

PSC COVID-19 MITIGATION PLAN

This document has been established based upon the Alaska Youth Soccer Associations Return (AYSA) to Play Protocols 2021, which was established in conjunction with guidance from Governor Mike Dunleavy's Reopen Alaska Responsibly Plan, as well as guidance based upon communication with the Alaska Health and Social Services (AHSS). This means that this guidance can change at a moments notice. Notification on any changes will be emailed, posted on www.palmersoccerclub.com (when available), displayed at the indoor gym location and given to the coaches for distribution to parents.

COVID-19 is spread through the air from person to person who are in close contact with one another, through respiratory droplets produced when an infected person coughs, sneezes, or talks.

These facts are vitally important when considering engaging in youth sporting activities. There are reasonably safe ways to hold indoor sports activities. Certain precautions taken to mitigate the spread of COVID-19 can and will be applied to youth sports, the infection control measures that can be put in place in these settings will differ from those that are suitable for other social, business and commercial settings.

Every adult who is responsible for providing care for youth in these settings must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and NOT send them to participate in sporting activities if they exhibit any symptoms of COVID-19. They should seek COVID-19 testing promptly and report results to the program given the implications for other children, families, and staff.

Please note, public health guidance and the following protocols CANNOT anticipate every unique situation. Please keep player safety the #1 priority.

Protocols For Play Phases I – IV Overview

It is imperative that staff and parents watch for any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees F.
- Known close contact with a person who is lab confirmed to have COVID-19

If any PSC member or anyone in that member's household gets any of these symptoms, NOTIFY your Health Care Provider and PSC of the symptoms, STAY HOME and do not return to the PSC practices/games until:

At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); AND the individual has improvement in symptoms (e.g., cough, shortness of breath); AND at least 14 days have passed since symptoms first appeared; or

If an individual has symptoms that could be COVID-19 and wants to return to the PSC practices/games before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on a negative COVID-19 test.

In case of any COVID-19 contractions, the player's name will be kept confidential, PSC will notify the AHSS through contact with AYSA, and any decisions on future practices and games for that team will be made with AHSS and AYSA guidance.

PSC COVID Mitigation Activities

- Have separate entrance and exit points. Use signage for direction of walking traffic.
- Increased time between activities, to ensure separate groups arriving and departing
- COVID signage
- Temperature checks upon entry
- PSC staff will clean any used pennies after every practice.
- PSC will provide daily sanitization protocols for common surfaces, restrooms, recreational equipment, and facilities.
- Disinfecting wipes are available in every coach bag. Disinfectant is also readily available on the tables inside the gym.
- Comply with All Federal, State, and Borough Mandates/ Emergency Orders, and Division of Public Health Guidelines for the appropriate number of people in one group and face covering guidelines
- Ensure Health Status Agreements have been signed and collected for each athlete
- Email president@palmersoccerclub.com with any COVID-19 questions or concerns.

Health protocol for players

- Players to use own equipment, set apart bag from others
- Arrive to and leave facility fully dressed (uniform, shoes, guards, etc.)
- Limit carpooling to only members of the same family.
- Hand sanitizer to use before, during and after training/ game
- Players gear and equipment to be washed and sanitized before/ after training/ game
- Wearing a mask to/ from the facility and when not physically active during the training/ game. (Follow Boroughs E/O's)
- When breathing hard, maintain physical distancing of 10 feet except when actively playing.
- Avoid sharing equipment, practice vest, snacks, and water bottles -energy drinks/ supplements
- Players must bring their own water. No sharing.
- Social distancing maintained before/ after activity, sidelines, and facility entrance/ exit routes

- Players should not pick up field equipment, move goals, or handle training equipment
- Players and teams should “Avoid Group Celebrations” as part of activity and consider socially distanced celebrations
- Players uncomfortable with Return to Play, should wait until they are ready to play
- If you are sick or feel sick, or an at-risk individual STAY HOME PARENTS/SPECTATORS

Health protocol for spectators

- Parents and guardians who choose to attend are requested to follow spectator policy.
- All participants attending should take temperature prior to and stay home if 100 degrees or higher; includes players
- Parents, guardians, and spectators are to wear a mask to/ from facility, and when inside the facility for the activity
- Follow All Federal, State, and Borough Mandates, and Division of Public Health Guidelines for the appropriate number of people in one group, distancing six feet apart, and face covering guidelines
- You should not congregate together and must follow social distancing guidelines
- Do not bring a team snack that is shared among the team members
- Parents and guardians should support the coach and organization in adhering to ALL the safety recommendations.

Health protocols for Referees

- Masks required during pregame check/ when leaving the field; must follow all Borough E/O’s regarding mask wearing.
- Only use own equipment (flags, etc.); if must share yours, sanitize before/after use by another
- Use sanitizer before/after each game, have a supply of sanitizer, disinfectant wipes, latex gloves and tissues, face mask if desired
- Should allow when possible to remain Ten (10) feet for social distancing prior, during and after the game
- No pre-game coin toss; Home team chooses direction and No pre or post game handshakes
- Role is not to enforce the protocols; role is to note and report instances of non-compliance to Alaska Youth Soccer