

## **Hell's Canyon FC COVID-19 Operation Plan: Return to Play**

Last update: 6/3, 11:10pm

Approved by Competition Committee 6/3, 6:48pm

### **Operational Plan to mitigate risk of spreading COVID-19**

This plan is based on recommendations from Center for Disease Control (CDC), Idaho Rebounds, Idaho Youth Soccer Association (IYSA), Public Health – Idaho North Central District (PH-INCD), United States Olympic & Paralympic Committee (USOPC).

Date of Restart: June 8

Date of Full Reopening: June 22. This will include any free play offerings to all programs

This plan must be distributed to all members. Any member not complying with these guidelines will be asked to leave the facility.

### **Social Distancing – 6'**

1. Activities will be designed to maintain 6' of social distancing between players and coaches. Contact between players will be limited
2. Players will be assigned training pods consisting of 10 or fewer players
3. Player numbers will be limited to fewer than 50 participants per field
4. Adjacent fields can NOT be used simultaneously
5. Transportation to and from activities should not be shared (carpooling). Players arriving by carpool will train in the same training pod
6. People not registered to HCFC are not allowed at the fields (adults must be registered coaches or managers). Parents are not allowed entrance to the facility.
7. No sharing of water bottles; water bottles/bags will be placed 6' from one another
8. All activities will remain local
9. Coaches will coach from a centralized area, not within any training pod

### **Mitigating Risk**

1. Participation is voluntary. No player will face disciplinary action if they chose to not participate; any player who opts to not participate will have the full support of the club, the coaches, and the team
2. There will be no physical contact between players, or between coaches and players – no high-fives, no hugs, no slaps on the back
3. Players or adults may not enter the facility if any member of a player's family, or a person with whom they have close contact, has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 within the prior 14 days
4. Players, coaches, managers may only enter the facility after having their temperature checked. Any individual recording a temperature over 100.4°F will not be allowed to enter the facility.
5. Players should have their temperature checked at home before leaving. If the player exhibits an elevated temperature they must stay home

6. Any person exhibiting any symptoms will not be allowed to enter the facility. Symptoms include: fever or feverishness, cough, shortness of breath or difficulty breathing, chills or shaking chills, muscle pain, headache, sore throat, and new loss of taste or smell. HCFC staff will administer screening questions about illness in entering participants and members of the participant's household.
7. Players will be issued a training bib for each session. Bibs are not to be shared. At the end of training the players will place the bibs in a pile to be collected and washed by the coach after training.
8. Masks / Face Covers / Personal Protective Equipment (PPE) (Copied From US Soccer)
  - a. All participants (coaches, players, referees, instructors, administrators) are recommended to wear new or clean PPE upon arrival, departure and when not physically active during activities.
  - b. PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow CDC guidelines.
  - c. PPE should be new or clean for each training session; and disposed or thoroughly cleaned after each training session.
  - d. Provided all screening, hygiene and social distancing measures are followed, masks are not mandatory for players/coaches/referees/instructors/participants during exertional moments of training (i.e. when physically active). PPE may obscure vision, increase respiratory challenges, or increase other injury risk while being physically active.
    - i. For players and team/club staff that choose to wear PPE while physically exerting themselves, the following should be considered:
      1. Discuss with your primary care physician if any medical conditions pre-dispose you to avoid the use of a face cover while participating in physical activity.
      2. PPE should be breathable and not prevent or disrupt ventilation.
      3. PPE should not obscure the individual's vision.
      4. PPE should not pose a risk to another participant.
      5. PPE should be in good maintenance, at the responsibility of the individual.
    - ii. Guidelines may change based on evolving medical and health information, as well as local state or federal guidelines.

## Hygiene

1. Hand sanitizer will be provided to participants upon entry and exit of the facility
2. Players, coaches, screeners are expected to follow hygiene protocols as recommended by the CDC:
  - a. Wash hands before leaving for training and upon returning home from training
  - b. Do not touch face
  - c. Do not put hands in mouth
  - d. Cover mouth and nose with tissue when coughing or sneezing; wash or sanitize hands after throwing tissue in trash
3. Players will not be allowed to bring their own ball or unnecessary equipment inside the facility. The club will provide all necessary equipment.

4. Players will not touch any equipment except the ball. Coaches will set-up and move all equipment.
5. Equipment will be disinfected before and after each training session
6. Players are encouraged to use the bathroom at home prior to training to lessen the use of public facilities.
7. Clothes worn by player should be washed after every training session
8. Players will enter the facility and exit the facility at different points.
  - a. Smith Field
    - i. Entrance at gate on 14<sup>th</sup> Street across from Bryden Ave
    - ii. Exit at gate on Airway Ave (parking lot)
  - b. Walker Field
    - i. Entrance at ticket gate Preston Ave
    - ii. Exit at ticket ticket gate on 4<sup>th</sup> Street

## SMITH FIELD



## WALKER FIELD



### Reporting/Tracing

1. Confidentiality will be maintained at all times
2. Parents must notify the club if their child exhibits any symptoms
3. Any lab-detected case of COVID-19 within a member family must be reported to the club

- a. Any reported case of COVID-19 will result in that training pod to be shut down for 2 weeks
  - b. Any two reported cases of COVID-19 within a team roster will result in that team being shut down for 2 weeks
4. The club must notify the Public Health – Idaho North Central District (PH-INCD) of any reported cases
5. The club must notify members of any confirmed COVID-19 cases reported within membership
6. If any cases are reported within membership, HCFC will cease all operations until further notice

## References

Center for Disease Control. <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/index.html>. Accessed May 15, 2020.

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