



RETURN TO PLAY RULES FOR PELHAM TRAVEL SOCCER CLUB **FALL 2020**

PARENTS/GUARDIANS MUST AGREE TO THESE RULES BY SIGNING THE PROVIDED ACKNOWLEDGEMENT. PLAYERS WILL NOT BE PERMITTED TO PRACTICE OR PLAY IN GAMES UNLESS A SIGNED ACKNOWLEDGEMENT IS RECEIVED. SIGNED ACKNOWLEDGEMENTS MUST BE RECEIVED ON OR BEFORE THE FIRST DAY OF PRACTICE.

PRACTICES

Before Practices:

1. Every player must have his or her temperature taken before each practice. If a player has a fever (temperature of 100.4 or higher), THAT PLAYER IS NOT PERMITTED TO ATTEND PRACTICE.
2. If a player is exhibiting any symptoms of Covid-19, flu or any other ailment, THAT PLAYER IS NOT PERMITTED TO ATTEND PRACTICE. Symptoms include, but are not limited to: fever, fatigue, coughing, nausea, headaches, body aches, sore throat, loss of appetite, loss of smell or taste, shortness of breath and stuffy nose. The Club will ask parents to pick up children who exhibit any of these symptoms and they will not be permitted to participate in the training session. They will be safely isolated until they are picked up.
3. If a player has recently travelled to a state that is considered a Covid-19 “hot spot” on the travel advisory list, THAT PLAYER IS NOT PERMITTED TO ATTEND PRACTICE and must self-quarantine for at least 14 days.
4. If a player is exhibiting excessive sneezing or coughing, that player will not be permitted to participate in the practice session and will be safely isolated until they are picked up.
5. Every player must wear his or her practice jersey to each practice session. Practice jerseys must be cleaned before every practice.

6. Players' clothing and masks/cloth facial coverings must be washed and cleaned before each practice. Players will be permitted to remove masks/cloth facial coverings during training drills.
7. All players must wash his or her hands before practice and should be encouraged to use hand sanitizer throughout the practice. Hand sanitizer will be available at practice, but it is strongly recommended that children bring their own as well.
8. Players will not be permitted to have snacks at practice. Only water bottles will be allowed on the field.
9. Every player must bring water to each practice, clearly labelled with his or her name. Absolutely no sharing is allowed.
10. If your child is part of a carpool, everyone in the carpool must wear a mask/cloth facial covering during the car ride and, if possible, car windows should remain open.
11. Parents must talk to their children throughout the season about these new rules and guidelines. It is important that they understand the significant changes that will be in place this season. Parents should make clear what is allowed and not allowed.
12. Parents should encourage their children to let them know if they do not feel well and, when in doubt, KEEP THEM HOME.

At Practices:

1. One parent or caregiver must be present at ALL PRACTICES to help ensure that the Club's safety rules are followed. Your team's parent coach will assign someone to each practice session. If you cannot attend your session(s), please connect with another parent to coordinate a swap. Our Red Bull trainers will not conduct training without a parent or caregiver present.
2. The Red Bull trainer assigned to your team will take attendance before practice begins. Red Bull trainers will be given access to parent contact information from SI Play to ensure that if any issues arise during practice, a parent can be contacted. You should confirm that your contact information is accurate by logging into your family's SI Play account.
3. Unless permission is obtained in advance, and with the exception of the parent assigned to a practice session, no spectators will be permitted on the field during practice. Anyone who wishes to watch a practice must do so from his or her car.
4. Anyone on the field, with the exception of players who are actively participating in a practice, must wear masks/cloth facial coverings at all times. Any player who is not actively participating in practice must wear a face mask/facial cloth covering at all times.
5. Only one person at a time will be permitted to enter bathrooms (if available).
6. Whenever possible, players and trainers will be asked to remain at least 6 feet apart during training. There will be signs on the fields reminding everyone that social distancing rules are in effect.

