



## Covid-19 Updates and Information

On July 6, New Hampshire Soccer Association updated their “return to play protocols”. Following the Covid-19 Reopening Guidance published under Stay at Home 2.0 from the office of Governor Sununu, NHSA have outlined this soccer-specific plan to guide our organizations as we return to play.

The guidelines that apply to John Stark United Soccer Club include:

1. Sports involving no or low-contact (e.g., tennis) or short-duration, incidental contact (e.g., soccer, softball, baseball, lacrosse, volleyball, hockey) may initiate expanded team practice sessions that include small-sided, intra-squad scrimmages.
2. All players, coaches, officials, staff, and spectators must have a face covering in their possession to be used, as necessary, when physical distancing measures are difficult to maintain.
3. No spitting on the field or sideline, or gum chewing allowed.

JSU has begun Phase 3 of “Return to Play” following these guidelines based on information shared by the CDC, State of New Hampshire, US Youth Soccer, and the USOC. We will be making the best efforts we can to follow these guidelines while encouraging, and supporting all of our families and staff to do the same. Like most of the rest of our community this is new and uncharted territory for us all. **Success in following the guidelines will depend on the participation of everyone involved**, including supportive encouragement to follow them and **honesty in each person’s self-evaluation**. Taking these steps will not remove the chance of virus spread, but we hope they will lessen the risks. In phase 3, we are allowed to have full practices and games, with an emphasis on social distancing whenever possible. All other social distancing measures will remain the same that were outlined in Phase 1 and 2.

### JSU COVID-19 Return to Play Guidelines

1. Athletes/Staff/Coaches showing no signs or symptoms of COVID-19 for 14 days may participate in JSU activities. If the person has had a documented COVID-19 infection, they need a note from their doctor indicating they are cleared to return to normal duties.

2. Athletes/Staff/Coaches should not have had close sustained contact with anyone who has COVID-19 within 14 days of the return to training.
3. All Staff/Coaches will be required to report a temperature check with a thermometer before every shift/session.
  - a. Anyone (coach) with a temperature above 100.4 will be asked to cancel practice and seek medical advice.
4. All Staff/Coaches will be required to answer the following questions:
  - a. Have you been in contact with a confirmed case of COVID-19?
  - b. Have you had a fever or felt feverish in the last 72 hours?
  - c. Are you experiencing any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?
  - d. Are you experiencing any new muscle aches or chills?
  - e. Have you experienced any new changes in your sense of taste or smell?
5. Athletes are required to prescreen for symptoms of COVID-19 and take temperature before coming to practice/session. You should stay home from practice if you answered “yes” to any of the questions in point #4 or have a temperature above 100.4 degrees.
  - A. All athletes will have their temperature taken at the field by the coach prior to the beginning of practice/games. If a player has a temperature above 100.4, they will not be allowed to join the day’s activities.
6. All Athletes/Staff/Coaches/Parents will have access to hand sanitizer.
7. Drop off and Pick up times for programs will be staggered to prevent overlap.
8. Our coaches will be wearing masks before and after trainings. Per state and federal guidelines, athletes are not required to wear masks during the activity, however, you are welcome and encouraged to do so.
9. We expect parents to follow social distancing guidelines responsibly. Parents are not allowed to sit and watch practices. They must either remain in their car, or are allowed to walk the perimeter of the OCR field complex, remaining socially distant from others.
10. Coaches have been asked to limit the number of physical interactions between players during practice. We are encouraging as much individual skill work to be the focus of trainings at this time. If players are waiting in lines, we are encouraging them to remain at the 6’ recommended social distance.

11. Athletes should bring all their own equipment including a BALL and a water bottle. Water is not provided and there will be no sharing of water bottles. All water bottles will remain inside the athlete's grid space with them so there is no contamination during water breaks.
12. Other equipment including towels, shin guards, and cleats should not be shared.
13. Well stocked first aid kits will be available for every group/team. If a parent would prefer to administer first aid for their athlete themselves, that would be permissible and preferable.
14. These guidelines may be updated regularly as NHTSA updates their recommendations. The most up to date guidelines will be posted on the John Stark United Soccer Club website.
15. Per State guidelines all players' parent/guardian shall sign a waiver outlining that they have read the current guidelines and are aware of the additional risks due to COVID-19.