

Fair Oaks Soccer Club COVID-19 Physical Distancing and Safety Plan

This Safety Plan has been created by Fair Oaks Soccer Club (FOSC) in accordance with Sacramento County guidelines. A copy of this plan shall be provided to all staff, volunteers, parents, and youth participants prior to the start of camp activity. Additionally a copy of this plan shall be available at every check-in area where camps are conducted. Any questions related to the creation or implementation of this plan may be directed to the FOSC Director of Coaching and/or the FOSC Club President:

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FOSC President
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Camp Participant Capacity

FOSC Soccer Conditioning Camps will be limited to a maximum total of 300 youth participants. These participants will be grouped in cohorts of 10 participants and 1 coach.

Employee Training and Communication

Prior to the start of camps, camp coaches will receive in-person training in health protocols (see **Volunteer Health protocols** and **Participant Health Protocols**) as well as how to conduct training that complies with the County guidelines for physical distancing (see **Training Guidelines**). Training will be conducted in the same format as the camps with cohorts of 10 coaches and one trainer remaining together for the duration of the training session. The FOSC Director of Coaching and FOSC President will remain available to camp coaches, in-person or by phone for the duration of the camps.

Compliance

To ensure compliance with safety measures, FOSC Board members will volunteer to monitor the check-in and screening procedures, as well as observe the training sessions in progress. Cohort groups not in compliance will be notified immediately and corrective measures will be taken to remedy the situation. Repeated failures by a cohort to comply with safety measures will result in the suspension of that cohort's scheduled activities until the coach completes another session of in-person training.

Positive COVID-19 result

In the event any member of a cohort (coach or participant) tests positive for COVID-19 or reports they have self-quarantined due to symptoms related to COVID-19, that cohort will immediately be suspended for a period of two weeks from the date the positive COVID-19 result was reported or symptoms first appeared. In the event of repeated positive COVID-19 results or reported symptoms within a cohort or across multiple cohorts, FOSC may elect to cancel all

camp activity permanently or until there are no new reported positive results or symptoms for two weeks from the date of the last reported positive result.

Parent, Player, Coach Commitment

Prior to participation, parents, players, and coaches must read, sign, and return the Participation Agreement (see **Participation Agreement**) which details the expectations and guidelines for participation. This agreement shall make clear that participation in the camp is voluntary by all parties and that any participant may cease participation in the camp at any time should they have concerns about COVID-19.

Volunteer Health Protocols

Prior to the start of camps, all volunteers will be trained in the latest protocols provided by the Centers for Disease Control and Prevention, including understanding how the disease spreads and how to protect themselves and others:

How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

The virus spreads easily between people

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious. In general, **the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.**

The virus may be spread in other ways

It may be possible that a person can get COVID-19 by **touching a surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

Spread between animals and people

- At this time, the risk of COVID-19 spreading **from animals to people** is considered to be low. Learn about [COVID-19 and pets and other animals](#).
- It appears that the virus that causes COVID-19 can spread **from people to animals** in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. Learn what you should do [if you have pets](#).

Protect yourself and others

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.

- [Maintain good social distance](#) (about 6 feet). This is very important in preventing the spread of COVID-19.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- [Routinely clean and disinfect](#) frequently touched surfaces.
- Cover your mouth and nose with a [cloth face covering](#) when around others.

How to Protect yourself and others

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - Before eating or preparing food

- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your cloth face covering
- After changing a diaper
- After caring for someone sick
- After touching animals or pets
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- The cloth face cover is meant to protect other people in case you are infected.
- Everyone should wear a [cloth face cover](#) in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a facemask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.

- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectantsexternal icon](#) will work.

Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

Volunteer Health Protocols (continued)

All non-exempt volunteers shall be required to wear a mask when transiting from their vehicles to the field and until they have completed the check-in process. Check-in shall consist of hand sanitizing, a temperature check using a non-contact thermometer, and answering a series of screening questions related to COVID-19 symptoms. A volunteer who reports any of the following symptoms may not participate in training for a period of three days following the last episode of symptoms:

Fever

Sore Throat

New Cough

New Shortness of Breath

New Muscle Aches

Unexplained Loss of Taste or Smell

Diarrhea

Headache

Volunteers will exercise social distancing with other volunteers and participants. Volunteers shall remain with the same cohort for the duration of the camp. Volunteers will be provided hand sanitizer for use before, during, and after training. Volunteers will avoid contact with the personal belongings of participants.

