

PELADA FOOTBALL ACADEMY



COVID-19 POLICY HANDBOOK

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100 | RULES FOR RETURN TO PLAY

101 | SAFE RETURN TO PLAY RULES FOR CLUB

Pelada Football Academy will be responsible for creating, enacting, and enforcing the following protocols for a safe return to play.

- Designate Covid Compliance Committee to create, oversee, and enact safety protocols.
- Maintain a written communicable disease management plan.
- Monitor guidance from government and health authorities and update membership with appropriate changes to policy.
- Provide training in safety practices for coaches/staff.
- Provide coaches with session plans that have been designed and optimized for the social distancing environment.
- Provide symptom screening protocols for both staff and participants.
- Provide entrance and exit protocol for all venues to meet social distancing requirements.
- Provide and maintain sanitation facilities.
- Provide a designated staff or board member who has been trained on all the policies in this document to oversee and enforce their implementation during field activities.
- Ensure sufficient field space for social distancing during all activities (minimum of 1/4 field per group of 10).
- Maintain an action plan in case a player or coach develops symptoms or tests positive for COVID.
- Work with local health authorities to assist in contact tracing in the event that a participant becomes sick with COVID.

102 | SAFE RETURN TO PLAY RULES FOR COACHES

Pelada Football Academy coaches will be responsible for knowing and enforcing the following safety guidelines.

- Follow all protocols related to health and safety, including social distancing (maintain distance of six feet or more at all times).
- Enforce rules and guidelines with players.
- Monitor personal health and hygiene; stay home if feeling sick.
- Complete self-check for temperature and other symptoms 30 minutes prior to each session.
- Wash hands before and after training sessions.
- Wear a mask at all times.
- When possible, use gloves to handle equipment.
- Do not allow players to touch equipment.
- Wash/sanitize equipment after training.
- No group celebrations, high 5's, hugs, handshakes, or contact with others.
- Promote fun, social engagement, and safety as your top priorities.
- Be respectful of your players and fellow coaches, especially in any matters relating to post-COVID discomfort or anxiety.

103 | SAFE RETURN TO PLAY RULES FOR PLAYERS

Pelada Football Academy players will be responsible for knowing and following the safety guidelines listed below.

- Practice social distancing.
- Follow all safety rules and guidelines and support your teammates in following them.
- Wash hands before and after training.
- Wash/sanitize your clothes and equipment before and after training.
- Bring enough water. Water fountains are off limits and bottles cannot be shared!
- Keep bags, bottles, and personal belongings at least six feet away from those of other players.
- Don't touch anything that doesn't belong to you.
- Don't intermingle with players from other groups before, during, or after sessions.
- No high 5's, handshakes, group celebrations, or contact with other players.
- No spitting.
- Masks are allowed, but not required. If worn, touch them as little as possible.
- Be respectful of your teammates and coaches, especially in any matters relating to post-COVID discomfort or anxiety.

104 | SAFE RETURN TO PLAY RULES FOR FAMILIES

Families of Pelada Football Academy players will be responsible for knowing and following the safety guidelines listed below.

- Ensure players are healthy before attending activities. Take temperature 30 minutes prior to start.
- Notify Pelada FA staff immediately if a player or family member starts to display symptoms or becomes sick.
- Complete a [Pre-Participation Screening](#) no later than 5pm on the day prior to the first day of each camp and/or training week.
- Complete [Contactless Check-In](#) from a mobile device each time you drop off your player.
- Complete [Contactless Pick-Up](#) from a mobile device each time you pick up your player.
- No carpooling outside of your cohort.
- Remain in the car when dropping your player off.
- Ensure player's equipment is washed/sanitized before and after training.
- Help us by reviewing and reinforcing these guidelines with your player before attending soccer activities.

