



2021 Winter Youth Soccer COVID-19 Policies and Procedures

Revised 12.18.2020



Our Goals

Safety

Harker Heights Parks and Recreation is focused on the safety of staff and citizen safety. In consideration of Governor Abbott's guidelines, CDC recommendations, U.S. Soccer recommendations, and City/County guidelines, we have created this document to layout Harker Heights Parks and Recreation's 2020 Fall Soccer reopening plan.

Service

Our goal is to provide the best service possible in all parks through all programs. We ask that you are patient with us as we work through reopening and that all staff and citizens abide by the guidelines in this document to allow for safe service.

Youth

The purpose for the Harker Heights Parks and Recreation youth athletic programs has always and will always be the safe, fun, and equitable participation of youth in sports. Our goal is to offer the chance for children to be outside, be physically active, and to be safe. As we return to a new normal, the help of all involved is paramount in accomplishing these goals is as important as ever. We ask that all patrons remember:

1. These are kids.
2. Officials are human.
3. Coaches are volunteers.
4. This is for fun.
5. Stop the spread.

2021 Winter Youth Soccer COVID-19 Procedures

All following recommendations are made with the guidelines of US Soccer, US Youth Soccer – South Texas, Bell County, The Texas Governor, and CDC in mind. Please check <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html> for most up to date information.

◇ Stop the Spread

- Anyone who contracts COVID-19 shall remotely contact the Harker Heights Parks and Recreation Department which will confidentially alert the coach and team immediately.
- According to the CDC, anyone who thinks or knows they had COVID-19 and had symptoms may return to play after all the following criteria are met:
 - ☐ 10 days since symptoms first appeared
 - and
 - ☐ 24 hours with no fever without the use of fever-reducing medications
 - and
 - ☐ Other symptoms of COVID-19 are improving*
 - **Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*
 - ☐ Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.
 - ☐ Note that these recommendations do not apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for: “I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication.”
- According to the CDC, anyone who tested positive for COVID-19 but had no symptoms may return to play after all the following criteria are met:
 - ☐ If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.
 - ☐ If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”
- According to the CDC, anyone who was severely ill with COVID-19 or has a weakened immune system (immunocompromised) due to a health condition or medication may return after all the following criteria are met:
 - ☐ People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. Persons who are severely immunocompromised may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.
 - ☐ Your doctor may work with an infectious disease expert or your local health department to determine whether testing will be necessary before you can be around others.
- According to the CDC, anyone who has been around a person with COVID-19 may return to play after all the following criteria are met:
 - ☐ Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.
 - ☐ The best way to protect yourself and others is to stay home for 14 days if you think you have been exposed to someone who has COVID-19. Check your local health department’s website for information about options in your area to possibly shorten this quarantine period.
 - ☐ However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home.
 - ☐ Has COVID-19 illness within the previous 3 months
 - and
 - ☐ Has recovered

and

- ☐ Remains without COVID-19 symptoms (for example, cough, shortness of breath)

◇ Employees

- Employees are to wash their hand with soap and water regularly.
- Employees are to maintain a 6 ft. distance from patrons and co-workers unless essential job duties are being performed.
- Employees must wear face covering.
- Employees should immediately sanitize their hands after interacting with patrons or co-workers if they are not able to immediately wash their hands with soap and water.
- Employees who are feeling feverish or have a measured temperature greater than or equal to 100.0 degrees Fahrenheit will be sent home.
- Employees are to stay home if they feel sick or show any symptoms of COVID-19 infection.
- Employees who have known close contact with a person who is lab confirmed to have COVID-19 are to stay home.
- Employees will be provided the following items for individual use:
 - ☐ Name Badge
 - ☐ CPR Mask
 - ☐ Hand Sanitizer
- Items that are commonly touched must be sanitized before being used.
- Employees may not touch or share other employees' individual equipment.

◇ Patrons

- Patrons should conduct a daily temperature check for low grade fever (>100.4.) at home before training or conduct a daily health questionnaire online with the "Coronavirus Self-Checker," made available by the CDC.
- Patrons who are feeling feverish or have a measured temperature greater than or equal to 100.0 degrees Fahrenheit are to stay at home.
- Patrons are to stay home if they feel sick or show any symptoms of COVID-19 infection.
- Patrons who have known close contact with a person who is lab confirmed to have COVID-19 are to stay home.
- Patrons should wash their hand with soap and water regularly.
- Patrons are required to wear face coverings.
- Patrons are encouraged to not congregate in groups of 10 or more unless part of the same household.
- Patrons will be instructed by staff on the dangers of being in groups of 10 or more.
- Patrons are encouraged to maintain a 6 ft. social distance from other patrons and staff unless part of the same household.
- Patrons should immediately sanitize their hands after interacting with other patrons or staff if they are not able to immediately wash their hands with soap and water.
- Patrons are to bring and use their own personal items including but not limited to:
 - ☐ Bottled Water
 - ☐ Towels
 - ☐ Gloves
 - ☐ Practice Jersey
 - ☐ No Glass Containers Allowed

- ☐ Patrons are encouraged not to bring shared snacks and drinks.