Facility Health Protocols

Training will be conducted outdoors. Restroom and hand-washing stations will be provided and serviced regularly by a third-party company. Hand sanitizer will be provided at each check-in station. Entrance and exit areas will be defined as well as defined routes to specific fields to maximize social distancing between cohort groups.



Carnegie Training Fields Checkin Example

Participant Protocols

All participants shall be required to wear a mask when transiting from their vehicles to the field and until they have completed the check-in process. Check-in shall consist of hand sanitizing, a temperature check using a non-contact thermometer, and answering a series of screening questions related to COVID-19 symptoms. A participant who reports any of the following symptoms may not participate in training for a period of three days following the last episode of symptoms:

Fever

Sore Throat

New Cough

New Shortness of Breath

New Muscle Aches

Unexplained Loss of Taste or Smell

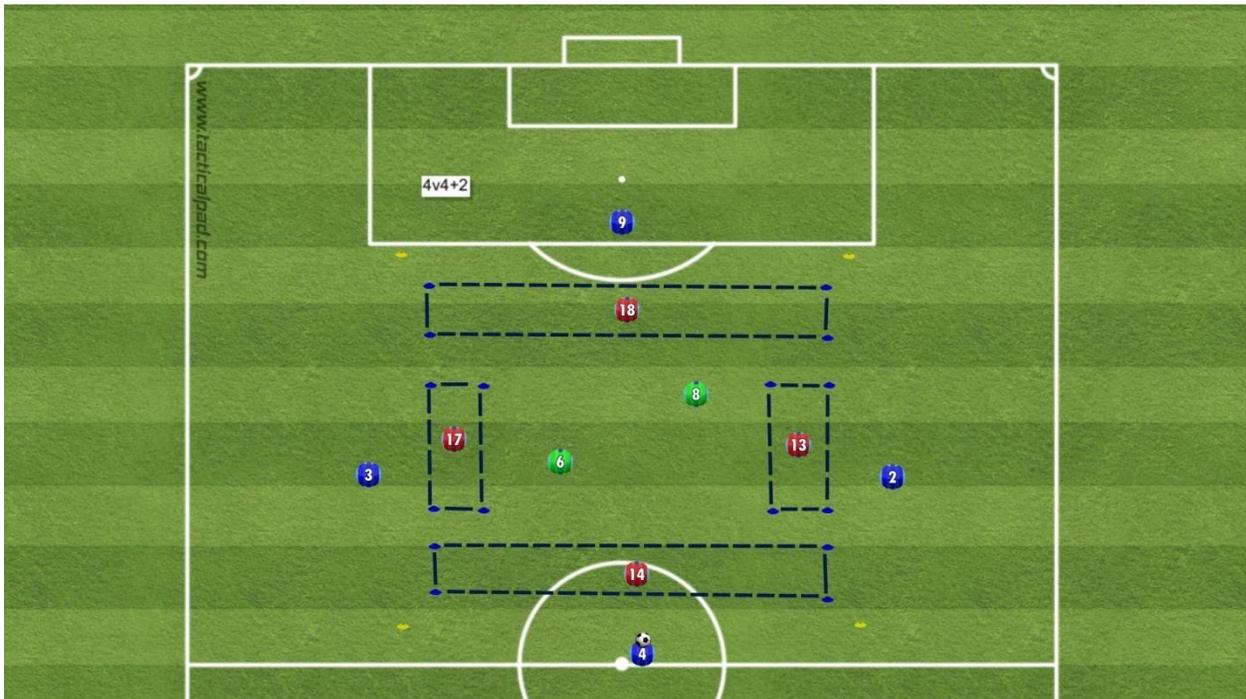
Diarrhea

Headache

Parents are discouraged from remaining to observe practice but may do so provided they remain distanced from any cohorts on the field and from areas designated for cohort entrance and exit. Parents will follow the existing parking lot traffic pattern at Andrew Carnegie when dropping off and picking up participants. Participants will be reminded that social distancing requirements remain in effect at all times. Hugs, high fives, etc. are not allowed. To the extent feasible, training activities will be structured to enforce social distancing of at least six feet (see **Training Guidelines**). Participants will handle their own equipment and it will be stored in a designated area away from the training area with six feet of space between each participant. Participants will be reminded to take home their own trash as there will be no public trash cans available. All facility training equipment will be washed and sanitized before every session and will not be shared between more than one cohort.