200 | COMMUNICABLE DISEASE MANAGEMENT PLAN

201 | OVERVIEW

MANAGEMENT PLAN: Pelada will maintain a written communicable disease management plan. This plan will include:

- 202 - A process and record keeping to assist the Local Public Health Authority as needed with contact tracing;
- 203 - A protocol for screening campers and staff for symptoms;
- 204 - A protocol to restrict from camp any ill or exposed persons; and
- 205 - Protocols to notify the local public health authority (LPHA) of any confirmed COVID-19 cases among campers or staff;
- 206 - Plan for cessation of activities if COVID cases are identified.
- 300 - Operational guidelines for coaches and staff to follow before, during, and after activities.

COVID COMPLIANCE COMMITTEE: Pelada will create a committee to oversee COVID-related policies and activities during the COVID period. This committee's roles and responsibilities will include the following:

- Create, oversee, and keep up to date actionable policies related to COVID safety and compliance with the most current state rules and guidelines;
- Partner with the Director and Board to educate staff on COVID related topics;
- Monitor Pre-Screening Form responses and follow up with families if needed;
- Monitor Pick-Up and Drop-Off Form responses and follow up with families if needed;
- Instruct coaches in on-site practices to support Pre-Screening, Pick-Up, Drop-Off, attendance, and record keeping requirements;
- Coordinate sanitization efforts and work with facilities to maintain restrooms and field safety.
- Keep records of daily attendance, staff and participant groupings, and any incidents reported during camp;
- Coordinate reporting of illness to state authorities, Pelada staff, and affected families.

202 | DOCUMENTATION & CONTACT TRACING

DOCUMENT: Pelada will maintain daily logs that document stable player groups and coaches. This will serve to establish compliance and to support contact tracing in the event that a participant develops symptoms or tests positive for COVID-19. Documentation must contain contact information for all participants and staff, and logs must be maintained for a minimum of four weeks after completion of each event.

RECORD KEEPING: Keep daily logs for each stable group that record the following data:

- Child name;
- Drop-off/ Pick-up time;
- Adult completing Drop-off/ Pick-up;
- Emergency contact information;
- Symptom screening responses;
- List of all staff that interact with a stable group of children (including floater staff).

203 | SYMPTOM SCREENING

SCREENING: Precautionary screening measures will include an online check-in one day prior to each event or event week, daily mobile-friendly drop-off and pick-up reports, and onsite check-in procedures:

- **PRE-CAMP SCREENING:** Online form will educate participants about rules, expectations, and safety requirements while also collecting information relating to illness, travel, or possible exposure during the preceding 14 days.
- **ONSITE SCREENING:** Process for onsite check-in and attendance recording including brief questions to identify symptoms such as fever, chills, cough, and shortness of breath. Staff and players will be required to take a temperature reading 30 minutes before entering. Anyone with a reading of over 100.4°F will not be allowed to enter.
- **MONITORING DIGITAL RECORDS:** Pre-Screening responses will be reviewed one day prior to each event and Drop-off/Pick-up responses will be monitored in real time.

204 | SYMPTOM-BASED RESTRICTIONS & RETURN TO PARTICIPATION

GENERAL GUIDELINES: If a possible infection risk is identified during Pre-Screening, implement the following safety measures:

- Restrict from activities any participant or staff member known to have been exposed to COVID within the preceding 14 days;
- Instruct parents to keep participants home if they or anyone in their household have recently had an illness with fever or cough;
- Instruct staff not to work if they or anyone in their household have recently had an illness with fever or cough;
- Players and/or staff members should remain home for at least 10 days after illness onset and 72 hours after fever and symptoms are gone (without use of fever reducing medicine);
- Staff or participants who have a cough that is not a new onset cough (e.g. asthma, allergies, etc.), do not need to be excluded from camp.

EMERGENCY ACTION PLAN: If a possible infection risk is identified onsite after contact has occurred, the following action plan will be implemented:

- If still onsite, isolate the individual experiencing symptoms;
- Notify the individual's parents and maintain continual supervision (while observing precautionary distancing protocols) until he or she is picked up;
- Increase social distancing measures with remaining cohort members;
- Notify cohort families via email and phone that possible symptoms have been identified and they may pick up their players early if they wish to (include instructions for pick-up);
- Maintain supervision and provide extra-distanced activities for remaining cohort members until they are picked up;
- Parents must call the onsite coordinator when they arrive for pick-up and players will be dismissed to their vehicles one at a time;
- Stay in contact with the affected individual to monitor progression of symptoms and provide same day updates with information regarding continuation or cancelation of activities to the rest of the group.

