility for their players, bench personnel, and spectators.

-The coach of the involved Wyomissing club team must ensure that the game ball(s) are properly sanitized before the match, at halftime, and after the match.

-Coaches must have game fees and team rosters (two copies - one for referee, one for opponent) immediately available for the referee.

-Coaches and/or team COVID Point of Contact should have additional masks on hand in the event a player forgets to wear a mask OR a mask is damaged rendering it unwearable or ineffective

-While designing practices, coaches should consider individual skills drills to allow for more effective physical distancing. More competitive portions of the practice can be limited to 10-15 minutes at a time.

### Players

-In accordance with current EPYSA guidelines, players may engage in practice or game play without a face covering. Players on the bench/sidelines must continue to wear cloth face masks as they will be in close proximity to other players for prolonged periods of time.

-Players should attempt to maintain social distancing if possible when not actively playing (including when on the bench/sidelines during the match).

-Individuals with medical conditions (e.g., a respiratory condition that impedes breathing such as asthma) may be exempted with documentation from a healthcare provider.

**NOTE:** Before a player is exempted, alternative face coverings (e.g., neck gaiters) may be considered.

-Players may not share equipment (goalkeeper jerseys, goalkeeper gloves, pinnies, etc.).

-Goalkeeper gloves must be sanitized frequently at regular intervals during practices or games.

-Players may not share drinks; each player is expected to have his/her own drink bottle.

-Players may not share or distribute any food items (e.g., orange slices or cupcakes) before or after games or practices.

**NOTE:** This plan will be subject to change pending rates of COVID infection in our local community and guidance from the above-named sources.

## Spectators

Our top priority is to make it possible for the children to play with minimal risk of viral contact. To that end, spectators are considered non-essential and should be limited to immediate family members.

Spectators are required to fulfill one of three possible COVID mitigation measures:

- 1) Full vaccination completion (at least 2 weeks from the last immunization in the series, e.g. 2 weeks from the second Pfizer-BioNTech or Moderna vaccinations)
- 2) Correctly wear appropriate face covering
- 3) Maintain at least 6 feet of physical distancing from coaches, players or other spectators

Spectators will be located on the opposite side of the field as the teams. Each team's spectators will be located on the same half of the field as their team's bench. Any location-specific adjustments will be communicated by the involved Wyomissing club team in advance of the home match. Spectators are expected to maintain appropriate physical distancing before, during, and after the match.

**NOTE:** This plan will be subject to change pending rates of COVID infection in our local community and guidance from the above-named sources.

## Pre-game and post-game

No handshakes, high-fives, fist bumps, or other physical contact will be permitted before or after games.

## COVID-19 Exposure

WASC procedures for potential and confirmed COVID-19 exposure will follow the RBJSL and EPYSA COVID-19 Response documents.

If a participant becomes ill with symptoms compatible with COVID-19 OR is exposed to someone with COVID-like symptoms within 48 hours of a team event, the following may serve as a guide for a safe course of action to mitigate further exposure.

It must first be determined whether those exposed to a possible COVID-19 case are considered "close contacts". A close contact is defined as anyone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more during a 24-hour period.

**NOTE:** Active, on-field practice or game time, especially since occurring outdoors, is unlikely to meet criteria for a close contact.

**NOTE:** If infected and exposed players on the bench/sidelines were correctly and consistently wearing masks, then they may not be considered close contacts and can potentially be excluded from quarantine requirements. (This is adapted from CDC guidance on COVID-19 exposure in the indoor school setting).

- 1) The team COVID-19 Point of Contact notifies WASC COVID-19 Point of Contact
- 2) WASC COVID-19 Point of Contact notifies the RBJSL Point of Contact
- 3) RBJSL COVID-19 Point of Contact notifies opponents or game officials who may have been exposed
- 4) RBJSL COVID-19 Point of Contact informs the RBJSL Referee Assignor.
- 5) RBJSL COVID-19 Point of Contact informs the opponent's Club COVID-19 Point of Contact
- 6) If the exposure to a potential COVID-19 case is deemed significant, close contacts on the participant's team must be quarantined for 7-10 days per updated CDC recommendations), unless the participant under investigation tests negative for COVID-19 and no other teammates become symptomatic.
- 7) If quarantine is necessary it may be ended after 10 days, provided the exposed participant does not develop symptoms. A shorter quarantine of 7 days may be enacted if the participant tests negative for COVID-19 during days 5-7 of quarantine.
- 8) The opposing team of potential COVID-19 case should be quarantined in the same manner, unless it is confirmed that the person under investigation tested negative, and no other players become symptomatic.
- 9) RBJSL games within the quarantine period are postponed/cancelled, with no forfeit penalty.
- 10) If additional teams are affected (e.g., an individual coaches multiple teams) the quarantine could affect all teams and cause multiple game postponements/cancellations with no forfeit penalty.
- 11) If testing is not performed or documentation of negative tests cannot be provided, teams will be expected to quarantine for the entire duration of up to 14 days from the time of symptoms onset or possible exposure.

**NOTE:** To maintain HIPAA compliance the information communicated should include only the participant's team, the date/time of symptom onset, and details of game/practice where exposure may have occurred.

## Additional Links

CDC Considerations for Youth Sports:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

PA Department of Health Guidance for Sports:

<https://www.governor.pa.gov/covid-19/sports-guidance/>

EPYSA COVID-19 Frequently Asked Questions:

<https://www.epysa.org/covid-19-faqs/>