7. There shall be absolutely no unnecessary touching, such as shaking hands, high fives or hugging. Children who do not follow this rule will be warned one time. Any child who continues to violate this rule after being warned will be asked to sit out of practice and the player's parents will be notified.
8. Again, only water bottles, clearly labeled, will be allowed at training sessions. Players are not permitted to spit or pour water on anyone.
9. Do not send any snacks. Players will not be allowed to eat them at any time on the field.
10. Unless otherwise instructed, the handling of all practice equipment will be limited to our Red Bull trainers. If your child plays goalie and has goalie gloves, please have him or her bring them to all practices and games, clearly labeled. There will be no sharing of goalie gloves.
11. There will be longer periods between practice sessions to limit interactions among teams. Players who arrive early should not enter the field until the team before their practice has completely exited the field.
12. Please be on time to pick up and drop off players. Players will be asked to leave the field in small groups and must immediately exit the field at their trainer's instruction. Congregating after practice is not permitted.
13. With the exception of the parent assigned to the training session, no parent should enter the field at drop off or pick up unless absolutely necessary. If it is absolutely necessary, a mask/cloth facial covering must be worn at all times.

GAMES

In addition to what is provided below, the WYSL'S COVID-19 Guidelines and Field Map Rules are attached and must be followed at all times during games.

Players

1. All players and coaches must have their temperatures checked at home, before every game, and must stay home if they have a fever of 100.4 or higher. All coaches will ask players to confirm verbally that their temperatures were taken and that they do not have any Covid-19 symptoms.
2. Face masks/cloth facial coverings must be worn by players on the sidelines, except for players in a game.
3. There shall be no sharing of equipment or water bottles.
4. Player are not permitted to bring any snacks to games.
5. Players must disinfect their hands before playing and after leaving field.
6. No handshakes, high fives, hugs, close huddles, etc.

Referees

1. Referees are NOT required to wear face masks when actively officiating a game.
2. As always, under no circumstances should guests approach or speak to the referees.

Guests

1. Clubs are required to monitor guests at games. Therefore, if one of the Club's coaches instructs you to do something (or not do something), please listen and comply without argument. Club coaches are permitted to ask that you leave a game and will have the full support of the Board.
2. THERE WILL BE A MAXIMUM OF TWO (2) GUESTS PERMITTED, PER PLAYER, PER GAME. (Please note that some Clubs may not allow any guests on the field. You will be notified by your coach if this is the case for an away game.)
3. All spectators must stay 20 feet from the sideline and centerline.
4. Guests must wear masks or stay 6 feet apart from other guests.
5. Guests must depart immediately after each game.
6. Parents and spectators must remain on the opposite side of the field from their teams. They will not be permitted to sit on the same side as their team or near goals. (Please review the WYSL Field Guidelines carefully to see where parents and spectators are permitted.)
7. Parents and spectators must collect trash and depart immediately after the game is over.

COVID-19 REPORTING REQUIREMENTS

1. ANY PLAYER, COACH OR TRAINER WHO:
 - TESTS POSITIVE FOR COVID-19; OR
 - LIVES IN THE SAME HOUSEHOLD AS SOMEONE WHO TESTED POSITIVE FOR COVID-19; OR
 - HAS OTHERWISE BEEN DIRECTLY EXPOSED TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19IS REQUIRED TO REPORT TESTING POSITIVE, OR BEING EXPOSED TO SOMEONE WHO TESTED POSITIVE, BY CONTACTING PELHAM TRAVEL SOCCER CLUB'S PRESIDENT, DIANA GOMPRECHT AT 917-542-1171 OR DCGOMPRECHT@ME.COM.
2. Any player or coach who tests positive for Covid-19 is also required to report it to WYSL President, Samuel Arnoff (samuel13@wyslsoccer.org).
3. If a case of COVID-19 is reported for a player, coach or trainer, all players' parents and trainers in the Club who came into contact with that person will be notified by email. The identity of the person who tested positive for COVID-19 will not be disclosed. The Club

will cancel all practices and games for at least 14 days for the team that was directly exposed to someone who tested positive for Covid-19.

4. Anyone who tests positive for COVID-19 may not return to play, train or coach until:
 - At least 14 days have passed since the onset of the symptoms;
 - No fever or other symptoms have been present for at least 72 hours; and
 - A negative COVID-19 test is obtained and provided to the Club President.
5. Anyone who has had direct contact with someone who has tested positive for COVID-19 must:
 - Self-quarantine for at least 14 days, or
 - Provide proof of a negative COVID-19 test to the Club President.
6. Anyone who has travelled to any state on the Covid-19 travel advisory list must self-quarantine for at least 14 days before being permitted to return to practices and/or games.