◇ *Participants*

- Participants should dress at home in gear and arrive prepared to practice or compete.
- Participants should avoid bringing any unnecessary belongings to the training or competition.
- Participants should bring at least two bottles of water for training and matches.
- Participants who plan to wear a mask while participating should consider bringing additional mask to change.
- Participants are not recommended to bring their own balls.
- Participants are encouraged to participate in local events only and to avoid travel events.
- Participants are encouraged to travel to practice or competition with members of their household or those who have safe COVID practices.
- Participants are encouraged to have household members remain in their car during practice.
- Participants are encouraged to have only 1 household member present during games.
- Warmups should not begin until previous teams have left the field.
- All high fives, handshakes, and other sportsmanship contact should be eliminated.
- Participants are encouraged to wear face coverings and social distance when not physically active for practice or games.
- Participants are encouraged to leave the field of play after competitions have finished.
- All individual gear should be cleaned and sanitized after every session.

◇ *Facility*

- Fields at Summit Soccer Complex will be spaced out to allow for players and parents to social distance.
- Social distance markers may be painted on the sidelines to help promote social distancing.
- Foot operated hand sanitizing stations will be available at the complex.
- No water fountains will be active at the complex.
- Marks will be placed on the ground to designate social distancing guidelines in the queueing areas.
- Family Zones will be created and painted on the sideline opposite the player benches.
- Field equipment such as goals or flags should not be picked-up or handled.

◇ *Disinfection*

- Employees will use a disinfectant from the table below to clean commonly used or touched surfaces every 30 minutes including but not limited to:

- ☐ Concession Stand Counter
- ☐ Soap Dispensers
- ☐ Toilet Paper Dispensers

Disinfectants	
Name	Uses
Buckeye Eco Hydrogen Peroxide Cleaner	General purpose cleaner for hard surfaces
Buckeye Eco Neutral Disinfectant	Multipurpose germicidal detergent
Buckeye Eco One-Step Disinfectant/Deodorizer/Cleaner	Broad-spectrum disinfectant cleaner for heavy duty applications
Pine-Sol All Purpose Cleaner	All-purpose cleaner for bathroom and floor cleaning
Pure Bright Germicidal Ultra Bleach	General purpose cleaner for hard surfaces
Winda Shine	Glass and hard surface cleaner

Thank You

Harker Heights Parks and Recreation appreciates your assistance in implementing the policy and procedures outlined in this COVID-19 manual. With your help, we hope to have a successful fall soccer season in a trying time. Harker Heights Parks and Recreation is excited to be moving towards establishing service for our community. For the safety of all patrons, all involved must be mindful of the policy and procedures and work in cooperation with staff. We appreciate your continued patience and understanding.

◇ Additional Resources

- USOPC Coronavirus Resources
- USOPC – Coping with the Impact of Coronavirus for Athletes
- CDC Coronavirus Updates
- CDC Advice – How to Protect Yourself and Others
- CDC – Consideration for Youth Sports
- CDC – Workplace Decision Tree
- CDC – Camp Decision Tree
- CDC – Deciding to Go Out
- CDC – Community Mitigation Strategies
- FIFA COVID-19 Resources
- WHO Hand Washing Steps (Video)
- WHO Mass Gathering Guidelines Worksheet
- WHO Advice for Public
- US Center for Safe Sport Digital Safety
- US Soccer Recognize to Recover – COVID-19 and Mental Health



COVID-19 BEST PRACTICES



Wash your hands

Use soap and water to wash your hands for at least 20 seconds, or use hand sanitizer. Avoid touching your face.



Practice social distancing

Keep 6 ft. away from others. No high fives, handshakes, or fist bumps.



Stay at home if you aren't feeling well

Don't come to training if you have been exposed to someone with a positive COVID-19 diagnosis, or if you are experiencing symptoms.



PLAY ON Safely and Responsibly!

Take the PLAY ON Pledge and have fun returning to soccer while staying safe and healthy.

ADVICE FOR PARENTS & GUARDIANS

STAY INFORMED. Review all safety recommendations and ensure your family follows them. Have your player take the PLAY ON Pledge. Support the coach and organization in adhering to all safety recommendations.

STAY SAFE. If possible, do not attend training. Stay in your car or away from the training field. Socially distance from other parents at all times. Avoid carpools/ridesharing if able. Ensure your player's gear and clothing are cleaned immediately at home after training.

STAY IN TOUCH. Obtain the contact information of relevant staff in case of questions or concerns. Communicate and stay at home if you, your player or family are unwell or exposed to COVID-19.