RETURN TO PARTICIPATION: Before a participant or staff member is allowed to return to activities they must provide documentation that at least 10 days have passed since the onset of symptoms and that 72 hours have passed symptom free without the use of medications.

Whenever possible, one of the following should also be provided:

- A test result showing negative for COVID infection or antibodies indicating virus is no longer active;
- A signed medical release indicating the participant is safe to return to activities.

205 | REPORTING & MONITORING POSSIBLE CASES

REPORTING AND MONITORING WITHIN CLUB: All staff, members, and representatives of Pelada FA will be required to inform the COVID Compliance Committee immediately of any players or staff experiencing possible symptoms.

- If symptoms are inconclusive (one symptom, mild onset), notify families in affected cohorts of possible risk and present the club's action plan for monitoring, updating, and possible cancellation of the event.
- If a case is confirmed or symptoms indicate high probability of COVID infection (positive test, multiple symptoms, moderate-to-severe onset), notify families in affected cohorts and suspend activities immediately. Communicate the club's action plan for cancellation, monitoring, updating, and reporting to health authorities.
- Communicate with any families or staff who may have come in contact with the affected individual or cohort in the past 14 days.
- Maintain regular communication with family cohorts over the next 14 days to identify possible infection clusters.

NOTIFYING HEALTH AUTHORITIES:

- In the event of a positive COVID test the Compliance Committee will report to and consult with the [Lane County Health and Human Services](#) 24/7 Disease Reporting Line (541-682-4041) regarding next steps and possible program closure.
- If infection clusters result, the club will maintain communication with Lane County Health and Human Services to assist in contact tracing.

206 | CESSATION OF ACTIVITIES

CRITERIA FOR CANCELLATION: Events may be postponed or cancelled on short notice based on the following criteria:

- If symptoms are inconclusive (one symptom, mild onset), the participant should be closely monitored for change in symptoms throughout the next 24 hours.
- If symptoms indicate high probability of COVID infection (multiple symptoms, moderate-to-severe onset), remaining activities should be cancelled for all players and staff in affected cohorts.
- If a case or multiple cases are confirmed by test, remaining activities should be cancelled for all cohorts in the affected camp or training event.

RESUMPTION OF ACTIVITIES: If suspected cases are confirmed negative by testing, activities may be resumed immediately.

300 | OPERATIONAL GUIDELINES

301 | PHYSICAL DISTANCING

STABLE GROUPS: Stable groups (cohorts) will be established for each event consisting of a maximum group size of 10 or fewer children (the same 10 or fewer children in the group each day). Stable groups may change no more frequently than once per week.

- Cohorts will be kept separate from other cohorts at all times, including before and after the sessions.
- Transitions will be carefully managed to prevent members of different cohorts from interacting during restroom, water, or meal breaks and while moving between spaces.
- Before and after care must be carefully managed to maintain participants in the same stable cohort in which they spend the session.

STAFF: The number of staff interacting with each group of children will be minimized.

- Staff are expected to observe the same social distancing measures as players, including non-interaction between leaders of separate cohorts.
- Up to two staff will be dedicated to each stable cohort and should not move between groups if at all possible.
- Staff who interact with multiple cohorts must wear a mask and sanitize their hands before moving between groups.

ACTIVITIES: Daily activities and curriculum will support physical distancing, striving to maintain at least 6 feet between individuals whenever possible.

- Eliminate large group activities;
- Plan for primarily non-contact activities;
- Limit duration and frequency of contact-based activities;
- Establish separate, clearly marked areas for individual and partner based activities to take place;
- Plan set-ups and movement patterns for activities that ensure six feet of distance between participants is maintained.

VISITORS: Parents should not attend training sessions and are asked to remain in their vehicles when dropping off and picking up. If a family member or caretaker has to be present, face

coverings must be worn and six feet distancing between all persons must be maintained at all times. Anyone entering the event location must sanitize his or her hands before entering.