Training Guidelines

Training activities have been designed to maximize the benefit to the participants while also allowing for social distancing. At the older ages, the nature of the training encourages social distancing naturally. To be successful within these exercises, the participants must find open space away from others. At the younger ages, it is expected that social distancing will be more difficult to enforce. Younger children by nature are less prone to respect space. For this reason, constraints are introduced to ensure social distancing is followed by the younger players as well. Attached are examples of exercises to be used in training in which constraints are introduced. Areas demarked by blue cones are areas in which a player or players must remain. Typically, the remaining players are constrained to the outside of the yellow cones. These exercises follow a logical progression that is repeated each training session. Eventually, even the youngest players develop an awareness of social distancing and how it actually benefits them in the context of the training.



Participation Agreement

All coach volunteers and parents of participants must read, agree to, and sign the participation agreement before participating in training:



COVID-19 – Parent Participation Agreement

COVID-19 phased guidelines continue to be in effect for the Sacramento area. FOSC has pledged to meet the Sacramento County Guidelines and US Soccer's Play On Initiatives, additionally ensuring you receive information on how these guidelines change. An amended agreement will be provided to coaches and parents for all US Soccer Phases, as released.

The following guidelines have been developed to ensure these health and safety guidelines are met throughout the club.

1. All staff will maintain an accurate attendance list for training periods and keep training to ten (10) participants.
2. Spectators and parents are aware and will comply with these requirements AND need to remain away from the training area and cohort entrance and exit areas.
3. Before every training session, each cohort coach or a designated "COVID Health Screener" will create a Check-In Station adhering to social distancing guidelines.

At the Check in Station, any symptom or "yes" answer, the coach or participant CANNOT participate:

- a. Ask the following CDC recommended questions:

Do you have any of the following?

Fever

Sore Throat

New Cough

New Shortness of Breath

New Muscle Aches

Unexplained Loss of Taste or Smell

Diarrhea

Headache

Have you had close contact with someone diagnosed with COVID-19 or been notified that you may have been exposed to it?

- b. Each check-in station shall provide appropriate products to sanitize your hands. Only one participant shall check-in at the station at a time. Should a line form at the check-in station, those waiting shall ensure they practice safe social distancing of 6ft. During training, coaches will make every effort to maintain social distancing and prepare drills in accordance with the **Training Guidelines** detailed in the Fair Oaks Soccer Club COVID-19 Physical Distancing and Safety Plan



COVID-19 – Coach Participation Agreement

COVID-19 phased guidelines continue to be in effect for the Sacramento area. FOSC has pledged to meet the Sacramento County Guidelines and US Soccer's Play On Initiatives, additionally ensuring you receive information on how these guidelines change. An amended agreement will be provided to coaches and parents for all US Soccer Phases, as released.

The following guidelines have been developed to ensure these health and safety guidelines are met throughout the club.

4. All staff will maintain an accurate attendance list for training periods and keep training to ten (10) participants.
5. Spectators and parents are aware and will comply with these requirements AND need to remain away from the training area and cohort entrance and exit areas.
6. Before every training session, each cohort coach or a designated "COVID Health Screener" will create a Check-In Station adhering to social distancing guidelines.

At the Check in Station, any symptom or "yes" answer, the coach or participant CANNOT participate:

- b. Ask the following CDC recommended questions:

Do you have any of the following?

Fever

Sore Throat

New Cough

New Shortness of Breath

New Muscle Aches

Unexplained Loss of Taste or Smell

Diarrhea

Headache

Have you had close contact with someone diagnosed with COVID-19 or been notified that you may have been exposed to it?

- c. Each check-in station shall provide appropriate products to sanitize your hands. Only one participant shall check-in at the station at a time. Should a line form at the check-in station, those waiting shall ensure they practice safe social distancing of 6ft. During training, coaches will make every effort to maintain social distancing and prepare drills in accordance with the **Training Guidelines** detailed in the Fair Oaks Soccer Club COVID-19 Physical Distancing and Safety Plan