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TO PPE OR NOT TO PPE?

What do I need to know about face masks or personal protective equipment (PPE) in Phase I return to play for soccer?

Wear PPE when arriving or departing training, and when you're not being physically active during training. Coaches should wear PPE for the duration of training.

Wearing PPE when you're physically active during training is not considered mandatory.

For participants who choose to wear PPE while physically exerting themselves, be sure to discuss your choice in advance with your physician to determine any risks.

Your PPE should:

- Cover the nose and mouth
- Be new and/or clean
- Be breathable
- Consist of cotton or wick-type material
- Follow CDC guidelines



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INDIVIDUAL TRAINING

- All individual training gear should be cleaned and disinfected after every session.
- Where possible, players are not recommended to bring their own balls.
- All participants should arrive in their training gear.
- All personal equipment should be cleaned, disinfected and properly stored after every session. This includes cleats, shin guards and headbands (if re-usable).
- For players who use mouthguards, once the mouthguard is placed in mouth, it should never be taken out during practice to limit the transmission of virus.
- If for some reason the mouth guard has been in contact with hands or the floor/ground, the mouthguard should not be re-used until it has been washed thoroughly. Wash your hands thoroughly after washing the mouthguard.

Communication During Trainings

- Team communication in confined spaces should be avoided.
- Team talks during practice should only take place in an open space and with all participants maintaining social distancing.
- Coaches should always wear PPE when communicating with players to prevent COVID-19 particles spreading in the air.
- Tactical discussions should be provided in digital format, if possible.
- Team meetings in closed environments should be avoided at all costs. If necessary, to be held indoors, everyone must wear a mask.



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HEALTHY HYGIENE CHEAT SHEET

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Avoid spitting and coughing.
- Wear a face cover when not physically active at training.
- Do not share equipment at training, including water bottles, towels, and bibs.



WHEN NOT TO PLAY ON

Stay home and consult a doctor if you don't feel well or have any symptoms below.

COVID-19 exposure in past 14 days

Sore throat

Shortness of breath/difficulty breathing

Fever at or above 100.4° F

Chills

Headache

Sinus congestion

Rash

Persistent cough

Joint aches and soreness

Vomiting or diarrhea

Keep your team safe.

PLAYERS' PLAY ON PHASE I CHECK LIST

We know there is a lot to consider as you take to the field once again. Use the checklist below to make sure you're following safe best practices. For more detailed information, go to www.ussoccer.com/playon.

BEFORE TRAINING

- ☐ Carefully review the [U.S. Soccer PLAY ON Phase I Recommendations Guide](#) and any information your club has shared with you. Take the PLAY ON PLEDGE at ussoccer.com/playon and encourage others to do the same.
- ☐ Ensure you have clean equipment for training, including a facemask. Have your facemask (and any PPE) ready to wear to and from training, and when not active at training.
- ☐ Pack at least two clean water bottles for training - and put your name on each.
- ☐ Get dressed in your training gear at home in order to arrive ready to play.
- ☐ Wash your hands before training. Use soap and water for a minimum of 20 seconds.
- ☐ Conduct a temperature check. If your temperature is 100.4 degrees F or above, do not go to training. Consult your family physician. Have your parent or guardian advise your club.
- ☐ Remember that participating in training is your choice. Do not pressure yourself or others, if you or they do not feel comfortable returning to play.

DURING TRAINING

- ☐ Follow your Club's safety protocols for training arrivals, including arriving at the appropriate time to minimize your personal wait time.
- ☐ Be sure to socially distance at training. Stay at least six-feet apart from others, including your teammates during training exercises.
- ☐ Wear your facemask when you are not active at training. You do not need to wear it when you are physically exerting yourself during training, as it may obscure vision, increase respiratory challenges, or increase other injury risks.
- ☐ Know your fitness readiness. To avoid injury, don't go "too hard, too soon" when you first return to play.
- ☐ Do not touch others. This includes high-fives, hugs, team huddles, or through training exercises.
- ☐ Do not share water bottles.
- ☐ Follow hygiene recommendations. Avoid touching your eyes/mouth/nose as much as possible. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Avoid spitting and coughing.

AFTER TRAINING

- ☐ Depart immediately after training.
- ☐ Shower immediately at home following training, and ensure your apparel and equipment are properly cleaned and sanitized immediately after training.

PARENTS' PLAY ON PHASE I CHECK LIST

We know there is a lot to consider as your player joins his or her team and takes to the field once again. The checklist below may help you navigate important steps and decision making to keep your family safe. For more detailed information, go to www.ussoccer.com/playon.