302 | STAFF TRAINING

INITIAL TRAINING: Rules and expectations will be communicated to coaches/staff prior to the restart of activities in the following ways:

- **DIGITAL** - Rules and best practices for coaches, COVID policies, curriculum, and instructions relating to the coaches role in record keeping and reporting will be delivered via email and other electronic methods.
- **VIDEO CONFERENCE** - Director will provide training on key points of policy and practices via video conference.
- **IN-PERSON** - Director will provide training on key points of curriculum and field practices via on-field training.

CURRICULUM: The Director will prepare and deliver standard sessions and training exercises to coaches to ensure that all activities are planned ahead of time with the requirements of social distancing and player safety in mind.

ONGOING TRAINING: The Director will supervise activities, identify needs for continued learning/training, and address them quickly as they arise.

303 | MANAGEMENT OF EQUIPMENT

CLUB OWNED EQUIPMENT: Cones, goals, balls, and other equipment supplied by the club/coach will be used by only one cohort at a time. When possible, equipment should be sanitized after each session. During set-up and clean-up before and after field sessions, coaches will take the following precautions in handling equipment:

- 1) Wash hands;
- 2) Put on disposable gloves;
- 3) Set up/pack up equipment;
- 4) Remove and dispose of gloves;
- 5) Wash hands.

PLAYER OWNED EQUIPMENT: Balls and any other equipment brought by players should be used only by that individual. Players are responsible for sanitizing their own equipment prior to arriving at the field.

304 | FACILITIES, RESTROOMS, & SANITATION

COLLABORATION WITH FACILITY MANAGEMENT: Pelada will communicate with facility managers to coordinate efforts, ensure that sanitation requirements are being met, and that possible overlapping use with outside groups is being overseen and documented.

FOOT TRAFFIC: Pelada will establish one-way flow protocols for foot traffic as well as safe drop-off and pick-up instructions for each facility used.

RESTROOMS: Whenever possible, Pelada will provide a separate restroom for each cohort present at an event and will ensure that they are sanitized prior to the start of each session.

- If it is necessary to allow more than one cohort to share a restroom, staff will supervise the use of facilities to ensure that they are used by only one individual at a time and that all possible measures are taken to reduce the risk of transference.

HAND WASHING STATIONS: Whenever possible, Pelada will provide separate hand washing stations/facilities for each cohort present at an event and will ensure that they are sanitized prior to the start of each session.

- If it is necessary to allow more than one cohort to share hand washing stations, staff will supervise the use of facilities to ensure that they are used by only one individual at a time and that all possible measures are taken to reduce the risk of transference.

305 | FOOD SAFETY

HANDWASHING: Everyone must wash hands before eating.

- Participants and staff should wash hands with soap and water prior to eating. In circumstances where use of soap and water is not possible because of lack of running water, using alcohol-based hand sanitizer (60-95%) is acceptable.
- If multiple handwashing stations are not available, stagger break and/or snack times between cohorts to avoid long lines at washing stations.

- Anyone who is wearing a mask should only touch it, including taking it off to eat or drink, immediately after washing hands.

FOOD AND EATING AREAS: Social distancing guidelines must be followed during all snack times.

- Participants should bring their own food and will be instructed not to share food with other participants.
- Participants should eat food next to their designated gear area and remain at least six feet apart while eating.
- Coaches will give instruction on what to do after finishing eating. It is not acceptable for participants or staff to grab gear and start playing around unsupervised.

306 | HIGH RISK PARTICIPANTS

HIGH RISK FACTORS: According to the [CDC](#), individuals who fit these categories may be at high risk of severe illness from COVID-19:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised. Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - People with severe obesity (body mass index [BMI] of 40 or higher)
 - People with diabetes
 - People with chronic kidney disease undergoing dialysis
 - People with liver disease

PARTICIPATION REQUIREMENTS FOR FAMILIES WITH HIGH RISK FACTORS: Participants with one of the above conditions or living with someone in a high risk category in their household will not be excluded, but should consider the increased risks of participation prior to joining in group activities.

