*****Updated 4/27/2021******

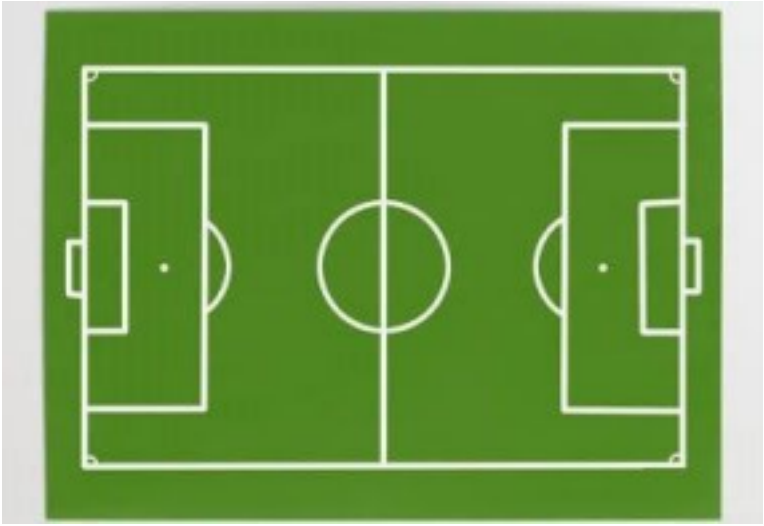
East Brunswick Soccer Club COVID-19 Guidelines Travel/ Recreation, and Visiting Teams

1. **Masks**:
   - ● All staff and spectators are required to properly cover their noses and mouths. Athletes and game officials are required to wear face coverings to and from the field.
   - ● Paid staff, Parent Managers, Coaches, and Trainers must wear a mask when on the field with players (does not apply to vaccinated personnel).
   - ● Masks are not required to be worn by anyone:
     - o Younger than two years old
     - o Anyone who has trouble breathing.
     - o If you've been fully vaccinated: You can gather or conduct activities outdoors without wearing a mask except in certain crowded settings.
     - o Anyone who is unconscious, incapacitated, or otherwise, unable to remove the mask without assistance.

2. **Hand Hygiene and Respiratory Etiquette:**
   - ● Athletes and coaches should wash their hands often with soap and water for at least 20 seconds.
   - ● If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (Stations are posted throughout the complex).
   - ● Spitting is not allowed
   - ● We encourage everyone to cover their mouth and nose with a tissue when coughing and sneezing. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.

3. Physical Distancing:
   - ● Upon arrival to the complex, athletes and their families should maintain at least 6 feet of distance between themselves and people they don't live with.
   - ● We discourage athletes, coaches, staff, and families from greeting others with physical contact (e.g., handshakes).
   - ● Please Limit the use of carpools. When riding in an automobile to a sports event, we encourage players to ride to the sports event with persons living in their same household.
   - ● Players will not utilize benches on the field, and bleachers have been blocked off.
   - ● Players and Coaching staff will be separate from spectators
   - ● EBSC spectators and opposing visiting teams will remain separated on the spectator sideline(see diagram below).

EBSC Team XXXXX VISITORS TeamXXXXX



EBSC XXXXXXX VISITORS_____

Spectators XXXXXXX Spectators____

4. Staying Home When Appropriate:

- Staff, families, spectators, and players must stay home if they have tested positive for COVID-19, are showing COVID-19 symptoms, or if they have had close contact with a person who has tested positive for or who has symptoms of COVID-19.
- Parents must check the player's temperature before training. Anything over 100.4 will be reported to the team coach/manager.
- If you or your family are returning from a vacation outside of our immediate region of NY, PA, CT, and DE, please follow the below guidelines:

  - After you travel:
  - Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
  - Even if you test negative, stay home and self-quarantine for the full 7 days.
  - If your test is positive, isolate yourself to protect others from getting infected.
  - If you don't get tested, stay home and self-quarantine for 10 days after travel.

******The 10 day period does not include the day of travel******

EX: If you are traveled on Jan 1st, your return to play date would Jan 11th.

5. Reporting:

- Individuals (staff members or players) who have symptoms upon arrival to program events or who become sick during an event should immediately be separated from others by a designated staff member.
- All issues or concerns should be directed to the EBSC Covid Coordinators: Chris Kozak and Candice Burgess, at the email address listed below.
- **covid.ebsc@gmail.com**
- All team Teamsnap health checks reports must be emailed to ebsoccer.reports@gmail.com no later than 24hrs after the completion of your game (s).

*****Visiting teams must provide an email verifying the health of all players at the time of the game.**
Visiting teams must send team health check reports at least 1 hour before the start of the game. ***

Additional information:

- Should the need arise, all parents will be notified directly if there is a chance of community spread to a team.

Disinfection and Sanitization:

- EBSC has hand sanitizer stations throughout the park for the players and coaches to use.
- Coaches will disinfect equipment after every use.
- EBSC will disinfect and sanitize the snack bar routinely, ensuring all high-touch surfaces are monitored.

· Program Operation:

- Currently, all programs will operate under the NJ Return to Play guidelines as well as the CDC recommendations for youth sports.
- No sharing of clothing between players
- No player benches on grass and turf
- No sharing of water jugs or bottles
- Parents should sanitize all equipment before and after training sessions
- Players are responsible for bringing personal hand sanitizers and additional masks as needed.