



## **ELIZABETH FORWARD SOCCER ASSOCIATION**

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### **EFSA FALL 2020 RETURN TO PLAY GUIDELINES**

The EFSA Board of Directors has reviewed guidelines from numerous local and national organizations in an effort to determine the best way to reopen our league safely.

We have developed a plan of action that consists of changes that will be applied to both our in-house and travel programs. Our goal is to reopen soccer in the safest way possible, while adhering to available state and local guidelines to protect our players, coaches, referees and spectators.

We acknowledge the personal nature of your decision to allow your child to return to play and we want to provide you with as much information as possible so that you can make the best decision for your child.

EFSA is striving to provide the safest environment possible for our children to return to play. As such, we have developed the following principles which we will encourage all participants to follow:

1. Be considerate of others.
2. Physical distancing is encouraged at all times when not actively engaged in sport participation.
3. Refrain from bringing/sharing any food. Personal water or drink containers with names on them are very highly recommended.
4. Wash hands with soap or hand sanitizer regularly. Each player/family is responsible for their own hand sanitizer.
5. Wearing a mask is encouraged outside the field of play.
6. Feel sick? Stay at home.

**From a parent's perspective, we are asking parents to:**

- Ensure their child is maintaining good hygiene
- Check their child's temperature before games and practices
- Notify coaches if their child is not feeling well
- Ensure their child's equipment and uniform are properly sanitized after each game and practice
- Provide their child with hand sanitizer for each game and practice
- Stay in their car during practices and games when social distancing is not feasible
- Stay in their car with their child until the arrival time for each game or practice
- Do not touch game balls during the course of a game (allow participating players, coaches, and referees to retrieve balls that go out of play)
- Leave the field promptly after each game or practice to minimize unnecessary contact with players, coaches, and spectators from the next game or practice

**From a player's perspective, we are asking players to:**

- Stay home if they are not comfortable returning to play
- Sanitize their hands before, during, and after practices
- Wash and sanitize their equipment after each practice and game
- Bring their own personal drinks to all team activities. Drinks should be labeled with the person's name. Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
- Not to share their water or equipment
- Players should wear cloth face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible.
- Players, especially at the younger divisions, are not required to wear a cloth face covering while on the field during game play.
- Players will be permitted to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian
- Respect social distancing and to place their equipment 6 feet apart from other players

**From a coach's perspective, we are asking coaches to:**

- Survey players and coaches in attendance of their health before practice
- Respect player and parents not comfortable with returning
- Confirm the attendance of all players and coaches at games and practice
- Respect social distancing and attempt to remain 6 feet apart from others
- Coaches, volunteers, referees, etc. should wear cloth face coverings whenever applicable and possible
- Monitor that there is no use of shared or team beverages or food
- Ensure any equipment used for practices are washed afterwards

Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Alternate signs of good sportsmanship (tipping of a cap, waving) after a game are

encouraged.

**As a Club and an Athletic Association as a whole, we will be:**

- Staggering the start times for practices and games to minimize an contact between players
- Communicating all recommended precautions and guidelines to provide a safe environment

**Suspected or Confirmed Cases of Covid-19 (Coronavirus):**

In the event of a suspected or confirmed case of Covid-19, we have established the following guidelines:

- Contact your child's coach and EFSA (via email at [efsasoccer@gmail.com](mailto:efsasoccer@gmail.com)) so we can communicate the risk of exposure to the rest of the teams/families. Be assured, we will not share any personal information – our communication will simply alert other participants that they may have come into contact with a suspected or confirmed case of COVID-19.
- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact health officials about suspected cases or exposure
- You should not attend any sports related activity until cleared by a medical professional

All of the above information are guidelines and recommendations based on the most current available information and are subject to change at any time.

The decision to participate in the sport is the sole decision of each family and EFSA is not responsible for anyone who contracts any illness, including COVID-19 as a result of participating with EFSA.

**PARTICIPATION WAIVER**

I understand and acknowledge that \_\_\_\_\_'s participation in the athletic program and related events and activities, including tournaments and games, offered by and in connection with PA WEST SOCCER ASSOCIATION may pose dangers and risks of possible exposure to and illness from infectious diseases, including but not limited to influenza and COVID-19. I understand that while particular rules and procedures may be in play and may reduce risk, the risk of serious illness or death exists. I understand that PA WEST SOCCER ASSOCIATION assumes no responsibility for any and all illness, disability, death or loss of damage to person or property in connection with my participation. I hereby waive, release, and discharge PA WEST SOCCER ASSOCIATION from any and all liabilities or claims, financial or otherwise, made as a result of participation in the athletic program and related events and activities.

\_\_\_\_\_ Participant Name (printed)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Signature, if age 18 or over

\_\_\_\_\_  
Date