400 | ASSUMPTION OF THE RISK RELATING TO CORONAVIRUS (COVID-19) AND WAIVER OF LIABILITY

Pelada Football Academy (the “Club”) is authorized to return to play by the State of Oregon pursuant to the health and safety regulations currently in effect (as may be modified) in response to the pandemic known as the “COVID-19” virus. The Club is committed to following best practices as published by federal and state health authorities to protect your children and our athletes (the “Athlete” or “Athletes”). This **ASSUMPTION OF THE RISK RELATING TO CORONAVIRUS (COVID-19) AND WAIVER OF LIABILITY** is known as the “Agreement”).

The Club, even following best practices, cannot eliminate the potential risk of infection to its staff, Athletes, and their families. The COVID-19 virus is extremely contagious and spreads primarily through person-to-person contact. The Club can only monitor the safety measures taken by its staff and those measures taken within its training spaces: The Club has no control over where an Athlete may go outside of practice or with whom that Athlete may interact. Allowing your Athlete to return to play with the Club is your acknowledgment that the Club **cannot guarantee** that you or your Athlete will not come into contact with or become infected by the COVID-19 virus. The mere physical presence at Club activities could **increase your risk** and your child Athlete of contracting the disease.

To manage this risk, the Club, through its coaches and staff (collectively, “Staff”), the Athletes, and each Parent must cooperate to comply with preventive measures and health guidelines including but not limited to the following:

- A Staff, Athlete or parent will not attend a Club activity if exhibiting signs or symptoms of COVID-19 in the prior 14 days or is exposed to someone that has been ill in the prior 14 days;
- Each Staff, Athlete or parent should take a body temperature measurement 30 minutes before each activity;
- The Staff will communicate regularly with each Athlete and observe Athletes for any signs or symptoms of the COVID-19 virus;
- Training sessions will ensure social distancing can be maintained;
- Athletes should properly sanitize their equipment after every session;
- Athletes must use their own water bottle, towel, and personal hygiene products;
- Physical contact between Athletes during training will be in alignment with developing medical guidance;
- The Club will maintain disinfectant equipment before and after activities;
- Staff will wear appropriate personal protective equipment; and,
- Athletes **will be allowed but are not required** to wear a cloth, surgical, or similar face covering during activities.

By signing below, you (on behalf of yourself and your children as “**You**”): (1) acknowledge the risk of infection with the COVID-19 virus notwithstanding the Club’s effort to mitigate this risk; (2) voluntarily agree to follow reasonable instructions by the Club, set forth above and as may be required in the future from time-to-time, to mitigate the risk of infection to You, the Staff, and the Clubs’ Athletes; and (3) You assume the risks of infection by the COVID-19 virus in participating in soccer activities offered by the Club. Activities include practices, matches, team activities and possibly travel to other facilities not under the control of the Club for soccer matches.

By signing below, you **represent that you have carefully reviewed and fully considered this document, made the representations in this Agreement voluntarily and agree to the following waiver of Club’s liability:**

RELEASE CLAUSE. I voluntarily agree to assume all of the foregoing risks described in this Agreement and accept sole responsibility for any injury to my child(ren) and myself related to or arising from the COVID-19 virus, including, but not limited to, personal injury, illness, death, damage, monetary loss, claim, liability, or expense of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s participation at the Club or Club activities (“**Claims**”). On my behalf, and on behalf of my child(ren), I hereby release the Club, Oregon Youth Soccer Association (“**OYSA**”), US Youth Soccer, US Soccer and each of their officers, directors, employees, agents, coaches, independent contractors, chaperones, representatives, and members of the Club from any and all claims, demands, and causes of action, whether resulting from negligence or otherwise, of every nature and in conjunction with a Club activity as set forth in this Agreement.

Signature of Parent/Guardian

Date

Print Name of Parent/Guardian

PRINT THE NAME(S) BELOW OF THE MINOR CHILD(REN) FOR WHOM YOU ARE SIGNING THIS WAIVER AND RELEASE