BEFORE TRAINING

- ☐ Carefully review the [U.S. Soccer PLAY ON Phase I Recommendations Guide](#) and any information your club has shared with you.
- ☐ Talk to your player about the importance of health and safety during training at this time. Take the PLAY ON PLEDGE at ussoccer.com/playon with your player.
- ☐ Ensure you have a list of appropriate contact information for your club, including your team coach, an administrator, and if designated, a safety officer.
- ☐ Ensure your player has clean equipment for training, including a facemask.
- ☐ Plan appropriate transportation for your player. It's recommended one player and one parent ride together. Avoid ridesharing as much as possible.
- ☐ Take your player's temperature before training. If your player's temperature is 100.4 degrees F or above, do not take your player to training. Consult your family physician. Advise your club.
- ☐ Model safe behavior for your player. Follow PPE (facemask) guidelines. If you are unwell (or have a temperature 100.4 degrees F or above), stay at home and consult your family physician.
- ☐ Remember that participating in training is your player's and family's choice. Do not pressure your player or others, if you or they do not feel comfortable returning to play.

DURING TRAINING

- ☐ Follow your Club's safety protocols for dropping your player off at training, including arriving at the appropriate time to minimize wait time for your player.
- ☐ If possible, do not stay at training. Depart the area or wait in your car. Your club may consider arranging a designated area for parents; however, this area should be carefully arranged to ensure all social distancing protocol is followed.
- ☐ Stay at least six feet away from fellow parents, and other participants, at all times.

AFTER TRAINING

- ☐ Pick your player up and depart immediately after team training ends.
- ☐ Ensure your player takes a shower immediately after returning home from training.
- ☐ Ensure your players' apparel and equipment are properly cleaned and sanitized immediately after training. Review CDC guidelines on cleaning [here](#).
- ☐ Reinforce any new important safety lessons that may have been learned or shared by your club with your player.

COACHES' PLAY ON PHASE I CHECK LIST

We know there is a lot to consider as you take to the field once again. Use the checklist below to make sure you're following safe best practices. For more detailed information, go to www.ussoccer.com/playon.

BEFORE TRAINING

- ☐ Carefully review the [U.S. Soccer PLAY ON Phase I Recommendations Guide](#) and any information your club has shared with you. Take the PLAY ON PLEDGE at ussoccer.com/playon and encourage your team to do the same.
- ☐ Set expectations with your players and parents by learning and communicate your club's health and safety guidelines, including arrival protocols, processes for the beginning and end of activities, and all hygiene recommendations.
- ☐ Organize your team into small groups (maximum of nine players and one coach, or less, based on state/local social distancing guidelines). Keep these groups as consistent as possible during Phase I.
- ☐ Plan your training around social distancing. Set up cones six-feet apart at the side of the field, to assign players individual prep and water-break stations for training. Ensure all training activities enable players to stay at least six-feet apart.
- ☐ Set up your field and training in advance to smoothly transition between activities and eliminate the need for players to touch equipment. Ensure all equipment is properly cleaned before training and plan to use minimal equipment to limit transmission of virus.
- ☐ Before leaving your home, conduct a personal temperature check. If your temperature is 100.4 degrees F or above, do not go to training. Consult your family physician. Advise your club and make alternate arrangements for your training.
- ☐ Remember that participating in training is a personal choice. Do not pressure players if they do not feel comfortable returning to play.

DURING TRAINING

- ☐ Monitor and follow your Club's safety protocols. Provide guidance and encourage positive healthy and safe behavior from your players.
- ☐ Be sure to socially distance at training. Stay at least six-feet apart from players and do not touch others.
- ☐ Wear PPE (facemask) at all times (unless physically exerting yourself).
- ☐ Understand and acknowledge the fitness readiness of your players. To avoid injury, don't go "too hard, too soon" when during return to play. Limit the training to 60 minutes and plan to progress to full-intensity training over 2-4 weeks.
- ☐ Ensure social distancing guidelines are followed during water breaks, which are recommended at least once every 15 minutes depending on training activities. As we head into summer, be sure to follow the heat policy outlined by Recognize to Recover [here](#).
- ☐ Avoid throw-ins and headers during Phase I and ensure field players do not touch the soccer balls with their hands.
- ☐ Hold team talks during practice in an open space, and with all participants maintaining social distancing and wearing PPE.

AFTER TRAINING

- ☐ Disinfect all equipment after each session with anti-bacterial of at least 60% ethanol or 70% isopropanol. Wear PPE (gloves and facemask) while handling equipment and wash your hands after completion.
- ☐ Communicate and reinforce any new important safety lessons that may have been learned or shared to your participants.
- ☐ Shower immediately at home following training, and ensure your apparel and equipment are properly cleaned and sanitized immediately after training.



As a reminder, these best practices are intended for use WHEN AND IF your local authorities have deemed it safe to return to the practice field. U.S. Soccer is in no way endorsing participating in group activities in violation of any federal, state or local mandates.