

PITMAN SOCCER ASSOCIATION

RETURN TO SEASON GUIDELINES



Revised January 27, 2021

FEBRUARY 1, 2021 THROUGH MAY 16, 2021

**THE FOLLOWING MUST BE FOLLOWED FOR
ALL SANCTIONED PSA PRACTICES AND GAMES**

1. Players or Coaches who presently have COVID-19, or who have tested positive for COVID-19, shall provide clearance from a physician before he/she will be permitted to participate in practices or games.
2. The COVID-19 Questionnaire must be completed prior to the player's first practice of the spring 2021 season. This form only needs to be completed one time. Any athlete that does not have a COVID-19 Questionnaire on file will not be permitted to participate in any practices or games. Any Individual who answers "yes" to any question on the questionnaire shall be required to provide clearance from a physician before they will be permitted to resume participation in the practice.
3. Participation in practices must be limited to players and US Club Soccer/PSA carded coaches only.
4. There shall be very limited physical contact, of any kind, between players and no physical contact between coaches and players.
5. There will be no sharing of food or drink between families, fans, players or coaches, e.g. halftime and end of game snacks. All players must have their own water/drinks available for proper hydration. Coaches are permitted to have extra water/drinks available for their players if they so choose, provided that the water/drinks is in a sealed, unopened bottle.
6. Players must be transported to and from games and practices by their parent or guardian. Sharing of rides is strongly discouraged.
7. Pre-Screening
 - a. All coaches and players must clear the pre-screening process before they are permitted to participate in practice and games.
 - b. The pre-screening process will consist of a verbal, electronic or written review of the pre-screening questions with all players at the start of each practice (use of the online form is preferred). The Director of Coaching will contact coaches each week to be sure the pre-screening process is being followed.
 - c. Any individual who answers "yes" to any pre-screening question, or who has a temperature greater than 100.4°F, shall not be permitted to participate in the practice and shall be required to return home. The Director of Coaching shall be notified as soon as possible if a player is sent home.

During all practices and workouts, coaches are reminded to be alert for any players exhibiting signs of physical or mental distress secondary to the circumstances created by COVID-19.

Face Coverings

- a. Players who are engaged in high-intensity aerobic activity, e.g., running, sprinting, drills, etc., are not required to wear face coverings during the period of the aerobic activity. Once the aerobic activity is over, players will wear face coverings.
- b. Coaches will wear face coverings at all times, except when participating in aerobic activities or when able to adhere to social distancing beyond the 6 feet recommended, eg. when demonstrating drills or providing instruction while over 6 feet from any players or other coaches.

Groupings/Social Distancing

- a. Social distancing of at least six (6) feet shall be maintained between players when possible and between players and coaches at all times.
- b. Players on one team should not participate and practice with players from another team.
- c. More than one team can be in a single area, provided there is twelve (12) to eighteen (18) feet between each team.
- d. There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.
- e. Players who participate in more than one sport are encouraged to participate with only one team.
- f. Players and parents will be reminded frequently of the guidelines and are expected to adhere.
- g. Although parents are encouraged not to attend practices to limit contact with other parents and players unnecessarily, parents and fans are still encouraged to cheer on our players at games provided that they adhere to proper social distancing and have no direct contact with other parents, fans and players.
- h. Players, parents and fans are asked to wait until other teams have cleared the playing area before moving into the game or practice area.
- i. In adherence with keeping players distanced as much as possible, benches should not be used during games where players are gathered less than 6 feet from one another. As an alternative, players should have their own designated space on the sideline where they will rest while off the playing field and where they will keep their personal items during the game.

Sports Equipment

- a. Sports equipment shall not be shared at any time with the exception of a ball being kicked between players. If shared use of equipment, such as goalie gloves, is necessary the equipment must be fully sanitized prior to being shared between players.
- b. Each player shall bring individual water bottles to each workout for his/her own personal consumption. There shall not be any trading or sharing of water bottles.
- c. All sports equipment and touchpoints e.g., benches, agility cones, ladders, clipboards, etc., must be cleaned and disinfected after each practice and game with EPA approved cleaners and disinfectants against COVID-19.

Hygiene

- a. Players and coaches should make every effort to wash/sanitize their hands as often as possible including before, during and after games and practices.
- b. Hand sanitizer shall be accessible at all times.
- c. Players shall wear their practice gear to the practice and shall return home in the same practice gear.
- d. There shall be no spitting or chewing gum during the practice.

The desire of the Pitman Soccer Association is that each and every player will have a positive experience this spring season in spite of the restrictions necessary to keep them safe. Failure to adhere to these guidelines by any member of the PSA family will result in a less than positive experience for all those involved. Please, help PSA allow our kids to play and to do everything we can to keep them safe and healthy

RESOURCES / REFERENCES

(*Non-Exhaustive)

- Centers for Disease Control and Prevention, [*Considerations for Youth Sports*](#).
- New Jersey Department of Health, [*Guidance for Sport Activities*](#).
- National Federation of State High School Associations (NFHS), Sports Medicine Advisory Committee (SMAC), [*Guidance for Opening up High School Athletics and Activities*](#).
- National Collegiate Athletic Association (NCAA), [*Coronavirus Resources*](#).
- The Aspen Institute, Return to Play, [*COVID 19 Risk Assessment Tool*](#).
- U.S. Olympic & Paralympic Committee, [*Sports Event Planning Considerations Post-COVID-19*](#) (updated May 7, 2020).
- U.S. Olympic & Paralympic Committee, [*Return to Training Considerations Post-COVID-19*](#) (updated April 28, 2020).
- Centers for Disease Control and Prevention, [*Interim Guidance for Administrators of US K-12 Schools and Child Care Programs*](#).
- Centers for Disease Control and Prevention, [*Cleaning and Disinfection for Non-emergency Transport Vehicles*](#).
- Centers for Disease Control and Prevention, [*CDC Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again*](#) (pages 45-48) (May 2020).
- U.S. Department of Education, [*COVID-19 \("Coronavirus"\) Information and Resources for Schools and School Personnel*](#).
- Minnesota Department of Health, [*Guidance for Social Distancing in Youth Sports*](#).
- Minnesota Department of Health, [*Guidance for Social Distancing in Youth and Student Programs*](#).
- Iowa Department of Education, [*COVID-19 Reopening Guidance: Summer Sports*](#).
- Colorado Department of Education, [*Planning the 2020-21 School Year, A Framework and Toolkit for School and District Leaders for Feedback*](#).
- Pennsylvania Department of Education, [*Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools*](#) (June 3, 2020).
- Little League International, [*Best Practices on Organizing, Playing, and Watching Little League Baseball and Softball During the Coronavirus Pandemic*](#).
- American Academy of Pediatrics, [*COVID-19 Planning Considerations: Return to In-person Education in Schools*](#).
- New Jersey State Interscholastic Athletic Association (NJSIAA), [*COVID-19 Phase 1 Guidelines*](#)